

1 Corinthians 10:3

Authorized King James Version (KJV)

And did all eat the same spiritual meat;

Analysis

And did all eat the same spiritual meat—The pneumatikon brōma (πνευματικὸν βρῶμα, "spiritual food") refers to the manna God provided in the wilderness (Exodus 16). Paul calls it "spiritual" not because it was immaterial, but because it was pneumatikos—supernaturally provided, symbolically significant, pointing beyond itself to Christ as the true bread from heaven (John 6:31-35).

Again, the emphasis is **all**—every Israelite ate the manna, just as every Corinthian participates in the Lord's Supper. This universal participation created covenant obligations and accountability. The manna sustained physical life but also tested obedience (Exodus 16:4)—would they gather only what God commanded, or act presumptuously?

Paul is building toward a sacramental warning: the Corinthians eat Christ's body at the Lord's table, but this doesn't make sin safe. Israel ate God's provision yet provoked His wrath. Sacramental participation demands corresponding sanctification.

Historical Context

The manna was central to Israel's wilderness identity—daily dependence on God's provision. Rabbinic tradition elaborated on the manna's miraculous properties, and Jesus explicitly connected it to Himself (John 6). Paul uses this shared typology to show that spiritual food doesn't prevent spiritual failure. The parallel to the Eucharist would have been clear to Corinthian Christians.

Related Passages

Romans 2:1 — Judging others

Matthew 25:31 — Final judgment

Study Questions

1. Do you approach the Lord's Supper with the reverence it deserves, or has it become routine?
2. How does Jesus as the true manna—the bread of life—change the way you understand daily dependence on God?
3. What "spiritual food" are you consuming daily that nourishes your soul toward Christlikeness?

Interlinear Text

καὶ	πάντες	τὸ	αὐτὸ	βρῶμα	πνευματικὸν	ἔφαγον
And	all	G3588	the same	meat	spiritual	did
G2532	G3956		G846	G1033	G4152	G5315

Additional Cross-References

Deuteronomy 8:3 (Parallel theme): And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live.

Nehemiah 9:15 (Parallel theme): And gavest them bread from heaven for their hunger, and broughtest forth water for them out of the rock for their thirst, and promisedst them that they should go in to possess the land which thou hadst sworn to give them.

Nehemiah 9:20 (Spirit): Thou gavest also thy good spirit to instruct them, and withheldst not thy manna from their mouth, and gavest them water for their thirst.

Exodus 16:4 (Parallel theme): Then said the LORD unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no.

Exodus 16:35 (Parallel theme): And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan.

Psalms 105:40 (Parallel theme): The people asked, and he brought quails, and satisfied them with the bread of heaven.

Exodus 16:15 (Parallel theme): And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was. And Moses said unto them, This is the bread which the LORD hath given you to eat.

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