

# Exodus 16:29

Authorized King James Version (KJV)

See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.

## Analysis

**See, for that the LORD hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days**—Moses' command 'See' (רֵא, r'u) demands Israel recognize Sabbath as gift not burden. The phrase 'the LORD hath given you the sabbath' (תָּמֵן לְכֶם אֶת-הַשְׁבָּת, natan lakhem et-hashabbat) emphasizes grace—Sabbath is bestowed blessing, not imposed burden. The logic flows: because God gives rest, He provides doubled bread. This teaches that God's commands are enabled by His provision—He supplies what He demands. The 'bread of two days' pictures Christ's sufficiency: His work covers both present justification and future glorification. Believers 'abide' in position without anxious gathering.

## Historical Context

This explanation connected Sabbath rest to daily manna provision, making abstract commandment concrete through physical bread. The double portion proved God enables obedience.

## Related Passages

**Ephesians 2:8** — Salvation by grace through faith

**John 3:16** — God's love and salvation

**Hebrews 11:1** — Definition of faith

**James 2:17** — Faith and works

## Study Questions

---

1. How does recognizing Sabbath as gift change its observance from legalistic burden to grateful rest?
2. What does God providing double bread teach about His enabling what He commands?

## Interlinear Text

---

רְאֵ	כִּי	יְהִי	נָתַת	לְכָ	מִ	בְּשֵׁבֶת	עַל	כִּי
See	H3588	for that the LORD	hath given	H0		you the sabbath	H5921	H3651
H7200		H3068	H5414			H7676		
הַ	אֵ	נָתַת	לְכָ	בְּיּ	מִ	שְׁבִ	בְּיּ	וּמִ
H1931	hath given	H0	day	you on the sixth	the bread	day	abide	
	H5414		H3117	H8345	H3899	H3117	H3427	
אֵ	וְ	לֹא	תִּחְתַּ	וְ	אֵ	וְ	מִ	מִ
in his place let no man	H8478	H408	go out	in his place let no man	of his place			
H376			H3318	H376	H4725			
בְּיּ	וּמִ	בְּשֵׁבֶת						
day	on the seventh							
H3117	H7637							

## Additional Cross-References

---

**Exodus 31:13** (References Lord): Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you

throughout your generations; that ye may know that I am the LORD that doth sanctify you.

**Ezekiel 20:12** (References Lord): Moreover also I gave them my sabbaths, to be a sign between me and them, that they might know that I am the LORD that sanctify them.

**Luke 23:56** (Parallel theme): And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment.

---

From KJV Study • [kjvstudy.org](http://kjvstudy.org)