



# פרשת המן

## THE CHAPTER OF MANNA

We read and meditate on this section of Parashat Beshalach on Tuesday of the week that the parasha is read. Through reading this section we connect to the energy of sustenance. This section teaches us that G-d provides each day's sustenance to us, just as He provided the Manna each day to His people Israel in the wilderness.

*Many recite this prayer of supplication before reading The Chapter of Manna.  
It is omitted on Shabbat and Festivals.*

Y'hi ratzon mil'fanecha,

*May it be the will before You,*

Adonai Eloheinu v'Eilohei avoteinu,

*Hashem our Elohim and Elohim of our ancestors,*

shetazmin parnasah

*that You provide sustenance*

l'chol am'cha beit Yisra-eil,

*for all of Your people, the House of Israel,*

ufarnasati ufarnasat

*and my sustenance and the sustenance*

anshei veiti bich-lalam,

*of the members of my household included with them,*

b'nachat v'lo v'tza-ar,

*with ease and not with pain,*

b'chavod v'lo v'vizui,

*with honor and not with disgrace,*

b'heteir v'lo v'isur

*in a permissible way and not in a forbidden way,*

k'dei shenuchal la-avod avodatecha

*so that we will be able to perform Your service,*

v'lil-mod Toratecha

*and study Your Torah*

k'mo shezanta la-avoteinu

*just as You nourished our ancestors*

man bamidbar,

*with manna in the wilderness,*

b'eretzi tziyah va-aravah.

*in a land, arid and desolate.*

יהי רצון מלפניך,  
יהוה אלהינו ואלהי אבותינו,

שתזמין פרנסה  
לכל עמך בית ישראל,

ופרנסתי ופרנסת  
אנשי ביתי בכללם,

בנחת ולא בצער,  
בכבוד ולא בבזוי,

בהתר ולא באסור,  
כדי שנוכל לעבד עבודתך

וללמוד תורתך  
כמו שזנת לאבותינו

מן במדבר,  
בארץ ציה וערבה.

## שמות טז:ד-לו

Shemot (Exodus) 16:4-36

4 וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה הֲנִי מִמְטִיר לָכֶם לֶחֶם  
 מִן־הַשָּׁמַיִם וַיֵּצֵא הָעָם וּלְקָטוּ דְבַר־יוֹם בְּיוֹמוֹ לְמַעַן  
 אֲנִסְנוּ הַיֵּלֶךְ בְּתוֹרַתִי אִם־לֹא: 5 וְהָיָה בַּיּוֹם הַשֵּׁשִׁי וְהִכִּינוּ  
 אֶת־אֲשֶׁר־יִבְיֵאוּ וְהָיָה מִשָּׁנָה עַל־אֲשֶׁר־יִלְקָטוּ יוֹם | יוֹם:  
 6 וַיֹּאמֶר מֹשֶׁה וְאַהֲרֹן אֶל־כָּל־בְּנֵי יִשְׂרָאֵל עֲרֹב וַיִּדְעֹתֶם  
 כִּי יְהוָה הוֹצִיא אֶתְכֶם מֵאֶרֶץ מִצְרַיִם: 7 וּבִקֵּר וּרְאִיתֶם  
 אֶת־כְּבוֹד יְהוָה בְּשָׁמְעוֹ אֶת־תְּלַנְתִּיכֶם עַל־יְהוָה וְנַחְנוּ  
 מָה כִּי תִלְיֵנוּ עָלֵינוּ: 8 וַיֹּאמֶר מֹשֶׁה בְּתַת יְהוָה לָכֶם  
 בְּעָרֹב בָּשָׂר לֶאֱכֹל וּלְחֶם בַּבֶּקֶר לְשִׁבְעַת בְּשָׁמְעַי יְהוָה  
 אֶת־תְּלַנְתִּיכֶם אֲשֶׁר־אַתֶּם מִלֵּינָם עָלָיו וְנַחְנוּ מָה  
 לֹא־עָלֵינוּ תְּלַנְתִּיכֶם כִּי עַל־יְהוָה: 9 וַיֹּאמֶר מֹשֶׁה  
 אֶל־אַהֲרֹן אָמַר אֶל־כָּל־עַדַּת בְּנֵי יִשְׂרָאֵל קִרְבוּ לִפְנֵי  
 יְהוָה כִּי שָׁמַע אֶת תְּלַנְתִּיכֶם: 10 וַיְהִי כַּדְּבַר אַהֲרֹן  
 אֶל־כָּל־עַדַּת בְּנֵי־יִשְׂרָאֵל וַיִּפְּנוּ אֶל־הַמִּדְבָּר וְהָיָה כְּבוֹד  
 יְהוָה נִרְאָה בַּעֲנָן: 11 וַיְדַבֵּר יְהוָה אֶל־מֹשֶׁה לֵּאמֹר:  
 12 שָׁמַעְתִּי אֶת־תְּלוֹנֹת בְּנֵי יִשְׂרָאֵל דְּבַר אֱלֹהִים לֵאמֹר בֵּין  
 הָעַרְבִים תֹּאכְלוּ בָשָׂר וּבַבֶּקֶר תִּשְׁבְּעוּ־לָחֶם וַיִּדְעֹתֶם כִּי  
 אֲנִי יְהוָה אֱלֹהֵיכֶם: 13 וַיְהִי בְּעָרֹב וַתַּעַל הַשָּׁלֹ וַתִּכַּס  
 אֶת־הַמַּחְנֶה וּבַבֶּקֶר הִיְתָה שֹׁכֶבֶת הַטֹּל סָבִיב לַמַּחְנֶה:  
 14 וַתַּעַל שֹׁכֶבֶת הַטֹּל וְהָיָה עַל־פְּנֵי הַמִּדְבָּר דַּק מְחֹסֶפֶס

דַּק כִּכּוּר עַל־הָאָרֶץ: 15 וַיֵּרְאוּ בְנֵי־יִשְׂרָאֵל וַיֹּאמְרוּ אִישׁ  
 אֶל־אָחִיו מִן הוּא כִּי לֹא יָדְעוּ מֵה־הוּא וַיֹּאמֶר מֹשֶׁה  
 אֲלֵהֶם הוּא הֶלֶחֶם אֲשֶׁר נָתַן יְהוָה לָכֶם לֵאכֹלָה: 16 זֶה  
 הַדָּבָר אֲשֶׁר צִוָּה יְהוָה לְקַטֹּף מִמֶּנּוּ אִישׁ לְפִי אֲכָלוּ עֹמֵר  
 לְגִלְגָּלַת מִסִּפְרֵי נַפְשֹׁתֵיכֶם אִישׁ לְאִשׁ בְּאֵהָלוֹ תִקְחוּ:  
 17 וַיַּעֲשׂוּ־כֵן בְּנֵי יִשְׂרָאֵל וַיִּלְקְטוּ הַמֶּרְבֵּה וְהַמִּמְעִיט:  
 18 וַיִּמְדוּ בַעֲמֹר וְלֹא הֶעֱדִיף הַמֶּרְבֵּה וְהַמִּמְעִיט לֹא  
 הֶחְסִיר אִישׁ לְפִי־אֲכָלוּ לְקַטֹּף: 19 וַיֹּאמֶר מֹשֶׁה אֲלֵהֶם  
 אִישׁ אֶל־יֹתֵר מִמֶּנּוּ עַד־בִּקֹּר: 20 וְלֹא־שָׁמְעוּ אֶל־מֹשֶׁה  
 וַיֹּתְרוּ אַנְשִׁים מִמֶּנּוּ עַד־בִּקֹּר וַיִּרְם תּוֹלְעִים וַיִּבְאֵשׁ  
 וַיִּקְצֹף עֲלֵהֶם מֹשֶׁה: 21 וַיִּלְקְטוּ אֹתוֹ בַּבֶּקֶר בַּבֶּקֶר אִישׁ  
 כִּפִּי אֲכָלוּ וְחֵם הַשֶּׁמֶשׁ וְנִמַּס: 22 וַיְהִי | בַּיּוֹם הַשְּׁשִׁי לְקַטֹּף  
 לֶחֶם מִשָּׁנָה שְׁנֵי הָעֹמֵר לְאֶחָד וַיִּבְאוּ כָל־נְשֵׂאֵי הָעֵדָה  
 וַיִּגִּידוּ לְמֹשֶׁה: 23 וַיֹּאמֶר אֲלֵהֶם הוּא אֲשֶׁר דִּבֶּר יְהוָה  
 שַׁבְּתוֹן שַׁבַּת־קֹדֶשׁ לִיהוָה מֵחַר אֶת אֲשֶׁר־תֹּאפּוּ אַפּוֹ  
 וְאֵת אֲשֶׁר־תִּבְשְׁלוּ בִשְׁלוֹ וְאֵת כָּל־הָעֵדֹף הַנִּיחוּ לָכֶם  
 לְמִשְׁמַרְת עַד־הַבֶּקֶר: 24 וַיִּנְיְחוּ אֹתוֹ עַד־הַבֶּקֶר כַּאֲשֶׁר  
 צִוָּה מֹשֶׁה וְלֹא הִבְאִישׁ וְרָמָה לֹא־הִיְתָה בּוֹ: 25 וַיֹּאמֶר  
 מֹשֶׁה אֲכָלוּ הַיּוֹם כִּי־שַׁבַּת הַיּוֹם לִיהוָה הַיּוֹם לֹא  
 תִמְצָאֵהוּ בַשָּׂדֶה: 26 שֵׁשֶׁת יָמִים תִּלְקְטֵהוּ וּבַיּוֹם הַשְּׁבִיעִי  
 שַׁבַּת לֹא יִהְיֶה־בּוֹ: 27 וַיְהִי בַּיּוֹם הַשְּׁבִיעִי יִצְאוּ מִן־הָעַם

לְלֶקֶט וְלֹא מִצָּאוֹ: 28 וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה עַד־אָנֹכִי  
 מֵאַנְתֶּם לְשֹׁמֵר מִצְוֹתַי וְתוֹרֹתַי: 29 רְאוּ כִי־יְהוָה נָתַן לָכֶם  
 הַשַּׁבָּת עַל־כֵּן הוּא נָתַן לָכֶם בַּיּוֹם הַשְּׁשִׁי לֶחֶם יוֹמִים  
 שְׁבוּ | אִישׁ תַּחֲתֵיו אֶל־יֵצֵא אִישׁ מִמְקוֹמוֹ בַּיּוֹם הַשְּׁבִיעִי:  
 30 וַיִּשְׁבְּתוּ הָעָם בַּיּוֹם הַשְּׁבִיעִי: 31 וַיִּקְרְאוּ בֵּית־יִשְׂרָאֵל  
 אֶת־שְׁמוֹ מִן וְהוּא כְזָרַע גֹּד לֶבֶן וְטַעְמוֹ כְּצַפִּיחַת  
 בְּדָבָשׁ: 32 וַיֹּאמֶר מֹשֶׁה זֶה הַדְּבָר אֲשֶׁר צִוָּה יְהוָה מִלֹּא  
 הָעֵמֶר מִמֶּנּוּ לְמִשְׁמֶרֶת לְדֹרֹתֵיכֶם לְמַעַן | יֵרְאוּ אֶת־הַלֶּחֶם  
 אֲשֶׁר הָאֲכַלְתִּי אֶתְכֶם בַּמִּדְבָּר בְּהוֹצִיאִי אֶתְכֶם מֵאֶרֶץ  
 מִצְרַיִם: 33 וַיֹּאמֶר מֹשֶׁה אֶל־אַהֲרֹן קַח צְנֻצֹת אֶחָד  
 וְתֵן־שִׁמָּה מִלֹּא־הָעֵמֶר מִן וְהִנֵּחַ אֹתוֹ לִפְנֵי יְהוָה  
 לְמִשְׁמֶרֶת לְדֹרֹתֵיכֶם: 34 כַּאֲשֶׁר צִוָּה יְהוָה אֶל־מֹשֶׁה  
 וַיִּנִּיחֵהוּ אַהֲרֹן לִפְנֵי הָעֵדֻת לְמִשְׁמֶרֶת: 35 וּבְנֵי יִשְׂרָאֵל  
 אָכְלוּ אֶת־הַמֶּן אַרְבַּעַיִם שָׁנָה עַד־בֹּאֵם אֶל־אֶרֶץ נוֹשְׁבַת  
 אֶת־הַמֶּן אָכְלוּ עַד־בֹּאֵם אֶל־קְצֵה אֶרֶץ כְּנַעַן: 36 וְהָעֵמֶר  
 עֲשֵׂרִית הָאִיפָה הוּא:

4. Then said Hashem to Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain portion every day, that I may test them, whether they will walk in my Torah, or not. 5. And it shall come to pass, that on the sixth day they shall prepare that which they bring in; and it shall be twice as much as they gather daily. 6. And Moses and Aaron said to all the people of Israel, At evening, then you shall know that Hashem has brought you out from the land of Egypt; 7. And in the morning, then you shall see the glory of Hashem; when the Eternal hears your murmurings against Hashem; and what are we, that you murmur against us? 8. And Moses said, This shall be, when Hashem shall give you in the evening meat to eat, and in the morning bread to the full; for that Hashem hears your murmurings which you murmur against Hashem; and

what are we? your murmurings are not against us, but against Hashem. 9. And Moses spoke to Aaron, Say to all the congregation of the people of Israel, Come near before Hashem; for the Eternal has heard your murmurings. 10. And it came to pass, as Aaron spoke to the whole congregation of the people of Israel, that they looked toward the wilderness, and, behold, the glory of Hashem appeared in the cloud. 11. And Hashem spoke to Moses, saying, 12. I have heard the murmurings of the people of Israel; speak to them, saying, At evening you shall eat meat, and in the morning you shall be filled with bread; and you shall know that I am Hashem your Elohim. 13. And it came to pass, that at evening the quails came up, and covered the camp; and in the morning the dew lay around the camp. 14. And when the dew that lay was gone, behold, upon the face of the wilderness there lay a small round thing, as small as hoarfrost on the ground. 15. And when the people of Israel saw it, they said one to another, It is manna; for they knew not what it was. And Moses said to them, This is the bread which Hashem has given you to eat. 16. This is the thing which Hashem has commanded, Gather of it every man according to his eating, an omer for every man, according to the number of your persons, whom each of you has in his tent; 17. And the people of Israel did so, and gathered, some more, some less. 18. And when they did measure it with an omer, he who gathered much had nothing over, and he who gathered little had no lack; they gathered every man according to his eating. 19. And Moses said, Let no man leave of it till the morning. 20. However they listened not to Moses; but some of them left of it until the morning, and it bred worms, and stank; and Moses was angry with them. 21. And they gathered it every morning, every man according to his eating; and when the sun became hot, it melted. 22. And it came to pass, that on the sixth day they gathered twice as much bread, two omers for one man; and all the rulers of the congregation came and told Moses. 23. And he said to them, This is what Hashem has said, Tomorrow is the rest of the holy sabbath to Hashem; bake that which you will bake today, and boil what you will boil today; and that which remains over lay up for you to be kept until the morning. 24. And they laid it up till the morning, as Moses bade; and it did not stink, neither was there any worm in it. 25. And Moses said, Eat that today; for today is a sabbath to Hashem; today you shall not find it in the field. 26. Six days you shall gather it; but on the seventh day, which is the sabbath, in it there shall be none. 27. And it came to pass, that some of the people went out on the seventh day to gather, and they found none. 28. And Hashem said to Moses, How long refuse you to keep my commandments and my laws? 29. See, because Hashem has given you the sabbath, therefore he gives you on the sixth day the bread of two days; abide you every man in his place, let no man go out of his place on the seventh day. 30. So the people rested on the seventh day. 31. And the house of Israel called its name Manna; and it was like coriander seed, white; and its taste was like wafers made with honey. 32. And Moses said, This is what Hashem commands, Fill an omer of it to be kept for your generations; that they may see the bread with which I have fed you in the wilderness, when I brought you out from the land of Egypt. 33. And Moses said to Aaron, Take a pot, and put an omer full of manna in it, and lay it up before Hashem, to be kept for your generations. 34. As Hashem commanded Moses, so Aaron laid it up before the Testimony, to be kept. 35. And the people of Israel ate manna forty years, until they came to a land inhabited; they ate manna, until they came to the borders of the land of Canaan. 36. And an omer is the tenth part of an ephah.