

## ❁ THE CHAPTER OF MANNA / פרשת המן ❁

THE COMMENTATORS CITE THE YERUSHALMI THAT ONE WHO RECITES THIS CHAPTER EVERY DAY IS ASSURED THAT HIS FOOD WILL NOT BE LACKING. LEVUSH EXPLAINS THAT THIS CHAPTER TEACHES THAT GOD PROVIDES EACH DAY'S SUSTENANCE – JUST AS HE PROVIDED THE MANNA EACH DAY IN THE WILDERNESS.

MANY RECITE THE FOLLOWING SUPPLICATORY PARAGRAPH BEFORE **פרשת המן**,  
THE CHAPTER OF MANNA. IT IS OMITTED ON THE SABBATH AND FESTIVALS.

**יְהִי רָצוֹן מִלְּפָנֶיךָ, יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שֶׁתּוֹמֵין**  
 < that you << of our < and < our God < HASHEM, << before You, < the will < May  
 provide forefathers, the God it be

**פְּרֻנְסָה לְכָל עַמְּךָ בֵּית יִשְׂרָאֵל, וּפְרֻנְסָתִי וּפְרֻנְסַת אַנְשֵׁי בֵּיתִי**  
 < of my < of the < and the < – and my << of < the < of Your < for < a  
 household members livelihood livelihood Israel House people, all livelihood

**בְּכָל־לֶמֶס, בְּנַחַת וְלֹא בְצָעַר, בְּכַבּוּד וְלֹא בְבוּזִי, בְּהֵתֵר וְלֹא**  
 < and < in a permissible << with < and < with << with pain, < and < with << included  
 not manner disgrace, not honor not ease with them –

**בְּאִסּוּר – כְּדֵי שְׁנוּכַל לַעֲבֹד עֲבֹדְתְךָ וּלְלַמּוֹד תּוֹרַתְךָ – כְּמוֹ**  
 < just as << Your Torah, < and study < Your < to < we will < so << in a forbidden  
 service, perform be able that manner,

**שְׁוֹנֵת לְאֲבוֹתֵינוּ מִן בְּמִדְבָּר, בְּאֶרֶץ צִיָּה וְעֲרָבָה.**  
 << and < arid < in a land << in the < with < our < You  
 desolate. Wilderness, manna forefathers nourished

————— שמות טז:ד-לו / Exodus 16:4-36 —————

**וַיֹּאמֶר יְהוָה אֶל מֹשֶׁה, הֲנִי מִמְטִיר לָכֶם לֶחֶם מִן הַשָּׁמַיִם,**  
 << heaven; < from < food < for you < I shall < Behold, < Moses, < to < HASHEM said  
 rain down

**וַיֵּצֵא הָעָם וּלְקָטוּ דִבַּר יוֹם בְּיוֹמוֹ, לְמִעַן אֲנִסְנוּ הֵילֵךְ**  
 < whether they < I can test < so that << on its < of each < the < and pick < let the people  
 will follow them, day, day portion go out

**בְּתוֹרַתִּי אִם לֹא. וְהָיָה בַּיּוֹם הַשֵּׁשִׁי, וְהִכִּינוּ אֶת אֲשֶׁר יִבְיֵאוּ,**  
 << they < what < [when] they < on the sixth day < And it << not. < or < My teaching  
 bring, prepare shall be

**וְהָיָה מִשְׁנֵה עַל אֲשֶׁר יִלְקָטוּ יוֹם יוֹם. וַיֹּאמֶר מֹשֶׁה וְאַהֲרֹן אֶל**  
 < to < Moses and Aaron said << every day. < they pick < what < over < double < that it  
 will be

**כָּל בְּנֵי יִשְׂרָאֵל, עָרַב וַיִּדְעֶתֶם כִּי יְהוָה הוֹצִיא אֶתְכֶם**  
 < took you out < HASHEM < that < you shall < In the << of Israel, < the < all  
 know evening, Children

**מֵאֶרֶץ מִצְרַיִם. וּבִקֵּר וּרְאִיתֶם אֶת כְּבוֹד יְהוָה, בְּשִׁמְעוּ**  
 < when << of < the glory < you will see < And in the << of Egypt. < from  
 He hears HASHEM, morning the land

אֶת תְּלֹנְתֵיכֶם עַל יְהוָה, וְנָחֲנוּ מֶה, כִּי תִלְיֵנוּ עֲלֵינוּ.  
<< against < you should < that < nothing < –for << HASHEM < against < your complaints  
us. incite complaints we are

וַיֹּאמֶר מֹשֶׁה, בָּתֵּת יְהוָה לָכֶם בַּעֲרֵב בֶּשֶׂר לְאֹכַל וּלְחֶם  
< and bread << to eat, < meat < in the evening < you < When HASHEM gives << Moses said,

בְּבִקֵּר לְשַׂבֵּעַ, בְּשִׁמְעַע יְהוָה אֶת תְּלֹנְתֵיכֶם אֲשֶׁר אַתֶּם  
< you < that < your complaints < as HASHEM hears << for satiety, < in the morning  
מְלִינִם עֲלֵיו, וְנָחֲנוּ מֶה, לֹא עֲלֵינוּ תְּלֹנְתֵיכֶם, כִּי עַל יְהוָה.  
<< HASHEM! < against < but < are your < against < not << nothing – < –for << against < incite  
complaints, us we are Him

וַיֹּאמֶר מֹשֶׁה אֶל אֶהְרֹן, אָמַר אֵל כָּל עַדַּת בְּנֵי יִשְׂרָאֵל, קָרְבוּ  
< 'Draw << of Israel: < of the < assem- < the < to < Say << Aaron, < to < Moses said  
near Children bly entire

לִפְנֵי יְהוָה, כִּי שָׁמַע אֶת תְּלֹנְתֵיכֶם. וַיְהִי כַּדְּבַר אֶהְרֹן אֵל כָּל  
< the < to < when Aaron < And it << your complaints.' < He has < for << HASHEM, < before  
entire spoke happened heard

עַדַּת בְּנֵי יִשְׂרָאֵל, וַיִּפְּנוּ אֶל הַמִּדְבָּר, וַהֲנִה כְבוֹד יְהוָה נִרְאָה  
< was < of < the < and << the < toward < they << of Israel, < of the < assem-  
seen HASHEM glory behold, Wilderness, turned Children bly

בְּעֲנָן. וַיְדַבֵּר יְהוָה אֶל מֹשֶׁה לֵאמֹר. שָׁמַעְתִּי אֶת תְּלוֹנֹת בְּנֵי  
< of the < the < I have << saying, < Moses, < to < HASHEM spoke << in a  
Children complaints heard cloud.

יִשְׂרָאֵל, דַּבֵּר אֲלֵהֶם לֵאמֹר, בֵּין הָעֲרֵבִים תֹּאכְלוּ בֶּשֶׂר,  
< meat < you shall eat < 'In the afternoon << saying: < to them, < Speak << of Israel.

וּבְבִקֵּר תִּשְׂבְּעוּ לָחֶם, וַיִּדְעֶתֶם כִּי אֲנִי יְהוָה אֱלֹהֵיכֶם. וַיְהִי  
< And it << your God.' < HASHEM, < I am < that < and you << with < you shall < and in the  
happened shall know bread, be sated morning

בַּעֲרֵב, וַתַּעַל הַשָּׁלוּ וַתִּכְסֵם אֶת הַמַּחֲנֶה, וּבְבִקֵּר הִיִּתְּהָ שְׂכֶבֶת  
< a layer < there < and in the << the camp, < and < that the quail < in the  
was morning covered went up evening

הַטָּל סָבִיב לַמַּחֲנֶה. וַתַּעַל שְׂכֶבֶת הַטָּל, וַהֲנִה עַל פְּנֵי הַמִּדְבָּר  
< of the < the < upon < and << of dew, < did < Evaporate << the camp. < surround- < of  
Wilderness surface behold, the layer ing dew

דָּק מְחֹסֶפֶס, דָּק כְּפֹפֶר עַל הָאָרֶץ. וַיִּרְאוּ בְנֵי יִשְׂרָאֵל, וַיֹּאמְרוּ  
< and << The Children of Israel saw, << the < upon < like < –thin << exposed < was some-  
they said earth. frost thing thin

אִישׁ אֶל אָחִיו, מִן הוּא, כִּי לֹא יָדְעוּ מֶה הוּא, וַיֹּאמֶר מֹשֶׁה  
< Moses said << it was. < what < they did < for << is it? < What << another, < to < one  
not know

אֵלֶּהֶם, הוּא הַלֶּחֶם אֲשֶׁר נָתַן יְהוָה לָכֶם לֶאֱכֹלָהּ. זֶה הַדָּבָר  
< is the < This << to eat. < you < HASHEM < that < is the food < This << to them,  
thing has given

אֲשֶׁר צִוָּה יְהוָה, לְקַטּוּ מִמֶּנּוּ אִישׁ לְפִי אֶכְלוּ, עֹמֶר לְגִלְגָּלֶת,  
<< per < an << to what < accor- < for each < from < 'Gather << HASHEM has < that  
person; omer he eats, ding man it, commanded:

מִסֹּפֶר נִפְשֹׁתֵיכֶם, אִישׁ לְאִשֶׁר בְּאֹהֶלוֹ תִקְחוּ. וַיַּעֲשׂוּ כֵן בְּנֵי  
< - the << so < They did << shall < is in < for < each < of your < according to  
Children you take.' his tent whomever man people, the number

יִשְׂרָאֵל, וַיִּלְקְטוּ הַמְּרֹבָה וְהַמְּמַעֵיט. וַיִּמְדוּ בְּעֹמֶר, וְלֹא  
< and << in an < And they << and he who < he who < and they << of Israel -  
no omer, measured took less. took more gathered,

הָעֵדִיף הַמְּרֹבָה, וְהַמְּמַעֵיט לֹא הִחְסִיר, אִישׁ לְפִי אֶכְלוּ  
< what < according < everyone << lacking; < was < and the one who << the one who < extra had  
he eats to not had taken less had taken more,

לְקַטּוּ. וַיֹּאמֶר מֹשֶׁה אֵלֶּהֶם, אִישׁ אֵל יוֹתֵר מִמֶּנּוּ עַד בִּקְרָא.  
<< morning. < until < of it < leave < shall < Each << to them, < Moses said << had they  
over not person gathered.

וְלֹא שָׁמְעוּ אֶל מֹשֶׁה, וַיּוֹתְרוּ אֲנָשִׁים מִמֶּנּוּ עַד בִּקְרָא וַיִּרָם  
< and it be- << morn- < until < from it < and some people << Moses, < to < But they did  
came infested ing, left over not listen

תּוֹלְעִים וַיִּבְאֵשׁ, וַיִּקְצַף עֲלֵהֶם מֹשֶׁה. וַיִּלְקְטוּ אֹתוֹ בַּבֶּקֶר  
< morning < it < They << was < at them < and angry << and it stank; < with worms  
gathered Moses.

בַּבֶּקֶר, אִישׁ כָּפִי אֶכְלוּ, וְחַם הַשֶּׁמֶשׁ וְנָמַס. וַיְהִי בַיּוֹם הַשְּׁשִׁי,  
< on the sixth day < It << it < of the < and in << to what < accor- < every << by  
happened melted. sun the heat he eats, ding man morning,

לְקַטּוּ לֶחֶם מְשֻׁנָּה, שְׁנֵי הָעֹמֶר לְאֶחָד, וַיָּבֹאוּ כָּל נְשֵׂאֵי  
< the < - all << and they << for each < omers < two << that was < food < that they  
princes came one; double, gathered

הָעֵדָה, וַיִּגִּדּוּ לְמֹשֶׁה. וַיֹּאמֶר אֵלֶּהֶם, הוּא אֲשֶׁר דִּבֶּר יְהוָה,  
<< HASHEM had < is what < This << to them, < He said << Moses. < and they << of the  
spoken; told assembly -

שִׁבְתוֹן שִׁבַת קֹדֶשׁ לַיהוָה מָחָר, אֵת אֲשֶׁר תֹּאפוּ אָפוּ,  
<< bake, < you wish < which < That << is < for < of < a < a rest day,  
to bake, tomorrow. HASHEM, holiness Sabbath

וְאֵת אֲשֶׁר תִּבְשְׁלוּ בִשְׁלוּ, וְאֵת כָּל הָעֵדָף הַנִּיחוּ לָכֶם  
< for < put < that is < and all << cook; < you wish < which < and that  
yourselves away left over, to cook,

לְמִשְׁמֶרֶת עַד הַבֶּקֶר. וַיִּנְיְחוּ אֹתוֹ עַד הַבֶּקֶר בַּאֲשֶׁר  
< as << morning, < until < They put it away << the morning, < until < for safekeeping  
צִוָּה מֹשֶׁה, וְלֹא הִבְאִישׁ, וְרִמָּה לֹא הָיְתָה בּוֹ. וַיֹּאמֶר מֹשֶׁה,  
<< Moses said, << in it. < was not < and < stink < and it << Moses had  
infestation did not commanded;

אֲכָלוּהוּ הַיּוֹם, כִּי שַׁבַּת הַיּוֹם לַיהוָה, הַיּוֹם לֹא תִמְצְאוּהוּ  
< find it < you < today << for HASHEM; < today < it is a < for < today, < Eat it  
will not Sabbath

בַּשָּׂדֶה. שֵׁשֶׁת יָמִים תִּלְקָטְהוּ, וּבַיּוֹם הַשְּׁבִיעִי שַׁבַּת, לֹא יִהְיֶה  
< be < there << -a << but on the Seventh Day << shall you < days < Six << in the  
[any] will not Sabbath – gather it, field.

בּוֹ. וַיְהִי בַיּוֹם הַשְּׁבִיעִי, יֵצְאוּ מִן הָעֵם לִלְקֹט, וְלֹא מִצְאוּ.  
<< find. < and they << to gather, < the < from < [some] << on the Seventh Day, < It << on  
did not people went out happened it.

וַיֹּאמֶר יְהוָה אֶל מֹשֶׁה, עַד אָנֹכָה מְאַנְתֶּם לְשֹׁמְרֵי מִצְוֹתַי  
< My com- < to < will you < when < Until << Moses, < to < HASHEM said  
mandments observe all refuse

וְתוֹרָתִי. רְאוּ כִּי יְהוָה נָתַן לָכֶם הַשַּׁבָּת, עַל כֵּן הוּא נֹתֵן לָכֶם  
< you < gives < He < therefore, << the < you < has < HASHEM < that < See << and My  
Sabbath; given teachings?

בַּיּוֹם הַשְּׁשִׁי לֶחֶם יוֹמִים, שְׂבוּ אִישׁ תַּחְתּוֹ, אֲלֵ יֵצֵא אִישׁ  
< any < go < let << in his << –each << You should << for < food < on the sixth day  
man out not place; man – remain two days.

מִמְקוֹם בַּיּוֹם הַשְּׁבִיעִי. וַיִּשְׁבְּתוּ הָעָם בַּיּוֹם הַשְּׁבִיעִי. וַיִּקְרְאוּ  
<< They << on the Seventh Day. < did the < Rest << on the Seventh Day. < from his  
called people place

בֵּית יִשְׂרָאֵל אֶת שְׁמוֹ מִן, וְהוּא כְזָרַע גֶּד לֶבֶן, וְטַעְמוֹ  
< and its << [but] < of co- < was like < It << manna. < its name << of Israel – < – the  
taste white, riander, the seed House

כְּצִפִּיחַת בְּדָבֶשׁ. וַיֹּאמֶר מֹשֶׁה, זֶה הַדָּבָר אֲשֶׁר צִוָּה יְהוָה,  
<< HASHEM has < that < is the < This << Moses said, << [fried] < was like  
commanded: thing in honey. a cake

מִלֵּא הָעֹמֶר מִמֶּנּוּ לְמִשְׁמֶרֶת לְדֹרֹתֵיכֶם, לְמַעַן יֵרְאוּ  
< they < so that << for your < [shall be] for a < of it < An omer-full  
will see generations, safeguarded treasure

אֶת הַלֶּחֶם אֲשֶׁר הָאֲכַלְתִּי אִתְּכֶם בְּמִדְבָּר בְּהוֹצִיאִי אֶתְכֶם  
< when I took you out < in the Wilderness < you < I fed < that < the food

מֵאֶרֶץ מִצְרַיִם. וַיֹּאמֶר מֹשֶׁה אֶל אַהֲרֹן, קַח צִנְצָנֶת אַחַת וְתֵן  
< and put < one jar < Take << Aaron, < to < Moses said << of Egypt. < from the land

שָׁמָּה מְלֵא הָעֹמֶר מִן, וְהִנֵּחַ אֹתוֹ לִפְנֵי יְהוָה, לְמִשְׁמֶרֶת  
< as a safeguarded < HASHEM < before < it < and place << of < an omer-full < there  
treasure  
manna,

לְדֹרֹתֵיכֶם. בְּאֲשֶׁר צִוָּה יְהוָה אֶל מֹשֶׁה, וַיִּנְיַחְהוּ אֶהֱרֹן לִפְנֵי  
< before < Aaron placed it << Moses, < to < HASHEM < As << for your  
commanded  
generations.

הָעֵדֻת לְמִשְׁמֶרֶת. וּבְנֵי יִשְׂרָאֵל אָכְלוּ אֶת הַמָּן אַרְבָּעִים  
< for forty < the manna < ate < of Israel < The << as a safeguarded < the [Ark of]  
Children testimony  
treasure.

שָׁנָה, עַד בָּאָם אֶל אֶרֶץ נוֹשָׁבִת, אֶת הַמָּן אָכְלוּ עַד בָּאָם  
< they < until < they < the manna << that was < a land < to < they < until << years,  
came  
ate  
inhabited;  
came

אֶל קֵצָה אֶרֶץ כְּנָעַן. וְהָעֹמֶר עֶשְׂרִית הָאִיפָה הוּא.  
<< it is. < of an ephah < – a tenth << The omer << of < of the < the < to  
Canaan. land border