

The Tabernacle: The Table of Showbread

Use with the full teaching and a Bible. Read or watch first, complete the questions, then discuss and apply. For family study, an adult can select suitable portions and accept spoken answers.

Test the teaching's explanations against the cited passages. Keep the answer key and facilitator notes separate when distributing learner pages.

[Open the full teaching](#)

Teaching summary

The table of showbread stood in the holy place. Made of acacia wood overlaid with gold, it held twelve loaves arranged in two groups of six. Every Sabbath the bread was set before YHWH, and Aaron and his sons ate it in a holy place.

The teaching explains lechem panim as "face bread," or bread of the presence. It develops the image of a king inviting servants to share his table: fellowship with YHWH is an undeserved honor. The priests' purity requirements lead to an application of humility and honest self-examination.

The lesson contrasts Adam's loss of God's presence and painful toil with Israel's deliverance from Egypt, manna, and the promise of God's presence and rest. This is the teaching's framework for understanding the showbread as an image of restored fellowship and provision.

The Sabbath connection is central. Each loaf used two tenths of an ephah of flour, corresponding to the two omers of manna gathered on the sixth day. The teaching sees the weekly bread as a reminder that YHWH provides for his people and gives them rest.

Yeshua is the bread of life and invites the weary to receive rest. We seek God's kingdom and righteousness rather than making anxious striving the center of life. Trust and Sabbath rest belong with faithful obedience; they do not mean abandoning all useful work or guaranteeing an easy life.

The teaching concludes with the hope of lasting rest in God's presence, where the curse, sorrow, and death are gone. The table therefore points beyond food alone toward fellowship, humility, faithful trust, and the final restoration that YHWH promises.

Summary points

- The table was acacia wood overlaid with gold.
- Twelve loaves were arranged in two groups of six.
- The bread was renewed every Sabbath.
- Aaron and his sons ate the bread in a holy place.
- The teaching develops the bread as fellowship at God's table.
- Approaching God calls for humility and self-examination.
- Manna and showbread connect provision with Sabbath rest.
- Yeshua gives rest to those who come to him.
- Seeking God's kingdom first expresses trust in his care.
- The final hope includes God's presence and the end of death.

Fill in the blank

Use the teaching and the cited Bible passages. Equivalent wording is welcome when it expresses the same meaning.

Basic

1. The table of showbread was overlaid with pure _____.
2. There were _____ loaves on the table.
3. The loaves were arranged in two groups of _____.
4. The bread was arranged before YHWH every _____.
5. The priests ate the bread in a _____ place.
6. Yeshua promises the weary that he will give them _____.

Challenging

1. The teaching explains lechem panim literally as “_____ bread.”
2. Each loaf contained two tenths of an _____ of flour.
3. On the sixth day Israel gathered two _____ of manna per person.
4. Yeshua says that everyone who humbles himself will be _____.
5. We are to seek first God’s kingdom and his _____.
6. In the final vision, God’s servants will see his _____.

Group discussion

Discuss respectfully and support answers from the passages. Use these lines for brief notes or a notebook for longer responses.

1. What did the twelve loaves and their weekly arrangement involve?

2. How does the picture of eating at a king's table shape the lesson's application?

3. Why does the teaching compare Adam's experience with Israel's manna?

4. How do the flour amount and Sabbath renewal reinforce the lesson?

5. How can we practice trust in God's provision responsibly?

6. How does the final hope deepen the meaning of the table?

Answer key

For the leader or parent. Answers follow the teaching and the passages. Accept equivalent wording that expresses the same meaning.

Basic

1. gold

Exodus 25:24

2. twelve (also: 12)

Leviticus 24:5

3. six (also: 6)

Leviticus 24:6

4. Sabbath

Leviticus 24:8

5. holy

Leviticus 24:9

6. rest

Matthew 11:28

Challenging

1. face

Table of Showbread, Hebrew phrase discussion

2. ephah

Leviticus 24:5

3. omers

Exodus 16:22

4. exalted

Luke 14:11

5. righteousness

Matthew 6:33

6. face

Revelation 22:4

Facilitator notes

These responses give direction for discussion. They are not a test of identical wording. Invite participants to explain the passages and consider a faithful practical response.

1. The bread was made from fine flour, arranged in two groups of six with frankincense, and renewed each Sabbath. It was a holy portion for Aaron and his sons to eat in a holy place.

Leviticus 24:5-9

2. The teaching treats the meal as a picture of God's favor and welcome. We approach with gratitude and humility rather than entitlement, and examine how we are living. That application does not make personal merit the source of salvation.

Luke 14:8-11; 1 Corinthians 11:27-29

3. Adam's sin brought alienation and painful toil. Israel's deliverance brought manna and the promise of God's presence and rest. The teaching uses that contrast to illuminate the bread as a reminder of fellowship and provision.

Genesis 3:8, 17-19; Exodus 33:14; Psalm 105:40

4. Two tenths of an ephah equal two omers, the amount gathered before the Sabbath. Along with weekly renewal, this connects the bread with the manna account and reliance on God's provision during rest.

Leviticus 24:5, 8; Exodus 16:22, 36

5. We can put God's kingdom first, rest as instructed, and refuse to make anxiety or accumulation our master. We still work faithfully and care for others; the teaching's encouragement should not become a promise that believers never face hardship.

Matthew 6:31-33; Matthew 11:28-30

6. The promised future brings enduring fellowship with God, life, and freedom from the curse and death. Present trust and rest anticipate that fuller hope without pretending that every struggle has already ended.

Revelation 22:1-4; 21:3-4

Facilitator reminders

Keep Sabbath rest and ordinary faithful work together. Do not imply hardship disproves faith.

Put it into practice

Choose one response to the passages. What will we do, and when will we revisit it? Share only what you are comfortable sharing.