

said, “Eat it today, for today is the sabbath of the LORD. Today you will not find any in the field. ²⁶Six days you will gather it, but on the seventh day, the sabbath, it will not be there.” ²⁷Still, on the seventh day some of the people went out to gather it, but they did not find any. ²⁸Then the LORD said to Moses: How long will you refuse to keep my commandments and my instructions? ²⁹Take note! The LORD has given you the sabbath. That is why on the sixth day he gives you food for two days. Each of you stay where you are and let no one go out on the seventh day. ³⁰After that the people rested on the seventh day.

³¹The house of Israel named this food manna. It was like coriander seed,* white, and it tasted like wafers made with honey.

³²Moses said, “This is what the LORD has commanded. Keep a full omer of it for your future generations, so that they may see the food I gave you to eat in the wilderness when I brought you out of the land of Egypt.” ³³Moses then told Aaron, “Take a jar* and put a full omer of manna in it. Then place it before the LORD to keep it for your future generations.” ³⁴As the LORD had commanded Moses, Aaron placed it in front of the covenant* to keep it.

³⁵The Israelites ate the manna for forty years, until they came to settled land; they ate the manna until they came to the borders of Canaan. ³⁶(An omer is one tenth of an ephah.)*

CHAPTER 17

Water from the Rock. ¹From the wilderness of Sin the whole Israelite community journeyed by stages, as the LORD directed, and encamped at Rephidim.

But there was no water for the people to drink, ² and so they quarreled with Moses and said, “Give us water to drink.” Moses replied to them, “Why do you quarrel with me? Why do you put the LORD to a test?” ³Here, then, in their thirst for water, the people grumbled against Moses, saying, “Why then did you bring us up out of Egypt? To have us die of thirst with our children and our livestock?”

* [16:31] **Coriander seed:** small, round, aromatic seeds of bright brown color; the comparison, therefore, refers merely to the size and shape, not to the taste or color of the manna.

* [16:33] **Jar:** according to the Greek translation, which is followed in Heb 9:4, this was a golden vessel.

* [16:34] **The covenant:** i.e., the ark of the covenant, in which were placed the two tablets of the Ten Commandments. Cf. 25:16, 21–22.

* [16:36] **Omer...ephah:** see note on Is 5:10.

天吃這些罷！因為今天是敬上主的安息日，今天在野外什麼也找不到。²⁶六天你們可去收斂，但第七天是安息日，什麼也沒有。」²⁷到了第七天，百姓中有人去收斂，但什麼也沒有找到。²⁸上主向梅瑟說：「你們不守我的命令和我的法律要到何時呢？」²⁹看上主給你們立了安息日，為此到第六天他給你們兩天的食物；到第七天各人都應留在家內，不准任何人離開自己的地方。」³⁰這樣百姓在第七天守了安息日。³¹以色列家給這食物取名叫「瑪納」。它像胡荽的種子那樣白，滋味好似蜜餅。³²梅瑟說：「上主這樣吩咐說：裝滿一「曷默爾」瑪納，留給你們的後代子孫，為使他們能看到我領你們出離埃及國時，在曠野裡養活你們的食物。」³³梅瑟向亞郎說：「拿一個罐子，裝滿一「曷默爾」瑪納，放在上主面前，留給你們的後代子孫。」³⁴亞郎就照上主吩咐梅瑟的話，將瑪納放在約版前面，保留起來。³⁵以色列子民吃瑪納四十年之久，直到進入有人居住的地方為止；他們吃瑪納，直到進入客納罕地的邊界。³⁶—「曷默爾」是一「厄法」的十分之一。

第十七章

擊石出水 ¹以色列子民全會眾按照上主的吩咐，由欣曠野起程，一站一站地前行，然後在勒非丁安了營。在那裡百姓沒有水喝，²因此百姓與梅瑟爭吵說：「給我們水喝罷！」梅瑟回答他們說：「你們為什麼與我爭吵，為什麼試探上主？」³因百姓在那裡渴望水喝，就抱怨梅瑟說：「你為什麼從埃及領我們上來？難道要使我們，我們的子女和牲畜

⁴So Moses cried out to the LORD, “What shall I do with this people? A little more and they will stone me!” ⁵The LORD answered Moses: Go on ahead of the people, and take along with you some of the elders of Israel, holding in your hand, as you go, the staff with which you struck the Nile. ⁶I will be standing there in front of you on the rock in Horeb. Strike the rock, and the water will flow from it for the people to drink. Moses did this, in the sight of the elders of Israel. ⁷The place was named Massah and Meribah,* because the Israelites quarreled there and tested the LORD, saying, “Is the LORD in our midst or not?”

Battle with Amalek. ⁸Then Amalek* came and waged war against Israel in Rephidim. ⁹So Moses said to Joshua, “Choose some men for us, and tomorrow go out and engage Amalek in battle. I will be standing on top of the hill with the staff of God in my hand.” ¹⁰Joshua did as Moses told him: he engaged Amalek in battle while Moses, Aaron, and Hur climbed to the top of the hill. ¹¹As long as Moses kept his hands raised up, Israel had the better of the fight, but when he let his hands rest, Amalek had the better of the fight. ¹²Moses’ hands, however, grew tired; so they took a rock and put it under him and he sat on it. Meanwhile Aaron and Hur supported his hands, one on one side and one on the other, so that his hands remained steady until sunset. ¹³And Joshua defeated Amalek and his people with the sword.

¹⁴Then the LORD said to Moses: Write this down in a book as something to be remembered, and recite it to Joshua: I will completely blot out the memory of Amalek from under the heavens. ¹⁵Moses built an altar there, which he named Yahweh-nissi,* ¹⁶for he said, “Take up the banner of the LORD!* The LORD has a war against Amalek through the ages.”

CHAPTER 18

Meeting with Jethro. ¹Now Moses’ father-in-law Jethro, the priest of Midian, heard of all that God had done for Moses and for his

* [17:7] **Massah...Meribah:** Hebrew words meaning, respectively, “the place of the test” and “the place of strife, of quarreling.”

* [17:8] **Amalek:** the Amalekites appear in the Bible as early inhabitants of southern Palestine and the Sinai peninsula prior to the appearance of the Israelites in the region. Cf. Nm 24:20.

* [17:15] **Yahweh-nissi:** meaning, “the Lord is my banner.”

* [17:16] **Take up the banner of the Lord:** lit., “a hand on the Lord’s banner,” apparently a war cry for the Israelite troops in the conduct of Holy War; however, the Hebrew text is difficult to interpret.

都渴死嗎？」⁴梅瑟向上主呼號說：「我要怎樣對待這百姓呢？他們幾乎願用石頭砸死我！」⁵上主回答梅瑟說：「你到百姓面前去，帶上幾個以色列長老，手中拿著你擊打尼羅河的棍杖去！」⁶看，我要在你面前站在曷勒布那裡的磐石上，你擊打磐石，就有水流出來，給百姓喝。」梅瑟就在以色列的長老眼前照樣作了。⁷他稱那地方為瑪撒和默黎巴，因為以色列子民在那裡爭吵過，並試探過上主說：「上主是否在我們中間？」

與阿瑪肋克人作戰 ⁸那時有阿瑪肋克人，來在勒非丁同以色列人作戰。⁹梅瑟向若蘇厄說：「你給我們選拔壯丁，明天去同阿瑪肋克作戰，我手中拿著天主的棍杖，站在這高岡頂上。」¹⁰若蘇厄就照梅瑟吩咐他的作了，去同阿瑪肋克作戰；同時梅瑟、亞郎和胡爾上了那高岡頂上。¹¹當梅瑟舉手的時候，以色列就打勝仗；放下手的時候，阿瑪肋克就打勝仗。¹²終於梅瑟的手舉疲乏了。他們就搬了塊石頭來，放在他下邊，叫他坐下，亞郎和胡爾，一邊一個托著他的手：這樣他的手舉著不動，直到日落的時候。¹³於是若蘇厄用刀劍打敗了阿瑪肋克和他的人民。¹⁴上主向梅瑟說：「將這事寫在書上作為記念，並訓示若蘇厄，我要從天下把阿瑪肋克的記念完全消滅。」¹⁵梅瑟築了一座祭壇，給它起名叫「雅威尼息」，¹⁶說：「向上主的旌旗舉手，上主必世代代與阿瑪肋克作戰。」

第十八章

耶特洛來見梅瑟 ¹梅瑟的岳父，米德楊的司祭耶特洛，聽說天主為梅瑟和自己