

Parashat HaMan – a Prayer for Livelihood

חכמינו ז"ל אמרו כל מי שיאמר פרשת המן בכל יום לא יחסר לו פרנסה ומקודם אומרים את היה"ר. ויוכל לומר פרשת המן אפילו בשבת רק התפלות על הפרנסה לא יאמר בשבת: Our sages said everyone who said *Parashat HaMan* every day would not lack his livelihood. He should first recite the following *yehi ratzon* (petition). It is permitted to recite *Parashat HaMan* even on Shabbat, only omit the prayers for sustenance on Shabbat:

יְהִי רָצוֹן מִלְּפָנֶיךָ הָשֵׁם אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ שֶׁתִּזְמִין פְּרִנְסָה לְכָל עַמְּךָ בֵּית יִשְׂרָאֵל וּפְרִנְסָתִי וּפְרִנְסַת אָנְשֵׁי בֵּיתִי בְּכָלֵלָם. בְּנֶחֱת וְלֹא בְּצָעָר בְּכָבוֹד וְלֹא בְּבִזּוּי בְּהִתֵּר וְלֹא בְּאֶסוּר כְּדִי שֶׁנוֹכַל לְעִבּוֹד עֲבוֹדָתְךָ וְלִלְמוֹד תּוֹרָתְךָ כְּמוֹ שֶׁזָּנַת לְאֲבוֹתֵינוּ מִן בְּמִדְבָּר בְּאֶרֶץ צִיָּה וְעֲרֵבָה:

May it be Your will, Hashem our G-d and the G-d of our fathers that you bestow sustenance to Your entire people – the house of Israel – and include the sustenance for me and for my household. Let us receive the sustenance smoothly without pain, in honor and not in shame, in a permitted way and not through a prohibition, in order that we can serve You and learn Your Torah. [Please provide for us] just as you sustained our forefathers in the wilderness, wasteland, and barren desert.

פְּרִשַׁת הַמֶּן, שְׁמוֹת טז:ד-לו

וַיֹּאמֶר הָשֵׁם אֶל מֹשֶׁה הִנְנִי מְמַטִּיר לָכֶם לֶחֶם מִן הַשָּׁמַיִם וַיֵּצֵא הָעָם וַיִּקְטְוּ דִּבְרַי יוֹם בְּיוֹמוֹ לִמְעַן אֲנִסְנוּ הִילֵךְ בְּתוֹרָתִי אִם לֹא: וְהָיָה בַּיּוֹם הַשְּׁשִׁי וְהִכִּינוּ אֶת אֲשֶׁר יִבְיֹאוּ וְהָיָה מִשְׁנֶה עַל אֲשֶׁר יִלְקְטוּ יוֹם יוֹם:

So, Hashem said to Moshe, Behold! I am going to rain down for you bread from heaven, and the people shall go out and gather what is needed for the day, so that I can test them, whether they will follow My teaching. And it shall be on the sixth day that when they prepare what they will bring, it will be double of what they gather every day.

וַיֹּאמֶר מֹשֶׁה וְאַהֲרֹן אֶל כָּל בְּנֵי יִשְׂרָאֵל עֲרֹב וַיִּדְעֶתֶם כִּי הָשֵׁם הוֹצִיא אֶתְכֶם מֵאֶרֶץ מִצְרַיִם וּבִקֹּר וּרְאִיתֶם אֶת כְּבוֹד הָשֵׁם בְּשִׁמְעוּ אֶת תְּלִנְתִּיכֶם עַל הָשֵׁם וְנַחֲנוּ מָה כִּי תִלְוּנוּ \ {תְּלִינוּ} עֲלִינוּ: וַיֹּאמֶר מֹשֶׁה בְּתַת הָשֵׁם לָכֶם בְּעֲרֹב בָּשָׂר לֶאֱכֹל וְלֶחֶם בִּבְקָר לְשִׁבַּע בְּשִׁמְעַת הָשֵׁם אֶת תְּלִנְתִּיכֶם אֲשֶׁר אַתֶּם מְלִינִם עָלָיו וְנַחֲנוּ מָה לֹא עָלִינוּ תְּלִנְתִּיכֶם כִּי עַל הָשֵׁם:

[Thereupon,] Moshe and Aharon said to all the children of Israel, [In the] evening, you shall know that Hashem brought you out of the land of Egypt. And [in the] morning, you shall see the glory of Hashem when He hears your complaints against Hashem but [of] what [significance] are we, that you make [the people] complain against us? Then Moshe said, When Hashem gives you meat to eat in the evening and bread in the morning [with which] to become sated, when Hashem hears your complaints, which you are making [the people] complain against Him, but [of] what [significance] are we? Not against us are your complaints, but against Hashem.

וַיֹּאמֶר מֹשֶׁה אֶל אַהֲרֹן אָמַר אֶל כָּל עַדְת בְּנֵי יִשְׂרָאֵל קִרְבוּ לִפְנֵי הָשֵׁם כִּי שָׁמַע אֶת תַּלְוֹתֵיכֶם:
וַיְהִי כַּדְבָּר אַהֲרֹן אֶל כָּל עַדְת בְּנֵי יִשְׂרָאֵל וַיִּפְּנוּ אֶל הַמִּדְבָּר וְהָיָה כְבוֹד הָשֵׁם נֹרְאָה בְּעֵינָיו:
וַיְדַבֵּר הָשֵׁם אֶל מֹשֶׁה לֵאמֹר: שְׁמַעְתִּי אֶת תַּלְוֹת בְּנֵי יִשְׂרָאֵל דִּבֶּר אֱלֹהִים לֵאמֹר בֵּין הָעַרְבִים
תֹּאכְלוּ בָשָׂר וַיִּבְבֶּקֶר תִּשְׁבְּעוּ לֶחֶם וַיִּדְעֻתֶם כִּי אֲנִי הָשֵׁם אֱלֹהֵיכֶם:

Moshe said to Aharon, Tell the entire community of the children of Israel, "Draw near before Hashem, for He has heard your complaints." It came to pass when Aharon spoke to the entire community of the children of Israel, that they turned toward the desert, and behold! the glory of Hashem appeared in the cloud. Hashem spoke to Moshe, saying, I have heard the complaints of the children of Israel. Speak to them, saying, In the afternoon you shall eat meat, and in the morning, you shall be sated with bread, and you shall know that I am Hashem, your G-d.

וַיְהִי בָעֶרֶב וַתַּעַל הַשָּׁלֹ וַתִּכַּס אֶת הַמַּחֲנֶה וַיִּבְבֶּקֶר הִיתָה שְׁכֶבֶת הַטֹּל סָבִיב לַמַּחֲנֶה: וַתַּעַל
שְׁכֶבֶת הַטֹּל וְהָיָה עַל פְּנֵי הַמִּדְבָּר דֶּק מִחֹסֶפֶס דֶּק כַּכֹּפֶר עַל הָאָרֶץ:

It came to pass in the evening that the quails went up and covered the camp, and in the morning, there was a layer of dew around the camp. The layer of dew went up, and behold, on the surface of the desert, a fine, bare [substance] as fine as frost on the ground.

וַיֵּרְאוּ בְנֵי יִשְׂרָאֵל וַיֹּאמְרוּ אִישׁ אֶל אָחִיו מִן הוּא כִּי לֹא יָדְעוּ מָה הוּא וַיֹּאמֶר מֹשֶׁה אֲלֵהֶם
הוּא הַלֶּחֶם אֲשֶׁר נָתַן הָשֵׁם לָכֶם לֹאכְלָה: זֶה הַדְּבָר אֲשֶׁר צִוָּה הָשֵׁם לִקְטוּ מִמֶּנּוּ אִישׁ לְפִי
אָכְלוּ עֹמֶר לַגִּלְגֹּלֶת מִסֹּפֶר נַפְשֵׁיכֶם אִישׁ לְאֲשֶׁר בָּאֵהֶלּוּ תִקְחוּ: וַיַּעֲשׂוּ כֵן בְּנֵי יִשְׂרָאֵל וַיִּלְקְטוּ
הַמֶּרְבֶּה וְהַמִּמְעִיט: וַיִּמְדּוּ בַעֲמֹר וְלֹא הָעֲדִיף הַמֶּרְבֶּה וְהַמִּמְעִיט לֹא הִחְסִיר אִישׁ לְפִי אָכְלוּ
לִקְטוּ: וַיֹּאמֶר מֹשֶׁה אֲלֵהֶם אִישׁ אֶל יוֹתֵר מִמֶּנּוּ עַד בֹּקֶר:

When the children of Israel saw [it], they said to one another, It is manna, because they did not know what it was, and Moshe said to them, It is the bread that Hashem has given you to eat. This is the thing that Hashem has commanded, "Gather of it each one according to his eating capacity, an omer for each person, according to the number of persons, each one for those in his tent you shall take." And the children of Israel did so: they gathered, both the one who gathered much and the one who gathered little. And they measured [it] with an omer, and whoever gathered much did not have more, and whoever gathered little did not have less; each one according to his eating capacity, they gathered. And Moshe said to them, "Let no one leave over [any] of it until morning."

וְלֹא שָׁמְעוּ אֶל מֹשֶׁה וַיּוֹתֵרוּ אַנְשִׁים מִמֶּנּוּ עַד בֹּקֶר וַיֵּרָם תּוֹלְעִים וַיִּבָּאֵשׁ וַיִּקְצַץ עֲלֵהֶם מֹשֶׁה:
וַיִּלְקְטוּ אֹתוֹ בַּבֹּקֶר בַּבֹּקֶר אִישׁ כִּפִּי אָכְלוּ וְחֹם הַשֶּׁמֶשׁ וַנִּמָּס:

But [some] men did not obey Moshe and left over of it until morning, and it bred worms and became putrid, and Moshe became angry with them. They gathered it morning by morning, each one according to his eating capacity, and [when] the sun grew hot, it melted.

וַיְהִי בַיּוֹם הַשְּׁשִׁי לִקְטוּ לֶחֶם מִשְׁנֶה שְׁנֵי הָעֹמֶר לְאֶחָד וַיִּבְּאוּ כָּל נָשִׂאֵי הָעֵדָה וַיִּגִּדּוּ לַמֶּשֶׁה:
וַיֹּאמֶר אֲלֵהֶם הוּא אֲשֶׁר דִּבֶּר הָשֵׁם שְׁבַתוֹן שְׁבַת קֹדֶשׁ לִידּוֹד מָחָר אֶת אֲשֶׁר תֹּאפּוּ אָפּוּ וְאֶת
אֲשֶׁר תִּבְשְׁלוּ בִשְׁלוּ וְאֶת כָּל הָעֵדָף הַנִּיחוּ לָכֶם לַמִּשְׁמֶרֶת עַד הַבֹּקֶר: וַיִּנְיחוּ אֹתוֹ עַד הַבֹּקֶר
כַּאֲשֶׁר צִוָּה מֹשֶׁה וְלֹא הִבָּאִישׁ וְרָמָה לֹא הִיתָה בּוֹ: וַיֹּאמֶר מֹשֶׁה אֲכַלְהוּ הַיּוֹם כִּי שְׁבַת הַיּוֹם
לִידּוֹד הַיּוֹם לֹא תִמְצָאֵהוּ בַּשָּׂדֶה: שֵׁשֶׁת יָמִים תִּלְקְטֻהוּ וּבַיּוֹם הַשְּׁבִיעִי שְׁבַת לֹא יִהְיֶה בּוֹ:

It came to pass on the sixth day that they gathered a double portion of bread, two omer for [each] one, and all the princes of the community came and reported [it] to Moshe. So, he said to them, "That is what Hashem spoke, Tomorrow is a rest day, a holy Shabbat to Hashem. Bake whatever you wish to bake, and cook whatever you wish to cook, and all the rest leave it over until morning." So, they left it over until morning, as Moshe had commanded, and it did not become putrid, and not a worm was in it. And Moshe said, "Eat it today, for today is a Shabbat to Hashem; today you will not find it in the field. Six days you shall gather it, but on the seventh day is Shabbat, on it there will be none."

וַיְהִי בַיּוֹם הַשְּׁבִיעִי יֵצְאוּ מִן הָעָם לִלְקֹט וְלֹא מָצְאוּ: וַיֹּאמֶר הָשֵׁם אֶל מֹשֶׁה עַד אָנָּה מֵאַנְתָּם לִשְׁמֹר מִצְוֹתַי וְתוֹרוֹתַי: רְאוּ כִּי הָשֵׁם נָתַן לָכֶם הַשְּׁבֶת עַל כֵּן הוּא נָתַן לָכֶם בַּיּוֹם הַשְּׁשִׁי לֶחֶם יוֹמִים שִׁבּוּ אִישׁ תַּחְתּוֹ אֶל יֵצֵא אִישׁ מִמְּקוֹמוֹ בַּיּוֹם הַשְּׁבִיעִי: וַיִּשְׁבְּתוּ הָעָם בַּיּוֹם הַשְּׁבִיעִי:

It came about that on the seventh day, [some] of the people went out to gather [manna], but they did not find [any]. Hashem said to Moshe, "How long will you refuse to observe My mitzvot and My teachings? See that Hashem has given you the Shabbat. Therefore, on the sixth day, He gives you bread for two days. Let each man remain in his place; let no man leave his place on the seventh day." So the people rested on the seventh day.

וַיִּקְרְאוּ בֵּית יִשְׂרָאֵל אֶת שְׁמוֹ מִן וְהוּא כְזֶרַע גֹּד לָבֵן וְטַעְמוֹ כְּצִפְיַחַת בְּדָבֶשׁ: וַיֹּאמֶר מֹשֶׁה זֶה הַדָּבָר אֲשֶׁר צִוָּה הָשֵׁם מְלֵא הָעֹמֶר מִמֶּנּוּ לְמִשְׁמֶרֶת לְדֹרֹתֵיכֶם לְמַעַן יֵרְאוּ אֶת הַלֶּחֶם אֲשֶׁר הֶאֱכַלְתִּי אֶתְכֶם בַּמִּדְבָּר בְּהוֹצִיאִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם:

The house of Israel named it manna. It was like coriander seed, [it was] white, and it tasted like a wafer with honey. Moshe said, This is the thing that Hashem commanded: Let one omerful of it be preserved for your generations, in order that they see the bread that I fed you in the desert when I took you out of the land of Egypt.

וַיֹּאמֶר מֹשֶׁה אֶל אַהֲרֹן קַח צִנְצֻנָּת אַחַת וְתֵן שָׁמָּה מְלֵא הָעֹמֶר מִן וְהִנֵּחַ אֹתוֹ לִפְנֵי הָשֵׁם לְמִשְׁמֶרֶת לְדֹרֹתֵיכֶם: כֹּאֲשֶׁר צִוָּה הָשֵׁם אֶל מֹשֶׁה וַיִּנִּיחֵהוּ אַהֲרֹן לִפְנֵי הָעֵדֻת לְמִשְׁמֶרֶת:

Moshe said to Aharon, "Take one jug and put there an omerful of manna, and deposit it before Hashem to be preserved for your generations." As Hashem had commanded Moshe, Aharon deposited it before the testimony to be preserved.

וּבְנֵי יִשְׂרָאֵל אָכְלוּ אֶת הַמָּן אַרְבָּעִים שָׁנָה עַד בָּאָם אֶל אֶרֶץ נוֹשָׁבִת אֶת הַמָּן אָכְלוּ עַד בָּאָם אֶל קְצֵה אֶרֶץ כְּנָעַן: וְהָעֹמֶר עֲשֵׂרִית הָאֵיפָה הוּא:

Then the children of Israel ate the manna for forty years until they came to an inhabited land. They ate the manna until they came to the border of the land of Canaan. The omer is one tenth of an ephah.