

## Your Spiritual Food

**“Man shall not live by bread alone, but by every word that proceeds out of the mouth of God.”**

The growth of the body largely depends upon the good food and nutrients you take in. Likewise, your soul needs good spiritual food to Nourish you spiritually. Now that you are part of the family of God, you will need to feed yourself spiritual food so that you can grow into an adult Christian.

**“As newborn babes, desire the sincere milk of the word, that you may grow (spiritually).” 1 Peter 2:2**

These words were written to new or underdeveloped believers. How fast you grow spiritually is directly related to your consistency in feeding yourself daily in the word of God.

## THE IMPORTANCE OF DEVELOPING SPIRITUAL HABITS

Everyone has inborn habits that are second nature to us. Some habits are good, others are not. In order to develop spiritually you must develop the habits that will allow you to progress in God’s Word. If you will commit yourself to the spiritual habits of Bible study, prayer, and church attendance you will begin to soar like an eagle spiritually. If you neglect these habits you will be frustrated, defeated and stunted spiritually.

One of the habits mentioned above is that of reading and studying your Bible every day. Even though the Bible is sometimes difficult to understand, don’t allow that to discourage you from reading it. The reason you struggle with comprehending it in the past, is because you did not have the Holy Spirit living within you. The Holy Spirit will now open your mind to the mind of Christ and give you discernment in the Bible.

Friend, please remember that the Bible is God’s love letter to you. It is every believer’s manual for their new life in Christ.

## WHERE DO I GET STARTED

### **1. BEFORE YOU GET STARTED:**

- **Schedule of time each day dedicated solely for Bible time.**

The best time is when your mind is the freshness. It is great if you are able to rise early and do it before you get into your day. It is important to start your day off right spiritually.

### **2. BEGIN READING IN THE GOSPEL OF JOHN**

(The 4<sup>th</sup> book of the New Testament)

The reason why the gospel of John is a good place to begin is because it literally style is simple and easy to understand.

### **3. FACTS THAT WILL HELP YOU UNDERSTAND JOHN:**

- The Gospel of John is not to be confused with the epistles of 1 John, 2 John, or 3 John (just before revelation).
- The 4 Gospels are the life account of Jesus Christ written by Matthew, Mark, Luke, and John from their point of view.
- The epistles of 1 John, 2 John, and 3 John are letters written to the church by the apostle John.
- John pictures Jesus as the “Son of God” emphasizing His divinity or deity
- John clearly explains the majestic truth of being born again spiritually and John 3.
- The Gospel of John is divided chronologically into:
- John 1:1 – 18: the Pre-existence of Christ
- John 1:19 through 4:54: the first year of Christ’s ministry
- John 5: Jesus’ popularity during His 2<sup>nd</sup> year of ministry
- John 6:1 – 12 through 11: Jesus’ opposition during his 3<sup>rd</sup> year
- John 12:12 through 19:42: His passion week
- John 20 through 21:40: 40 days after His resurrection
- Several miracles are mentioned in this book:
- John 2:1 – 12: Jesus turning the water into wine
- John 4:46 – 54: the healing of the nobleman’s son
- John 5:1 – 9: the healing of the paralytic
- John 9:1 – 7: the healing of the blind man
- John 11:38 – 44: the rising of Lazarus from the dead
- John 21:4 – 6: the second drought of the fishes.

## WHAT METHOD SHOULD I USE IN MY BIBLE TIME?

Remember, that the Bible is God's love letter to you. He has something he wants to communicate to you each time you read it. The best method to understanding the Bible is:

1. Pray that the Holy Spirit will help you understand and speak to you as you read.
2. Read one chapter per day and underline the verses God speaks to you about.
3. Write down your notebook what the Holy Spirit spoke to you about.
4. Pray that God will give you wisdom in the Word of God.

## WHAT SHOULD I READ AFTER THE BOOK OF JOHN?

I would recommend that you read the following books sequentially:

- Gospel of Mark
- 1 John (deals with confession of sin and evidences of salvation)
- James (deals with practical Christian Living, ethics, behavior)
- Gospels of Matthew and Luke
- Genesis – Malachi

## ANSWER THE FOLLOWING QUESTIONS:

1. 2 Timothy 2:15 tells us why we should read and study the Bible.

"Study to show thyself \_\_\_\_\_ unto God, a workman that needed not to be ashamed, rightly dividing the word of truth.)

2. What does the Christian who is unskillful in God's word have need of? (Hebrews space 5:12)

3. 2 Timothy 3:16 space (KJV) tells us four things that the Bible is you profitable for.

"All scripture is given by inspiration of God, and his profitable for \_\_\_, for \_\_\_, for \_\_\_, in righteousness."

4. What should we do with what we read according to James 1:22, 25 (KJV)?

"<sup>22</sup> But be ye \_\_\_\_\_ of the word, and not hearers only, deceiving your own selves"

"<sup>25</sup> But who looketh as into the perfect law of liberty, and continue with here in, he being not \_\_\_\_\_ hearer, but a \_\_\_\_\_ of the work, this man shall be blessed in his deed."

5. What does memorizing the word of God help them to do? (Psalms 119:11) (KJV),

"thy word have I hid in my heart, that might not \_\_\_\_\_ against thee."

6. What does the word of God provide for you as you will be? (Psalms 119:105),

"thy word is a lamp unto my feet, and a \_\_\_\_\_ unto my path."

7. What role does God's Word play in defending you from Satan's attacks according to Ephesians 6:17 (KJV)

"And take the \_\_\_\_\_ of salvation, and the \_\_\_\_\_ of the Spirit, which is the word of God."

8. What kind of man wrote the Scriptures and who were they moved by? (2 Peter 1:21)

9. How long will God's Word last? (first Peter 1:25, Matthew 24:35)

10. What does Hebrews 4:12 tell us about the word of God?

11. Will you commit yourself to letting God speak to you daily in your Bible reading and study? \_\_\_\_\_ Yes \_\_\_\_\_ No