

THE BIBLE IS OUR SPIRITUAL FOOD

- I. A new Christian is just like a new baby being born into the family of God. When a baby is new and small, it is given milk to drink to help it grow. Later the child is given other food as well so that it will become stronger. The Word of God, is the most important spiritual food for a new Christian and helps him grow in his Christian life and become a strong Christian (**1 Peter 2:2 NIV**).
2. Before we read our Bible we should pray and ask the Holy Spirit to make God's Word clear to us so that we can understand what we read (**1 Corinthians 2:12**). We also ask God to help us have open minds and hearts and be obedient to what he wants to teach us. God teaches us in his Word about his greatness, power and love. God shows us things in our lives that we should stop doing, and he also shows things we should be doing (**Psalms 119:27, 33, 40**). We should memorize Bible verses. These will encourage us and strengthen us in difficult times, and will help us to stay strong when temptations come (**Psalms 119:11**).
3. **John 21:15-16**. Jesus told Peter, "Feed my sheep," this means to teach God's Word. Pastors are to be shepherds teaching their people the Word of God (**1 Peter 5:2**). Bible studies and Sunday School classes can help us learn more about the Bible. This will help us grow strong in our Christian lives (**2 Timothy 3: 16-17**).
4. "Your word is a lamp to guide me and a light for my path" **Psalms 119:105**. When we carry a lamp in the dark it helps to prevent us from stumbling and falling. This is what God's Word does for us in our Christian lives. It helps us to stand up strong in our Christian lives and keeps us from falling back into sin.
5. The Bible is our guide and shows us the way to live (**Romans 13:13-14**).
Ephesians 5:18: Do not drink alcohol. Getting drunk causes many problems in the family and society. **Ephesians 5:22,25, 28**: There should not be quarreling and fighting within marriages. Women should submit and respect their husbands. Husbands should love their wives as Christ loved the church.
Ephesians 4:28: No more stealing or gambling. You must stop stealing and earn an honest living.
Ephesians 4:31: Stop being angry and shouting hateful insults at other people. Christians must be forgiving.
6. God's Word is our light and shows us the good things we should do in our own lives and in helping others. **Matthew 25:34-36, Galatians 6:10**: Help others, especially the sick, hungry, poor and those in prison.
1 Thessalonians 5:14, Hebrews 10:25, Galatians 6:2: Help and encourage others when they have worries and troubles in their lives.
Ephesians 4:32: Be forgiving. The Christian must be forgiving and kind to others, just as Jesus has forgiven us. It may not be easy when we have suffered pain and hurt, but God is right there to help us. If we do not forgive, we cannot grow in our Christian lives.
7. God's Word strengthens us in times of temptation. The Devil (Satan) tempted Jesus, but every time Jesus answered with Bible verses which he had memorized (**Matthew 4:10-11**). Jesus said, "Go away Satan! The Scripture says. ..." Then the Devil left Jesus. Jesus did not sin but he obeyed God's Word.
8. We must memorize Bible verses and keep these verses in our hearts and minds. "I keep your law in my heart, so that I will not sin against YOU" **Psalms 119:11**. **Ephesians 6:12** tells us that we are fighting against, "wicked spiritual forces in the heavenly realms." The Word of God is a sword which the Spirit gives to fight against Satan. Jesus has all power and when we call on his name Satan has to leave (**Ephesians 6:17**).
9. In this world we have troubles and hard times. Some people will ridicule us and laugh at us because we are following Jesus but **James 1:2-4** tells us that these trials strengthen our faith. We are to endure hardships and keep strong in our Christian faith (**Psalms 54:4, Romans 15:4**). The Bible is written to teach and encourage us. **Jeremiah 15:16** says, "You spoke to me, and I listened to every word. I belong to you, Lord God almighty, and so your words filled my heart with joy and happiness." In times of hardship we must always read our Bibles. God's Word gives us strength and encouragement and so helps us overcome the difficulties.

1 I PET 2.2

2

1. PRAY

2. READ

3. MEMORISE

PS 119.11

3 JN 21.15-16

2 TIM 3.16-17
I PET 5.1

4

PS 119.105

5 ROM 13.13-14

EPH 5.18

EPH 5.22,25,28

EPH 4.28

EPH 4.31

6 MT 25.34-36
GAL 6.10

I THES 5.14
HEB 10.25
GAL 6.2

EPH 4.32

7 MT 4.1-9

MT 4. 10-11

8

EPH 6.12.17

9 JAS 1.2-4

ROM 15.4

JER 15.16