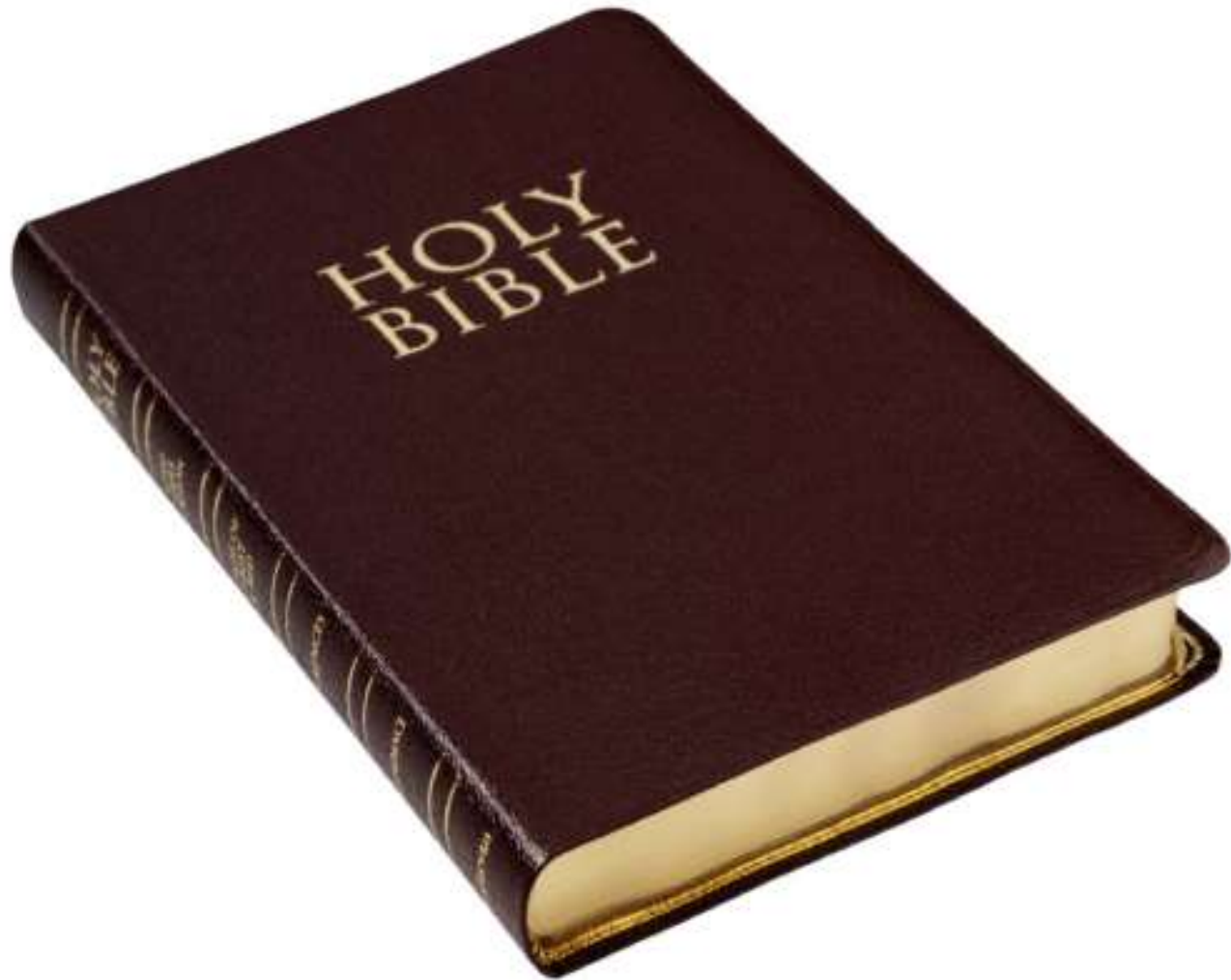


It's the time when Israel celebrates the giving of the Law



The greatest book in the world.



Did Jesus take it with him into the wilderness ?





How did Jesus learn to hold it?

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Matthew 4:4

- *** A double guarantee
- *** There's more to life than food
- *** God has spoken
- *** God still speaks



**God has spoken
in words
deeds
and flesh**

Hebrews 1 - the Word (John 1)



Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Matthew 4:4

But bread can also be compared to God's Word



Indispensable for physical life

Essential Nutrients of Life

13 Vitamins

Vitamin A
Vitamin D
Vitamin E
Vitamin K (potassium)
Thiamine (B1)
Riboflavin (B2)
Niacin (B3)
Biotin
Pantothenic Acid (B5)
Vitamin B6
Vitamin B12
Folic acid
Vitamin C

1 Carbohydrate

Glucose

1 Fat (lipid)

Linoleic Acid

18 Minerals

Calcium
Chlorine
Chromium
Cobalt
Copper
Iodine +
Iron
Magnesium
Manganese
Molybdenum
Phosphorus
Selenium
Silicon
Sodium
Sulfur
Tin
Vanadium
Zinc

10 Amino Acids

Histidine
Isoleucine
Leucine
Lysine
Methionine
Nonessential Nitrogen
Phenylalanine
Theonine
Tryptophan
Valine

1 Protein

1 Water

TOTAL = 45

Your body can make whatever else it needs
from these 45 essential nutrients



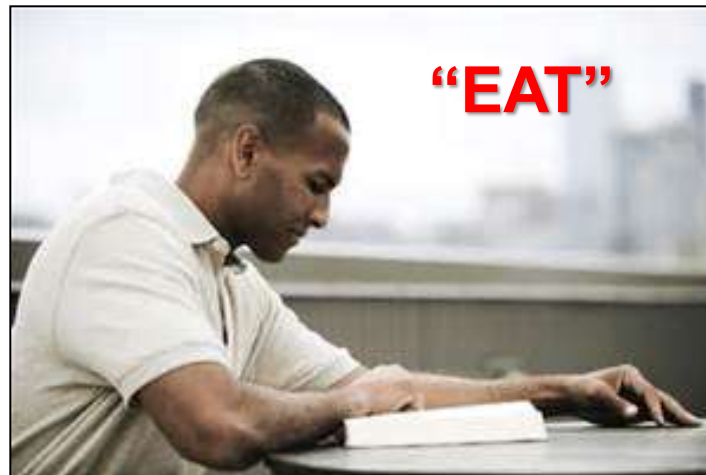
What else is missing?

Indispensable for spiritual life

You don't just look at it – you have to EAT it.



How do you



“EAT”

God's word?

Psalm 1:1-2

Indispensable for spiritual life

For the best benefit you need to eat daily



**Spending time with God in his word, the Bible,
will help you to live as God desires.**

**Enjoying fellowship with him
brings comfort, wisdom, strength & growth**



How to benefit from reading your bible

Read it respectfully

It's God's book for you
He's gone to a lot of trouble
to give it to you.



How to benefit from reading your bible

Read it respectfully

Try to give your undivided attention

Staying



How to benefit from reading your bible

Read it respectfully

Try to give your undivided attention

Ask for the Holy Spirit's leading/help

It's not all the same – history, poetry,
instructions, illustrations



How to benefit from reading your bible

Read it respectfully

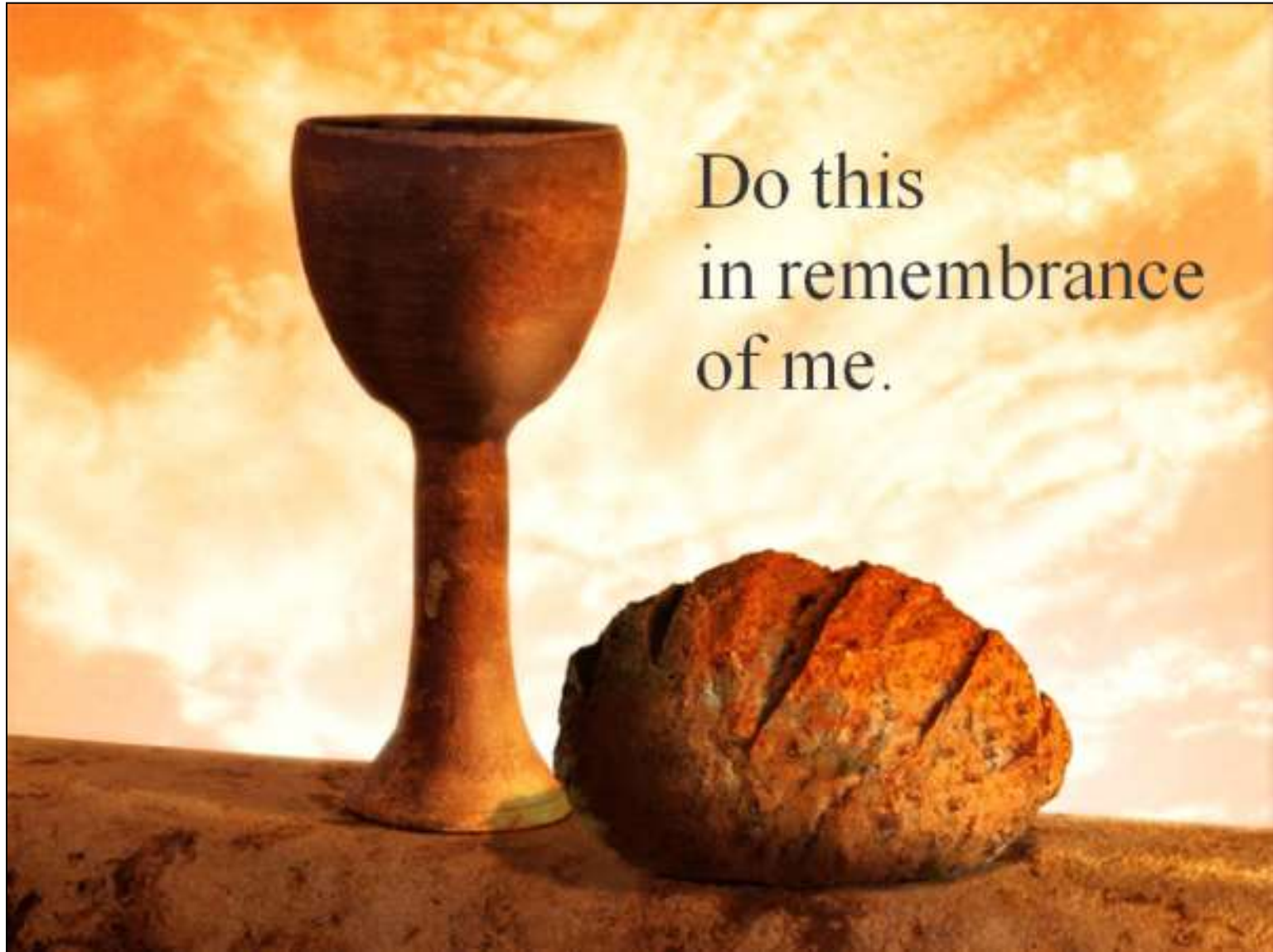
Try to give your undivided attention

Expect the Holy Spirit's leading/help

Try to keep it in your heart & live by it



Doing what it says:- Bread from heaven



Do this
in remembrance
of me.

How to benefit from reading your bible

preserve my life, LORD, according to your word.

Psalm 119:107

Turn it to prayer

Fellowship = two-way conversation
in his Word, God speaks. In prayer, you speak.



Will you make the effort and take the time to read, think about, and try to live by the Bible, all with the Spirit's help?



It will change your life
for the better!