

DAY FOUR

The Bible is the Spiritual Food I need.

PRAYER – Jesus You said that we needed the Word in our life. Will You help me to see how I need it? Teach me to feast on Your Word. Help me to take it into my life and grow. I need to become strong in my Christian life. Holy Spirit will You teach it to me? In Jesus Name, Amen.

WORD – Read Matthew 4:4. *“Jesus answered, It is written: Man does not live on bread alone, but on every Word that comes from the mouth of God.”*

One of the easiest things to forget about in today’s culture is that we are spiritual beings. It is so easy to get all caught up in the physical and the emotional and neglect the spiritual. You might know someone who has an eating disorder. It is a very hard illness to deal with. All kinds of things are involved. But many Christians have a spiritual eating disorder. They neglect taking in regular portions of God’s Word. They may eat once a week or once a month or hardly ever. They might take in a little bit after a retreat or special event or concert. Jesus says in this passage to the devil that we can’t live by bread alone. We need spiritual food. He says the Word of God is spiritual food. If Jesus thought it was important to take in the Word of God as spiritual food, don’t you think you and I need to take it in on a regular basis? The Bible is the Spiritual Food I need.

CHALLENGE – All week long I have been encouraging you to read your Bible. Let me share a little challenge with you. I try to do this in my life. It helps remind me about reading my Bible and praying. **I don’t eat physically until I eat spiritually.** When I get up hungry and start thinking about fixing breakfast I am reminded that I am hungry spiritually. I need to read my Bible and pray first. They say that breakfast is your most important meal of the day. I say your spiritual breakfast is. **Make the Bible a regular part of your morning.** The old Quaker Oats commercial used to say “nothing is better for thee than me.” I think God should have said that. Enjoy your breakfast!