



## Session Guide Week 2

# The Word of God is the BREAD OF LIFE

As we learned in Session 1, breaking through “default” patterns of thought, action and strategy against the enemy requires divine power, which is obtained through Godly knowledge. Let's take a look at 2 Peter 1:3 again:

*"His divine power has given us everything we need for a Godly life through our knowledge of Him. . . "*

There is no alternative for sustained break-through in our lives. We must know God, allowing His truth to become our present reality. One of the key ways in which we know God is by reading His Word.

Scripture says:

- *"In the beginning was the Word (Jesus), and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made. . . In him was life and that life was the light of men." John 1:1-4*
- *Jesus answered, "It is written, man does not live on bread alone, but on every word that comes from the mouth of God." Matthew 4:4*
- *Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty." John 6:35*

It's true. You really are what you eat. If you fill your body with good ol' junk food, it may be tasty, but sooner or later things begin to change in your physical body. Your physique begins to change, you have less energy, even your outlook on life can shift. Compare that scenario with a body that is filled with healthy foods and daily exercise...Your physique also changes, though in a good way. You have more energy. Your mind thinks more clearly. You also get to eat more...because you are using up the food that you eat you, your body will require and *crave* more of that healthy food.

Likewise, the Word of God (Bread of Life) is the food your spiritual body requires to maintain it's health. Do I see the Bible as a necessary part of my day? Do I realize that going days in between picking up God's Word is the same as depriving my physical body of food for days? Would I be ok if I didn't eat a morsel for a week? How do I begin to act, make choices, speak to others when my body had not eaten?

- Do I really believe that the Word of God is the "Bread of Life" for my life?
- Do I live my life completely dependent upon Him?
- Do I daily consume God's Word understanding it's my lifeline to knowing Him?
- Do I know what God's Word says concerning my present struggles?
- Suggestion - read Psalm 119 and not how David treasures God's Word

## Discussion Outline

- Review the Key Phrase
- Take time to ponder, pray, and answer the following questions.
  - If I really believed this (key phrase) how would it change my life?
    - In what ways am I walking in this truth and in what ways do I struggle?
    - What tensions would this solve? What tensions may it create?
  - Find a Scripture or Biblical Principle that reflects this truth.
- Write down any thoughts you need to change and any steps you can take to walk in this truth?
- Pray for one another.

## Resources

If you are new to your Bible study it can be intimidating to know what to do. **The best thing is to talk to your life group leader who can help you.** There are also a lot of online resources to help you.

Here is a beginner's suggested guidelines to Reading the Bible to get you started:

- Choose a version that is understandable, such as, the NIV or ESV Bible. (The Bible is comprised of 66 separate books compiled into one book. The 39 books of the Old Testament are the story of God & His people before Jesus. The 27 books of the New Testament pick up the story with the birth of Jesus.)
- A good place to start is in the Gospel of John; an account of Jesus' life by one of His closest disciples. One chapter a day will take you through the complete book of John in 21 days. Take time to contemplate what your reading. (Follow the book of John with the other three Gospels: Matthew, Mark & Luke. These are all accounts of Jesus ministry while on the earth.)
- Consistency is more important than quantity. Spending 10 or 15 minutes a day is better than an hour once a week. Sometimes less is more, especially when reading less means you'll actually remember more. Choose a time and place that's convenient for you. Many people read their Bible first thing in the morning, choosing to spend time with God before daily distractions get in the way. But if mornings aren't your thing don't sweat it. Find a time that works, but be consistent.
- It's important to pray before you begin. Ask God to speak to you revealing Himself to you. (Jeremiah 29:13 says, "You will seek me and find Me, if you seek Me with all your heart.")
- As you read, ask yourself these two questions:
  - What does this teach me about God?
  - What does this teach me about how I should live?
- Journal your thoughts and rehearse those things God speaks. It may be the very thing that ushers in your break-through!