

The Keys To Spiritual Growth

Fundamental Principles For A Living Faith

Lesson Three: The Christian's Spiritual Nourishment

Introduction:

1. It's God's desire that His children grow (2 Pet. 3:18; 2 Thess. 1:3).
2. In our previous lessons we examined the importance of soil (or heart) condition, which translates to the Christians attitude toward the word of God and in the second lesson we talked about walking in the light.
3. Another basic need of any plant is water and or nourishment.
4. In this lesson we'll examine the "Christian's Spiritual Nourishment."



Discussion:

I. Receiving Living Water.

- A. Jesus said to the woman at the well, "If you knew the gift of God, and who it is who says to you, 'Give Me a drink,' you would have asked Him, and He would have given you _____" (Jn. 4:10).
 1. What was the woman of Samaria going to do when she encountered Jesus (Jn. 4:7)? _____
 2. How often would this woman have to come to the well (Jn. 4:15)? _____
- B. "Water is an essential nutrient for plants and comprises up to 95% of a plant's tissue. It is required for a seed to sprout, and as the plant grows, water carries nutrients throughout the plant. Water is responsible for several important functions within plant tissues." (wvu.edu).
- C. Water is vital to our physical bodies, growth, functionality, and well-being! Cups of water are recommended on daily basis.
- D. The necessity of "water" is seen in the conversion process - "I planted, Apollos watered, but God gave the increase" (1 Cor. 3:6).
- E. Jesus discourse with the woman at the well continued, "but whoever drinks of the _____ that I shall give him will never thirst. But the _____ that I shall give him will become in him a fountain of water springing up into everlasting life" (Jn. 4:14).
- F. What did Jesus say to do if you "thirst" (see Jn. 7:37-38)? _____
- G. Who did Jesus say would be blessed according to Matthew 5:6? _____

II. Receiving The Bread Of Life.

- A. Jesus said, " And Jesus said to them, "I am the _____ of _____. He who comes to Me shall never hunger, and he who believes in Me shall never thirst" (Jn. 6:35).
- B. What miracle was worked by Jesus in John 6:1-14? _____

- C. Why did Jesus say the multitudes were following Him at this time (Jn. 6:26-27)? _____

- D. What did the multitude say their fathers ate (Jn. 6:31)? _____

1. What happened to their fathers according to John 6:49? _____

2. What did the multitude have difficulty grasping (see Jn. 6:41-42)? _____

- E. What did Jesus say about His words in John 6:63? _____

III. Receiving Spiritual Nourishment.

- A. The Apostle Paul wrote about being "... nourished in the words of faith..." (1 Tim. 4:6).
- B. What did Paul say is able to "build" us up (Acts 20:32)? _____

- C. We read about "...holding fast to the Head, from whom all the body, nourished and knit together by joints and ligaments, grows with the increase *that is* from God" (Col. 2:19).
- D. How can we avoid being barren and unfruitful (see 2 Peter 1:5-8)? _____

- E. What did Paul feed the Corinthians with (1 Cor. 3:2)? _____
- F. What did Peter say to desire (1 Peter 2:2)? _____
- G. Read and discuss Hebrews 5:12-13 _____

Conclusion:

Seek Jesus, the Living Water and Bread of Life, and you will be filled spiritually!