



WELCOME to DAY 4 of my Open Heart Bible Study Challenge

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God's Word is food for the soul!

It is amazing to me to see how much the Bible speaks of food and drink when it comes to seeking God. God speaks to us in a way that we - creatures who depend on food and water - can understand. We are constantly being given an invitation to "come and eat" and to "taste and see that the Lord is good". He is our food, our life, our source of soul nourishment and those who have been born again know what it means to hunger and thirst for the Lord and His righteousness. Scripture also teaches us that God's Word is meant to be "eaten". So let us feast on the Word of God today ...

- Jeremiah 15: 15-16 (The Living Bible)** - *Then Jeremiah replied, "Lord, you know it is for your sake that I am suffering. They are persecuting me because I have proclaimed your word to them. Don't let them kill me! Rescue me from their clutches, and give them what they deserve! Your words are what sustain me; they are food to my hungry soul. They bring joy to my sorrowing heart and delight me. How proud I am to bear your name, O Lord.*

- Ezekiel 3: 1-3 (Amplified)** - *He said to me, "Son of man, eat what you find [in this book]; eat this scroll, then go, speak to the house of Israel." So I opened my mouth, and He fed me the scroll. He said to me, "Son of man, eat this scroll that I am giving you and fill your stomach with it." So I ate it, and it was as sweet as honey in my mouth.*

- 1 Peter 2: 1-3 (New Living Translation)** - *So get rid of all evil behaviour. Be done with all deceit, hypocrisy, jealousy, and all unkind speech. Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment, now that you have had a taste of the Lord's kindness.*

- **Hebrews 5: 11-14 (NLT)** - *There is much more we would like to say about this, but it is difficult to explain, especially since you are spiritually dull and don't seem to listen. You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's word. You are like babies who need milk and cannot eat solid food. For someone who lives on milk is still an infant and doesn't know how to do what is right. Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong.*
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- **James 1: 17-18 (AMP)** - *Every good thing given and every perfect gift is from above; it comes down from the Father of lights [the Creator and Sustainer of the heavens], in whom there is no variation [no rising or setting] or shadow cast by His turning [for He is perfect and never changes]. It was of His own will that He gave us birth [as His children] by the word of truth, so that we would be a kind of first fruits of His creatures [a prime example of what He created to be set apart to Himself—sanctified, made holy for His divine purposes].*
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- **Romans 10: 8-13 and 17 (King James Version)** - *But what saith it? The word is nigh thee, even in thy mouth, and in thy heart: that is, the word of faith, which we preach; That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation. For the scripture saith, Whosoever believeth on him shall not be ashamed. For there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon him. For whosoever shall call upon the name of the Lord shall be saved ... So then faith cometh by hearing, and hearing by the word of God.*
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- **John 17: 6-8 (Amplified)** - *"I have manifested Your name [and revealed Your very self, Your real self] to the people whom You have given Me out of the world; they were Yours and You gave them to Me, and they have kept and obeyed Your word. Now [at last] they know [with confident assurance] that all You have given Me is from You [it is really and truly Yours]. For the words which You gave Me I have given them; and they received and accepted them and truly understood [with confident assurance] that I came from You*

[from Your presence], and they believed [without any doubt] that You sent Me.

- **John 4: 10-14 (NLT) - Living Water** - *Jesus replied, "If you only knew the gift God has for you and who you are speaking to, you would ask me, and I would give you living water." "But sir, you don't have a rope or a bucket," she said, "and this well is very deep. Where would you get this living water? And besides, do you think you're greater than our ancestor Jacob, who gave us this well? How can you offer better water than he and his sons and his animals enjoyed?" Jesus replied, "Anyone who drinks this water will soon become thirsty again. But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life."*

 - **John 7: 37-39 (NLT) - Jesus Promises Living Water** - *On the last day, the climax of the festival, Jesus stood and shouted to the crowds, "Anyone who is thirsty may come to me! Anyone who believes in me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.'" (When he said "living water," he was speaking of the Spirit, who would be given to everyone believing in him. But the Spirit had not yet been given, because Jesus had not yet entered into his glory.)*
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- **John 6: 47-51 (NLT) - The Bread of Life - The Manna from Heaven** - *"I tell you the truth, anyone who believes has eternal life. Yes, I am the bread of life! Your ancestors ate manna in the wilderness, but they all died. Anyone who eats the bread from heaven, however, will never die. I am the living bread that came down from heaven. Anyone who eats this bread will live forever; and this bread, which I will offer so the world may live, is my flesh." Then the people began arguing with each other about what he meant. "How can this man give us his flesh to eat?" they asked. So Jesus said again, "I tell you the truth, unless you eat the flesh of the Son of Man and drink his blood, you cannot have eternal life within you. But anyone who eats my flesh and drinks my blood has eternal life, and I will raise that person at the last day. For my flesh is true food, and my blood is true drink. Anyone who eats my flesh and drinks my blood remains in me, and I in him. I live because of the living Father who sent me; in the same way, anyone who feeds on me will live because of me. I am the true bread that came down from heaven. Anyone who eats this bread will not die as your ancestors did (even though they ate the manna) but will live forever."*
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