



Eat Your Bible GroupWords

*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 (Dt. 8:3) —

Remember your child's first Bible, or even your own first Bible. Usually they are a little "chewed" on the corners. That used to bother me until I realized that it was a sign of ownership. It's that way a child makes an item their very own — They put it in their mouth, they chew on it, they eat it. There is no more personal sign of ownership and affection for a child than to eat their Bible. But of course, we grow up and stop eating our Bibles. But have we really grown up?

Not Exactly Fasting

Imagine what it would be like if you only had breakfast and then skipped all other meals for the day. No snacks, not even a glass of water. Imagine doing that for a week. And then, scattered along would be some days where you don't eat at all? Do you think you might get hungry? Perhaps become weak?

The truth is that we need to eat throughout the day in order to maintain our energy level and function properly. Some nutritionists even argue that eating 3 times a day (which is typical among Americans) is not enough. They say we should be eating 5-7 smaller meals scattered throughout our day in order to keep our metabolism at its best.

A New Diet

Jesus said, "*It takes more than bread to stay alive. It takes a steady stream of words from God's mouth.*" (Matthew 4:4 The Message).

Nutritionally we need a variety of foods to give our bodies what they need to grow. What would be the meat of God's word? What would be the fruits and vegetables? How about the roughage? And don't forget the desert!

Of course, we wouldn't dream of eating only one meal a day for days on end. Not only because we wouldn't want to, but also because it would affect us physically. We would begin to feel dizzy and weak. How would it feel to be spiritually dizzy or weak?

Jesus said that we need more than bread and that a well-fed spirit is far more important than a plump body. Remember that even Jesus studied the Scriptures constantly, recognizing them as the source of life, protection, and armament.

And so, eat your Bible. Fill up on God's Word. Form your own plan to be well-nourished, healthy, and full.