

## Chapter Eight

# Finding Nourishment in the Bread of Life

What does it take to sustain life? Why food, of course! For the Christian, the answer is much more specific. Only the Bread of Life can sustain us both in our earthly state and for eternity. Only the Bread of Life can satisfy our “hunger and thirst for righteousness” (Matthew 5:6). Only through the knowledge and study of His Word can we taste “honey” (Psalm 119:103).

Jesus often used food analogies to teach His disciples. What can we learn from these passages:

Matthew 4:4

Matthew 6:11

Luke 22:19

John 6:32

The father of the boy with the unclean spirit asked Jesus to “help my unbelief” (Mark 9:24). When we ask Jesus to “help our unbelief,” what are we really asking for?

Trusting in Christ means knowing Him better, what tools have been given to us to increase our knowledge and personal fellowship with Christ?

How can the Holy Spirit teach us about Christ (John 14:26)?

One way to know God better is to study His attributes. Using the Scriptures provided, study and meditate on God’s goodness:

Matthew 19:17

Zechariah 9:17

1 Chronicles 16:34

Exodus 33:19

Psalms 119:39

Nahum 1:7

Lamentations 3:25

Matthew 13:37

Using this same format, study other attributes of God - His Sovereignty, His Wisdom, His Grace, etc.

### **Personal Reflection**

What are some ways to increase your knowledge of Christ?

How can you deepen your personal fellowship with Christ?