

## SPIRITUAL FOOD

(How to get the nourishment you need out of scripture)

*“Man does not live on bread alone, but on every word that comes from the mouth of God.” Matthew 4:4*

1. Establish a time and place where you are comfortable and will not experience interruptions.  
*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Mark 1:35.*
2. Invite the Holy Spirit and ask Him to teach you through the Word.  
*But the Counselor, the Holy Spirit, whom the Father will send in my name, will teach you all things. John 14:26*
3. Using your concordance or the Naves Topical Bible and a loose-leaf notebook, select a verse related to a subject you want to know more about and write out the verse in it's entirety, date the entry and include the scripture reference.
4. Pray: Ask God for **Knowledge** (what the scripture means), **understanding** (what relevance the scripture has for your personal situation) and **wisdom** (how to apply this new understanding consistently in your life.) *Colossians 1:9*
5. Meditate: now take time to savor this portion of scripture. Charles Spurgeon says that meditation is like “a cow chewing its cud”. By meditating we extract, by the power of the Holy Spirit, all the spiritual nourishment (knowledge, understanding and wisdom) we need from that portion of scripture.  
*I lift up my hands to your commands, which I love, and I meditate on your decrees. Psalm 119:48*
6. Journal: after meditating, write out your thoughts in one paragraph, on what God has shown you in each category: **knowledge, understanding** and **wisdom**. Be specific and give at least one detailed example.
7. Pray for God's power to consistently apply His just revealed truth and insight in your life. *Colossians 1:10*
8. Make a copy of your journal entry for your counselor.

**“... prayer time must be kept as duly as meal time . . . those starve their own souls that keep not up a constant attendance on the throne of grace.”**

**Matthew Henry**