**Lesson 3**

# "A NEW FOOD"

**(A Change in Appetite)**

A popular phrase repeated by health food advocates is: "You are what you eat." It is a recognized fact that good health depends largely on a well-balanced diet.

Like your physical health, your spiritual health and growth also depends on what you "eat," or take into your life. Therefore, your inner man --the spiritual part of you-- must be fed. God has some "spiritual food" for you to consume and digest so that you will be a healthy, strong, growing Christian. This food is His Word - the Bible.

In this lesson, you will discover how important it is for you to know the Bible, God's Holy Word.

## IS THE BIBLE NECESSARY FOOD?

When someone is "born again," everything becomes new (II Cor. 5:17), including one's appetites.

1. Job had an appetite for God's Word. He depended on it so much He considered it to be more necessary than what? (Job 23:12)

__

2. The Lord Jesus Christ said that man does not merely live by bread (food) alone but by what? (Matthew. 4:4)

__

Read I Peter 2:1-3 and answer these questions:

3. A new Christian, like a newborn baby, needs to have an appetite or "desire" for what?
(I Peter 2:2)

__

4. Why should he desire this? (I Pet. 2:2)__

5. Before you can "take in" God's Word and benefit from it, what must you first "put out" of your life? (verse 1)

_____

## IS THE BIBLE WHOLESOME FOOD?

The Bible will improve your life if you read it daily. The reason is because the Bible is absolutely true and trustworthy. You can totally depend on it, because it is God's Word to man; it is not man's Word about God.

1. Who guided God's prophets so that they wrote exactly what God wanted? (II Peter 1:20, 21)

__

This guidance is called "inspiration." Inspiration simply means that the Bible came from the very mouth of God (Isaiah 45:23).

2. How much of the Bible has been inspired by God? (II Timothy 3:16)

__

3. Since the Bible is God's very own Word, what is it profitable for? (II Timothy 3:16)

_____

_____

For further information about the accuracy and dependability of the Bible, read: Matthew 5:18, 24:35; John 10:35, 17:17; Hebrews 1:1-2, 4:12; Revelation 22:18-19.

## WHAT DO I DO TO GROW?

1. The condition of your heart will determine whether you grow as you read the Bible. Read Matthew 13:3-9 and 18-23.

Note: The Seed = The Word of God
The Soil = The Heart of man

Many people have different attitudes about the Bible. Match the letter to the statements:

a. Hard heart (v.19) _____ "It's not worth the effort."
b. Stony heart (v.20-21) ____ "I want to know God's Word."
c. Thorny heart (v.22) ____ "I don't care what God says."
d. Tender heart (v.23) _____ "I have other things to worry about. Other things are more important to me."

2. What kind of heart do you have? __

3. Turn to Psalm 119. This entire chapter emphasizes the importance of the Bible. Nearly every verse has something to say about God's Word.

Before you sit down to read your Bible, what should you ask God to do for you? (Psalm 119:18; compare also verses 33-34).

__

4. King David, whom God used to pen Psalm 119, said, "Incline my heart unto thy testimonies" (v. 36). This means he asked God to give him a desire or a hunger for the Bible.

Read verses 97, 113, 127, 163, 167. What one word describes David's attitude toward the Bible? __

5. God's Word is considered to be "better" than __ (verse 72), and "sweeter" than _____ (verse 103). How much does the Bible mean to you?

6. Many times, sin in our lives will keep us from hungering for God's Word. It has been said that "Sin will keep you from this Book (the Bible), and this Book will keep you from sin." What should you do with God's Word to keep yourself from sin? (Psalm 119:11)

__

It is very important to memorize verses from the Bible. Especially verses that will help you with an area of weakness or temptation in your life.

7. Besides "hiding God's Word in his heart," what else did David do with God's Word? (Psalm 119:15, 23, 97, 99)

__

To "meditate" on God's Word means spending time to seriously think about what God's Word says, what it means, and what it means to you.

8. What are the benefits of meditating on God's Word?

Psalm 1:1-3 - __

Joshua 1:8 - __

The purpose for reading, memorizing, and meditating on God's Word is so that you will do what God says. In other words, God gave us His Word so that we would trust it and obey it.

9. Read Matthew 7:24-27.
What does the Lord Jesus call those who do what He says? (verses 24-25)

__

10. What does the Lord Jesus call those who do not do what He says? (verses 26-27)

---

For further help about obeying God's Word, see: James 1:19-25.