

The Word: Food for the Soul

1) Three principles of spiritual health and balance: (Examples: tripod, tree)

The Word of God, prayer, and a relationship with the Holy Spirit are the foundation of a Christian's life and faith.

Therefore, each of us should grow in these three principles in a balanced manner so that we can have a healthy Christian life.

1) To grow in the Word of God: Each of us should read the word of God regularly. Not to increase our knowledge, but to be able to change our lives and our characters by obeying the Word of God. In our cell groups (Shabahang) we will be encouraged to spend time reading the Bible. (Romans 12:2 and 2 Timothy 3:16-17)

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2) To grow in prayer and worship: In the cell groups, we will learn and practice how to be strong in prayer and worship so that the power of the Holy Spirit would flow and bring forth healing and freedom and salvation. (James 5:13-18)

3) To grow in the relationship with the Holy Spirit: In the cell groups we are always encouraged about the baptism of the Holy Spirit, being filled with the Holy

Spirit, and having a close relationship with the Holy Spirit. Our relationship with the Holy Spirit should be so close that as a result the love of the Father and His power would show great impact in our lives. (Romans 5:5 and Romans 8:12-17)

2) What happens when one leg on this tripod is weak?

The Word and Prayer without the Holy Spirit: It becomes a religious ritual, very boring and tiring. Besides, without the power of the Holy Spirit there is no hope for change in our lives.

The word and the Holy Spirit without prayer: In this case neither the truth of the Word nor the power of the Holy Spirit would be seen in our lives. Because it is through prayer that the Word of God changes our hearts and our minds. Our relationship with the Holy Spirit without prayer is shallow and ineffective.

Prayer and the Holy Spirit without the Word of God: Without the Word our prayers become very shallow since we are not aware of God's promises or His will for us in order to pray according to them. We don't really know God's character to have a relationship with Him.

3) A look at the Bible

The Bible consists of two parts: the Old Testament and the New Testament. All together there are 66 books in the Bible: 39 books in the Old Testament and 27 in the New Testament. All Scripture is God breathed (2 Timothy 3:16) but it was revealed to 40 different people who wrote the whole Bible during a period of 1,500 years.

4) Why do we have four Gospels?

Each one of the Gospels reveals the life and the teachings of Jesus Christ from a different aspect.

The Gospel of Matthew introduces Christ as The King.

The Gospel of Mark introduces Christ as The Savior and a servant. (Miracles and casting out of demons)

The Gospel of Luke puts the emphasis on Christ being 100% man.

The Gospel of John introduces Christ as God (who took flesh).

5) Why is the Word important?

The Word of God is the bread of life which we need everyday. Much like our body that needs proper nourishment daily to stay healthy, our spirit needs to be fed daily from the Word of God, or it will perish also.

Matthew 4:4
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6) What part of the Word should I read from?

It is better that we read the New Testament completely twice before reading the Old Testament. It is recommended to read the New Testament in the following order:

John, Galatians, Ephesians, Philippians, Colossians, James,

Matthew, Acts, Romans, 1 John, 1 Corinthians, 2 Corinthians,

Mark, 1 Peter, 2 Peter, 1 Thessalonians, 2 Thessalonians, Luke,

7) Devotion: How should we read the Word daily?

1) Pray to be filled with the Holy Spirit:

Before you start, ask the author of the Word, the Holy Spirit, to fill you up. You must fellowship with Him and open the Bible in His presence.

2) Reading the Word:

Read the Word in the company of the Holy Spirit. Ask Him to reveal its meaning to you. Ask the Holy Spirit:

- a) How does this Word reveal the character of God or the character of any of His servants?
- b) How should this truth change my life, my character and my actions?

8) Personal application:

Pray and make a commitment to God that starting today you will read at least one chapter from the Bible daily according to what you learned in the previous step. Ask God to change your heart, your soul, your thoughts and your character so that you would live according to the truth that has been revealed to you. Then share it in your cell groups SHABAHANG with your brothers and sisters as a testimony.