

Discipleship Training Manual: Lesson 5
Spiritual Food and the Word of God

Natural babies vs. spiritual babies:

- When babies are born, they need milk to be able to stay alive and to grow.
- Babies need to be fed soon after birth and consistently afterwards to ensure they don't starve.
- Just like babies in the natural, newborn Christians need spiritual food, which is the Word of God.
- Jesus referenced the fact that we start out as babies in the Kingdom of God in that we must be "born again."

Spiritual food – The Word of God:

- Your spirit requires spiritual food just like your body requires physical food.
- If you do not feed your spirit spiritual food, it will not grow, and it will become weak and sickly.
- Your spirit person craves spiritual things: It craves the spiritual food of the Word of God, and it craves prayer.

Matthew 4:4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

- The Word of God is your LIFE SOURCE!

1 Peter 2:2 As newborn babes, desire the sincere milk of the word, that ye may grow thereby.

Sowing the Word:

Mark 4:14 The sower soweth the word.

- “The word” is the Bible and “sowing” means to plant a seed. You are planting the seed of the Word of God in your spirit.
- The “sower” can be a teacher or preacher, but the first sower of the Word of God is you! You are the person who is the most responsible for getting the Word of God in your life.

Mark 4:15 And these are they by the way side, where the word is sown; but when they have heard, Satan cometh immediately, and taketh away the word that was sown in their hearts.

Mark 4:16 And these are they likewise which are sown on stony ground; who, when they have heard the word, immediately receive it with gladness;

Mark 4:17 And have no root in themselves, and so endure but for a time: afterward, when affliction or persecution ariseth for the word's sake, immediately they are offended.

Mark 4:18 And these are they which are sown among thorns; such as hear the word,

Mark 4:19 And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful.

Mark 4:20 And these are they which are sown on good ground; such as hear the word, and receive it, and bring forth fruit, some thirtyfold, some sixty, and some an hundred.

Practical Applications – Bible Reading:

- Get a Bible
 - Purchase a printed Bible or
 - Download a Bible app (eSword is a good recommendation)
- Read your Bible
 - You can also listen to the Bible with certain apps
 - YouTube has videos of Bible reading available for listening
- King James Version (KJV) or New King James Version (NKJV) Bible translation
 - The King James, or Authorized, Version of the Bible remains the most widely published text in the English language.
 - It was the work of around 50 scholars who were appointed by King James (reigned 1603-1625) and it is dedicated to him. They began work in 1604.
 - Until the mid-1500s, attempts to give lay people access to an English-language Bible has resulted in severe punishment.
 - Finally, in 1611 came the officially approved version, the King James Version.

- More than 60 English-language versions of the Bible are available today. We can divide them into three broad types:
 1. Word-for-word
 2. Meaning-to-meaning (also called thought-to-thought)
 3. Paraphrased
- The most accurate version by far is still the King James Version. It is a word-for-word translation rather than an interpretation of the Bible.

- The Bible is divided into two parts: The Old Testament and the New Testament.

- Old Testament – 39 books written before Jesus.
New Testament – 27 books written after Jesus.

- Where do I start?
 - Start in the Gospels. The Gospels are the first four books of the New Testament.
 - They include the books of Matthew, Mark, Luke, and John.

- When you start reading, it does not matter if you understand everything you read.
 - Remember, the Bible is spiritual food. Your spirit will love it even if your brain doesn't get it!

- Set a goal each day
 - You can set goals by chapter, or you can set goals by time.

- Your growth is going to include many questions.
 - Questions are not bad; they are a sign of growth.

- Get started and grow!