

EAT

*“Your words were found, and I  
ate them, and your words  
became to me joy and the  
delight of my heart.”*

*- Jeremiah 15:16*

*“People do not live by bread  
alone but by EVERY WORD that  
comes out of God’s mouth.”*

*- Matthew 4:4*

*“I am the bread of life, whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.”*

*- John 6:35*

Eating God's Word is  
putting ourselves in places  
where we can hear  
from Jesus

Eating Makes Us Become  
More Like Jesus

*“Live in me and I will live in you.”*

- John 15:4

Eating Makes Us Alive



*“Yes, I am the bread of life! Your  
ancestors ate manna in the  
wilderness, but they died.  
Anyone who eats the bread from  
heaven will never die!”*

*“I am the living bread that came down from heaven. Anyone who eats this bread will live forever.”*

*-John 6:48-51*

Eating Makes Us Grow

Eating Gives Us  
Supernatural Energy

Eating Gives Us  
Wisdom

How do we eat  
God's Word?

READ

**MEDITATE**



*“My eyes anticipate the night  
watches, that I may meditate on  
Your word.”*

**-Psalm 119:148**

SING

SNACK

STUDY