



# FEED YOURSELF

## SESSION 1 - TASTE

### SERIES BIG IDEA

The Bible is God's Word given to us for daily nourishment. In this series, we will challenge one another to grow in our relationship with God by feeding ourselves with His Word every day.

### MESSAGE BIG IDEA

God's Word is to our spiritual wellness what food is to our physical wellness.

### SCRIPTURE

Psalm 119:97-104 ~ God's word is sweeter than honey.

### ICE BREAKER

Be detailed in your description of the perfect meal. Imagine if we had no taste buds and eating food was simply a function without any accompanying enjoyment. In the same way, God's Word is not simply a list of rules and directives. God's Word is to be enjoyed, savored, and delighted in.

### BIBLE DISCUSSION

Though Psalm 119 does not assign an author, the style and characteristic of this Psalm are similar to that of King David. Here we see someone who loves the Lord with all his heart and reads the Word as if it were a love letter. He obeys it, meditates on it, and tastes it. The author's Bible reading most likely had come from the first five books of the Bible along with a few others like Joshua, Samuel, Ruth, and Judges. How blessed we are today to have a Bible with so much more to taste from.

Some in your group may not have a verse to share. Be prepared with verses of your own that have been pivotal in your life.

If you have time, read Exodus 16. How is manna like the word of God? List as many similarities as you can. Some may include: Each person gathered the amount of manna they individually needed, just as we come to God's Word with individual needs. Also, the Lord required that the manna not be stored up for the next day, just as we need to read God's Word daily.

### LIFE APPLICATION

Discuss how people's lives have changed after becoming a Christ-follower. Did reading the Bible contribute to further growth?

Examples of admirable Christ-followers may include Billy Graham, Tony Evans, Irwin Lutzer, your grandmother, pastor, etc.

Talk about motivating strategies to read the Bible daily such as Bible Apps, accountability partners, and Bible plans.

### CHALLENGE

Make it a challenge this week to read the Bible every single day. Quantity or even quality of comprehension is not important in the beginning. What's important is taking the first step (or second and third!) to read God's Word.