

Session 04

# *Eat this* **SCROLL**

**CENTRAL TRUTH** | God empowers us to share His Word with others.

When was the last time you ate a meal and thought, *Wow—this is amazing*? Maybe it was a simple go-to order from a favorite restaurant or a homemade meal that you only get on special occasions. A good meal leaves us happy and satisfied. In today's session, a man named Ezekiel has a vision where the Lord commands him to eat something—but it isn't food. It's a scroll. This may seem like a strange command, but God is calling Ezekiel to internalize His words—to really take them in—and then share His message with the Israelites. Together, we will discover that God empowers us to share His Word with those around us.



**REFLECT**

What questions do I have about God?

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What questions do I have about myself?

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What questions do I have about the world and those around me?

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## EZEKIEL 2:1-5

<sup>1</sup> He said to me, “Son of man, stand up on your feet and I will speak with you.” <sup>2</sup> As he spoke to me, the Spirit entered me and set me on my feet, and I listened to the one who was speaking to me. <sup>3</sup> He said to me, “Son of man, I am sending you to the Israelites, to the rebellious pagans who have rebelled against me. The Israelites and their ancestors

have transgressed against me to this day.

<sup>4</sup> The descendants are obstinate and hardhearted. I am sending you to them, and you must say to them, ‘This is what the Lord God says.’ <sup>5</sup> Whether they listen or refuse to listen — for they are a rebellious house — they will know that a prophet has been among them.

## EZEKIEL 2:6-10

<sup>6</sup> “But you, son of man, do not be afraid of them and do not be afraid of their words, even though briars and thorns are beside you and you live among scorpions. Don’t be afraid of their words or discouraged by the look on their faces, for they are a rebellious house. <sup>7</sup> Speak my words to them whether they listen or refuse to listen, for they are rebellious. <sup>8</sup> And you, son of man, listen to what I tell

you: Do not be rebellious like that rebellious house. Open your mouth and eat what I am giving you.” <sup>9</sup> So I looked and saw a hand reaching out to me, and there was a written scroll in it. <sup>10</sup> When he unrolled it before me, it was written on the front and back; words of lamentation, mourning, and woe were written on it.

## EZEKIEL 3:1-4

<sup>1</sup> He said to me, “Son of man, eat what you find here. Eat this scroll, then go and speak to the house of Israel.” <sup>2</sup> So I opened my mouth, and he fed me the scroll. <sup>3</sup> “Son of man,” he said to me, “feed your stomach and fill your belly with

this scroll I am giving you.” So I ate it, and it was as sweet as honey in my mouth. <sup>4</sup> Then he said to me, “Son of man, go to the house of Israel and speak my words to them.”

## Day 01

# EZEKIEL 2:1-5



Refer to page 5 for a description of the 7 Arrows of Bible Reading.

### 📍 READ & RESPOND

In a vision, God told Ezekiel that He was calling him as a prophet to the hardhearted, rebellious Israelites. They had a history of ignoring God, and they weren't likely to change suddenly. Ezekiel's success wouldn't be measured by whether the people changed their ways but by his obedience to deliver God's message. God calls us to speak truth, even when it feels like what we're saying is being ignored. Our job is to be faithful to God's call, no matter how tough the crowd or how discouraging the response.

↓ When has it been hard to speak truth or do the right thing because of other people around you? Why?

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↔ How does this passage change how you might approach sharing your faith or standing up for what's right, especially if you're afraid of rejection?

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→ What's one challenging situation in your life where God might be asking you to speak or live out His truth?

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### 📍 MEMORIZE

Copy **Ezekiel 3:3** onto three to five note cards and tape them in places you see every day, like the bathroom mirror, your closet, or the back of your phone. Every time you see one of these cards, read it to yourself.

### 📍 PRAY

*Gracious Lord, help me to be obedient to Your voice, even when the message is hard. Give me courage to speak Your truth, knowing that my faithfulness to You is what truly matters.*

## Day 02

# EZEKIEL 2:6-10

### 📍 READ & RESPOND

In today's verses, God essentially tells His prophet, "Look, don't be afraid of them. They're going to be mean and nasty, but don't be intimidated by them." Why is God so clear? Because Ezekiel's job is to speak the message that God gives him. Their response is not Elijah's responsibility. Then, God gives Ezekiel a scroll with His message: "words of lamentations, mourning, and woe." This isn't going to be a feel-good message, but a hard truth about consequences. Sometimes, God might put a truth on our hearts that isn't popular, but our job is to be faithful, not popular. God's message must be delivered, and He will equip you. Don't let fear of rejection silence the truth God wants to speak through you.

↓ What kind of "thorns" or "scorpions" (difficult situations or people) might you face today when trying to live out your faith?

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→ What fears keep you from speaking up about what you believe is right?

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↔ Why do you think God's messages aren't always easy or popular?

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### 📍 MEMORIZE

Create a graphic of **Ezekiel 3:3** using a photo editor app. Set this graphic as your background or lock screen this week.

### 📍 PRAY

*Lord, thank You for calling me to be faithful. Give me courage like Ezekiel so I'm not afraid to speak Your truth. Help me trust that my job is to obey You, regardless of how others respond.*

Day**03****EZEKIEL 3:1-4** **READ & RESPOND**

As God “feeds” Ezekiel the scroll—a symbol for the content he is supposed to deliver—it tastes sweet. God is telling Ezekiel to internalize His Word completely, to not just understand it intellectually but to allow it to become a part of him, filling him up from the inside out. And God’s Word is “sweet as honey”: His truth, His message, His instructions—even if they’re challenging—are ultimately good, nourishing, and delightful to those who truly embrace them. Engaging with God’s Word isn’t just a chore or some kind of box to check—it’s about letting His Word sink in, letting it fill you up and fuel you like a nutritious meal fuels your body. When God’s Word fills you, it prepares you to live it out and share it with those around you. It gives you direction, wisdom, and the very words you need.

→ What are some ways you can “eat” or internalize God’s Word more deeply?

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↑ What does this passage teach you about the value of God’s Word?

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→ How has God’s Word tasted as “sweet as honey” to you?

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 **MEMORIZE**

Create a “mind map.” Write **Ezekiel 3:3** in the center of a piece of paper, and around it, write at least five write key words, concepts, or images related to the verse.

 **PRAY**

*Heavenly Father, thank You for Your Word, which is true and good. Help me to not just read it, but to internalize it, letting it fill my heart and mind. May Your truth be sweet to me and guide my every step.*

## Day 04

# PSALM 119:97-104

### 📍 READ & RESPOND

This section of Psalm 119 is like a love letter to God's Word. Meditation on God's Word is not solely about acquiring knowledge; it involves deeply engaging with it, reflecting upon it, and allowing it to influence and shape your character. When you truly meditate on God's Word, it becomes a guide that helps you see the traps and wrong turns before you even step into them. And the best part? It's not a chore. Verse 103 calls God's words "sweeter than honey in my mouth"—the same description Ezekiel uses in this week's lesson. Spending time with God's truth brings joy and clarity. In a confusing world, God's Word is the ultimate filter and guide for living wisely and joyfully.

🔄 How does the psalmist benefit from reading God's Word?

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🔄 What does it mean to meditate on God's Word? How is it different from just quickly reading verses?

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➔ How can you integrate God's Word more consistently and meditatively into your daily routine?

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### 📍 MEMORIZE

Use a notes app on your phone and create a quick reference note for **Ezekiel 3:3**. Set yourself a reminder to look at it a couple of times each day.

### 📍 PRAY

*Lord, thank You for Your Word. Show me how to meditate and integrate Your wisdom in my life daily.*

Day**05****MATTHEW 28:18-20** **READ & RESPOND**

Once we let God's Word infiltrate our lives and consume us, how do we apply it? In today's passage, Jesus says to go! We're supposed to take the things we've learned from Him and teach others. He calls us to make disciples, baptize them, and teach them. How? Use your own story. Tell others what Jesus has taught you through your experiences, but most importantly, tell them what He has taught you through His Word. You don't have to be a minister to know enough to tell others about Jesus Christ. You are the expert of your own story. And remember: He says He'll be with us through it all.

↑ **Why is it important to remember Jesus's authority when thinking about the mission He has given us?**

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→ **What's one thing Jesus has commanded that you feel is important to live out and share with others?**

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↔ **What does it look like for you to "go and make disciples" in your everyday life?**

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 **MEMORIZE**

Write **Ezekiel 3:3** five times on a piece of paper. Use a different color pen or marker for all of the nouns (the people, places, and things).

 **PRAY**

*Jesus, thank You for Your constant presence in my life. Open my eyes to see opportunities to share what You're doing in my life with others. Be glorified through my story.*