



BIBLE HABITS

CONVERSATION #1: THE BIBLE AS DAILY BREAD

ICEBREAKER: YOUR LAST MEAL

If you could design your *ultimate* last meal – unlimited budget, unlimited zero-calorie, and zero guilt - what are you putting on the table? Portion sizes? Ridiculous. Number of appetizers? Unlimited. Dessert? Plural. If it sounds amazing, it belongs on the plate. Build your dream meal.

- If you could magically make one item from that meal reappear every day this week, which one would you pick?

STUDY: IN THE WILDERNESS

Picture Jesus in the wilderness - forty days with no food, no comfort, no crowd, no support system. No one to feed Him. No one to teach Him. No one to carry Him. And in that moment of exhaustion and vulnerability, Satan's first temptation is about food - because hunger always exposes what we depend on.

READ: MATTHEW 4:1-4

As we have been learning, spiritual children wait to be fed - "Teach me, feed me, fix my emptiness" - a key indicator for spiritual children is that they are dependent on others for strength. But Jesus models something entirely different.

In the wilderness, with everything stripped away, with no one else to rely on, He chooses to rely on God's Word as His true source of strength. That's the shift spiritual children must make: maturity begins when you stop waiting for others to feed you and start opening Scripture daily to feed yourself.

DISCUSS:

- When in your life have you felt spiritually "starved"? What do you think contributed to that?
- In what areas do you treat the Bible as optional rather than essential?
- Jesus prioritized God's Word over physical hunger - what competes for that priority in your life?
- How would your daily rhythms change if you believed Scripture was as necessary as eating?
- What practices help you move from 'I should read the Bible' to 'I need it to live'?

CONNECT: EXODUS

Jesus in the wilderness declares, 'Man shall not live by bread alone.' He's pointing back to a lesson God already taught His people. To see it, we flash back to **Exodus 16**, where Israel was also in the wilderness, hungry and dependent. There, God used manna - bread from heaven - to show them the same truth: real life comes from Him. Let's look at that moment together.

READ: EXODUS 16:1-5

- What do you notice about how God chose to provide for His people while they were in the wilderness?
- What might the Israelite's complaining reveal about what they wanted and where they were looking for security?

READ: EXODUS 16:13-21

- What does the spoiled manna teach you about God wanting you to come to Him daily? How does that challenge your current habits?
- Where do you try to survive on 'leftover manna' - old sermons, old moments, or old emotions instead of seeking God daily?

God has already prepared fresh bread for you -wisdom, encouragement, correction, clarity, and life. But He won't feed you like a baby forever. At some point, every follower of Jesus has to make the shift from being fed by others to feeding themselves. Spiritual growth begins the moment you choose, intentionally and consistently, to pick up His Word for yourself.

This is where strength is formed. This is where clarity comes. This is where your faith becomes resilient instead of fragile. Because the truth is simple: You grow when you eat. You stay alive when you eat. You become strong, steady, and rooted when you eat. God never designed you to live on yesterday's leftovers or someone else's faith. He invites you to come to Him daily for fresh bread -fresh truth, fresh direction, fresh mercy. **Daily Bible = Daily Bread = Daily Strength.**

CHALLENGE: DAILY BREAD READING PLAN

This week, commit to opening Scripture **every day**, no matter the size of the reading. **Open Scripture before screens.** Make God's voice your first voice. **Write one "daily bite."** One word or sentence that fed you. **Share your daily bread.** Tell someone what stood out to you. **No spiritual leftovers.** Don't rely on yesterday - receive something fresh today.

Day 1: Psalm 119:105

Day 2: Jeremiah 15:16

Day 3: Psalm 1:2-3

Day 4: 2 Timothy 3:16-17

Day 5: Hebrews 5:12-14

Day 6: Colossians 3:16

Day 7: James 1:22-25 & John 17:17