



BREAD OF LIFE

5 Ways to
Nourish
Your Spirit

LEON FONTAINE

Introduction

God's Word fuels your faith and confidence in Him so you can experience more of His promises for you!

Spending time with God each day and digging into His Word feeds your faith—it brings healing and continually refreshes you.

The Bible often talks about the “word,” but without any knowledge of the original language in which it was written, it can lead to some misunderstanding.

It helps to know **there are three different original Greek terms that are translated to “word” in the Bible, each with a different meaning.** Understanding the differences changes not only how we read Scripture, but how we grasp what God is telling us.

“You search the Scriptures because you think they give you eternal life. But the Scriptures point to me!”

John 5:39 (NLT)

First, there's the Greek word ***graphe***, as is used in John 5:39. This means **written word or Scripture**. Then there's ***rhema***, which means the **spoken word**. For example, Romans 10:17 (NKJV) says, “Faith comes by hearing and hearing by the word of God.” The original Greek text uses *rhema*—the spoken word of God.

If you want to change your beliefs, start meditating on and speaking God's promises over your life and that *rhema* will become the third word: *logos*. *Logos* is where we get our word “logic.” **Logos is God's thoughts and concepts**; it's the truth, revelation and understanding of God.

John 5:39 says that reading the *graphe*, or Scriptures, isn't like reading a magical book. That's because it's not just about reading and knowing facts; it's about understanding God's concepts—His *logos*. **It's about absorbing the revelation of who Jesus is and who you are in Him.**

You see, the more you study God's Word and spend time with Him, discovering His thoughts, ideas and love for you, the more you'll grow to comprehend God's concepts. Then, this understanding of Jesus and the truths in God's Word fuels your faith and confidence in Him so you can experience more of His promises for you!

Let's go ahead and learn five ways you can bring life and nourishment to your spirit through God's Word!

Feed on the Word

Get into God's Word and feed your heart every day.

Physical hunger is easy to fix. But when you're hungry for love, peace of mind or a sense of significance, where do you turn?

Jesus replied, "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 (NLT)

Well, if your body needs regular meals, your heart needs to be fed too. In the verse above, Jesus compares Himself to bread. We also know from John chapter 1 that Jesus is called the Word of God. Jeremiah 15:16 (NLT) paints a vivid picture of this: **"When I discovered your words, I devoured them. They are my joy and my heart's delight."**

What does it really mean to eat or "devour" the Word? It has to do with engaging your imagination.

You may think you're not that imaginative or creative. But consider this. People dealing with fear and anxiety have acutely developed *negative* imaginations. They may see themselves being rejected every time they meet a new group of people. They may hold a vivid image of themselves falling sick, succumbing to debt or losing the people close to them.

But if the imagination can work in the negative, it can also do the opposite. **As you renew your imagination with the Word, it will impact your mind** to such a degree that when you close your eyes, you'll picture entirely different results. You'll see yourself healthy, thriving, full of joy, enjoying great relationships and walking out God's purpose for you.

Get into God's Word and feed your heart every day. Use your imagination to picture everything He has promised, and you'll find that **your deepest needs are satisfied in Him.**

In the next chapter you'll learn practical ways you can meditate on God's Word and see tangible results in your everyday life.

Meditate on God's Word

Carve 30 minutes out of each day to meditate on God's Word.

The Word of God is alive. When it hits your heart, it ignites life on the inside of you.

How do you get God's Word in your heart? Well, let's say that you're struggling with some sort of addiction or a bad habit you can't seem to break. Instead of the addiction or bad habit owning and controlling you, see yourself wrapped in Jesus with every temptation crushed below your feet. See Jesus' power in you. As you picture this, see yourself growing strong.

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

2 Corinthians 5:17 (NKJV)

You can meditate on 2 Corinthians 5:17 too. Picture the habit you want to break as being a part of the old you—the part of you that died the moment you came to know Christ. That part of you had the tendency to get wrapped up in sin, but it died when you gave your life to Christ. **The new you has the nature of God, so that old habit isn't a part of your current identity.**

Believing that you can overcome a habit is one thing, but knowing that the habit is no longer a part of your identity is another. **You have the nature of God! He isn't controlled by destructive behaviours, and neither are you!** The more you realize this, the more you will be empowered to walk out the reality of this new you.

Carve 30 minutes out of each day to meditate on God's Word. Find a quiet spot. Turn off your phone and TV. Shut down every interruption because this one habit will absolutely change your life.

Once you've gotten God's Word secured in your heart and you've meditated on the truth—it's time to declare it outwardly!

Declare God's Promises

Spoken words have authority in the spirit realm.

The very existence of the world is due to God speaking in faith and declaring what He desired as a finished fact. What a perfect example of active faith at work!

This same power and faith God demonstrated in creation He also placed inside of us. But, just as God has showed us by example, **we must declare His promises like they're a done deal.**

For example, if every day you keep saying, "I will be healthy," you're continually speaking into the future. But 2 Corinthians 6:1-2 says *now* is the time! So **instead of saying "I will be healthy," we declare, "I am healthy in Jesus' name."** This is how we follow God's example of speaking "into existence the things that do not exist" (Romans 4:17, ESV).

I'm not saying you should deny when you're hurting or in pain. But *do* deny pain and sickness's right to be in your body! Declare that the presence of God is yours. By Jesus' stripes we are healed (Isaiah 53:5), so you *are* healed, according to God's Word. It's not about rejecting the reality of pain, poverty or heartache... it's about looking through it to the truth and greater authority of God's promises.

By faith we understand that the entire universe was formed at God's command, that what we now see did not come from anything that can be seen.

Hebrews 11:3 (NLT)

Speaking God's Word is crucial to keeping our faith active. Spoken words have authority in the spirit realm. When Satan kept trying to tempt Jesus, Jesus always replied, "It is written..." (Matthew 4). That power and authority demolished the enemy's ability to derail Jesus from His mission.

Whatever you're believing God for, speak His Word over it. **Declare it daily, actively believing that it's already yours in Jesus' name!**

Live With Purpose

If we're not careful, we can spend our lives so focused on protecting things that we don't actually enjoy or use.

Have you seen a beautiful lamp with the dust protector still carefully in place? Or maybe you've seen a 20-year-old couch that looks brand new, only because no one has ever been allowed to sit on it!

If we're not careful, **we can spend our lives so focused on protecting things that we don't actually enjoy or use.** We often develop this attitude toward our own gifts and abilities, and hide away our potential.

The book of Jonah illustrates how **sometimes we need a little push to get us moving toward living purposefully.** Jonah initially refused to follow God's mission for him to deliver a life-saving message to the city of Nineveh. While thousands of lives hung in the balance, Jonah sailed in the opposite direction, trying to run from God and his destiny. Then a vicious storm came up. When the petrified sailors figured out Jonah was the reason, Jonah instructed them to throw him overboard in order to stop the storm and save them.

Although he initially ran from God's call, Jonah eventually chose to pour out his life for others—in the midst of the storm and also later when he finally went to Nineveh. The result? His selflessness changed lives and turned hearts to God!

The sailors were awestruck by the Lord's great power, and they offered him a sacrifice and vowed to serve him.

Jonah 1:16 (NLT)

We need to make the most of the skills and opportunities we're given, rather than be like that couch, sitting safe and pretty but not actually fulfilling our purpose. **It's time to throw off the dust protectors of life!** Let's begin enjoying life and using our gifts as they were intended—to be outwardly focused, making the most of our time for the Kingdom!

What is a small, simple step you can take today to shake the dust off of a gift or ability God has placed in you? Let it shine bright and impact the world around you in amazing ways!

Work the Process

Make sure you're learning and applying the principles you learn. It takes effort too!

Christians are notorious for trying to work magic. They call it "miracles." Don't get me wrong. I believe in miracles, but we can't just pray for things and then sit around waiting for them to happen.

If you want great finances, claim God's promises of prosperity and favour, but make sure you're also learning and applying the principles you learn. It takes effort too! When you learn to work the process of developing great finances, that's when you'll begin to have success.

My child, never forget the things I have taught you. Store my commands in your heart. If you do this, you will live many years, and your life will be satisfying.

Proverbs 3:1-2 (NLT)

There's a process to renewing your mind as well, and when you learn to work that process, you will discover that you can have success in any area of life. This process has to do with learning to choose your focus.

When you focus on something, you affect how you feel. If you keep thinking about a car that cut you off in traffic, you're going to feel angry. But focus has an even deeper effect. **What you focus on begins to shape your deepest beliefs, and these beliefs have a profound effect on how you experience life.**

When you focus on God's promises instead of negative thinking, you cause your beliefs to line up with what God's Word says. This is the key to experiencing the joy, peace and promises of God.

So, just as you might set aside time to learn new skills for your career, **set aside time every day to get into God's Word.** Keep taking the time to learn and meditate on all that God says you are.

Conclusion

Speaking God's Word over your life is the key to you living the life He has planned for you!

Let's recap some ways getting into God's Word affects us:

1. **God's Word produces faith within us.** Prior to giving your life to Christ, you were lost in sin, destined for an eternity in Hell without Him. As you heard about Jesus and His saving grace, it began to produce faith within you (Romans 10:17). Now as a believer, you can dig into the Word every day and let it continue to grow your faith.

2. **God's Word gives us new birth.** When we accept Christ, the free gift of salvation is ours and we become a completely new creation, "born again" with Him alive within our spirit! (See 1 Peter 1:23, 2 Corinthians 5:17.)

3. **God's Word is spiritual nourishment** (1 Peter 2:2). We grow spiritually by continually increasing in our knowledge and discernment of His Word. It feeds and matures us spiritually.

4. **God's Word brings healing.** Psalm 107:20 (NKJV) says, "He sent His word and healed them." That doesn't mean God sent the word to "heal" like magic through the air; it means He sent His revelation of it. A new understanding begins to grow in your heart as you realize Jesus already defeated every disease for you. Healing comes as you speak the truths in His Word over your life—truth about what Jesus bought for you on the cross and how He's given you authority and victory over every curse, including sickness.

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow.

Hebrews 4:12 (NLT)

Speaking God's Word over your life is the key to you living the life He has planned for you and to keeping your spirit nourished each day!