

SELF-FEEDER

Daily Bread

Matthew 4:4

September 17, 2023

Deuteronomy [8:3](#)

1. THE NATURE OF BREAD

Understanding the nature of the two types of bread is critical to our spiritual health...

A. Physical Bread

Matthew [6:11](#)

B. Spiritual Bread

“The raw word of God in itself must become the basis of man’s action.” **O. Palmer Robertson**

1) Soul-Saving Bread

John [6:35](#)

2). Soul-Sustaining Bread

“Even if the Lord should send us a famine of bread and a famine of water, may he never send us a famine of the word of God.” **Charles Spurgeon**

2. GETTING OUR DAILY BREAD

A. Priorities

Matthew [6:33](#)

“What was said of that great warrior Hannibal, making his way into Italy over high, rocky mountains, the Alps...`Hannibal will either find a way or make one`; a good heart will find or make its way over mountains of difficulties and business, to have communion with Jesus Christ.” **David Saxton**

B. Personal Discipline

1 Timothy [4:7](#)

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"There must be some holy sweat if you are to please and glorify God." **Kent Hughes**

"Success in business comes from hard work. Success in sports arises from rigid discipline and training...Real conquering in the Lord also demands time, discipline, effort." **Walter Chantry**

"There is no substitute here for dogged daily discipline. It is a battle to find the time: it can be a harder battle to fight sloth. But we need to overcome the habit of reading Scripture only when we 'feel like it'. For in one sense it is an 'acquired taste'. Only when we learn to read and meditate on it no matter what we feel like will we actually begin to feel like reading it. Scripture is medicine for our sick souls. The label says 'Take daily' not 'Take when you feel like it'! If we do only the latter it is likely that we will never 'feel better'!" **Sinclair Ferguson**

C. Perseverance

Galatians [5:22](#)

Colossians [1:10-11](#)

"Hold on with your teeth and if you can't hold on with your teeth, hold on with your eyelashes-but hold on somehow!" **Archibald Brown**

"Growing Christians keep going." **Sinclair Ferguson**

D. Perspective

Colossians [3:1-12](#)

Hebrews [12:1-2](#)

E. A Person

John [1:1](#)

John [6:53-56](#)

QUESTIONS FOR REFLECTION/GROUP DISCUSSION

1. Does Jesus' comparison of the Word of God to bread help you? How might such a metaphor make you more likely to spend time in the Bible?
2. What things have you done in your life to make God's Word a priority? Give testimony about the ways you used personal discipline to ensure you regularly consume God's Word? In what ways do you need to improve in your priorities and discipline?

Do you struggle staying focused in your Bible reading? Have you found that there are things you can do to keep your perspective focused on person of Jesus?