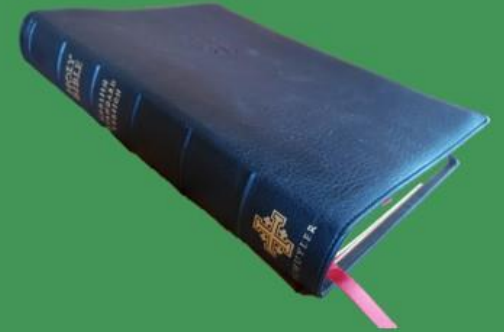


Food for the body



Food for the soul



"Man shall not live on bread alone, but on every word that comes from the mouth of God."

Matthew 4:4

Read + Come to church + Memorize + Study

KINGDOM FOOD

Lesson 12: *God's Words Feed Us* (Condensed Version)

Saint Matthew's Anglican Church Children's Ministries

THE BIBLE IS SPIRITUAL FOOD (Scripture: Matthew 4:4)

Year 2. Kingdom Life
Unit 4: Kingdom Food

Objectives: To explain that: *Today's lesson is about Kingdom Food. *Our bodies need bread (food) to grow and stay healthy, and our souls need spiritual food to grow and stay healthy. *God's words are spiritual food for us. God's words are found in the Bible. The Bible is called God's Word. *We eat spiritual food by filling our hearts and minds with God's Word. *We fill our hearts and minds with God's Word by reading the Bible every day, coming to church to hear teaching from the Bible, studying the Bible, and memorizing Bible verses. *The Holy Spirit guides the Church and helps us understand God's

"I Wonder" Questions: *What do you see in this picture? *I wonder why there are pictures of bread and the Bible. *I wonder why the Holy Spirit is above the Bible. *I wonder what "food for the soul" means. Let's find out more in our lesson...

Lesson Props: Small post-it notes to cover words on memory verse (on page 3).

Lesson Summary: Today's lesson is about how the Bible is food for our soul. Just like our bodies need good food to grow strong and healthy, so God wants us to have good food for our soul too. What are some good foods for our bodies? (*Children respond*) Yes, and bread is one of those good foods. (*Point to poster*) So, just as we have to take good care of our body, we also need to take good care of our soul, our inner being. Our soul needs food to grow and stay healthy. Our soul needs spiritual food! Let's read today's Bible verse to see what God says about our spiritual food. (*Child read verse*) This verse is saying that bread is food for the body, but it is not **all** that we need to live on! We also live on "every word that comes from the mouth of God." Where do we find these words? Yes, in the Bible. The Bible is called God's Word and it is spiritual food - food for our inner being. When we read or listen to someone reading the Bible, we get to know and love God more and more. In this way we grow spiritually, becoming more and more like Jesus every day. Jesus wants us to **grow** in **his** love for others and to have **his** peace and **his** joy. The Bible is one of the ways that God feeds our spiritual life. As we fill our hearts and minds with God's Word, we grow up spiritually. Here are 4 ways we can fill our hearts and minds with God's Word: (*Point to word "Read"*) **1. Read** the Bible every day. Just like our body needs food **every** day (*point to bread*), so our soul needs spiritual food **every** day. (*point to Bible*) Our spiritual food is God's Word. If you can't read yet, you can ask someone to read the Bible to you. (*Point to "Come to church"*) **2. Come to church** to hear teaching from the Bible. Come to Sunday School every week to hear Bible stories about God. The Church helps us to understand the Bible correctly, the way Christians have always understood it, all the way back to the first disciples of Jesus. (*Point to "Study"*) **3. Study** the Bible. When you're older you can study the Bible on your own or with others. And even now, for those of you who can't read yet, you can study the pictures in a picture Bible and ask an adult about them. (*Point to "Memorize"*) **4. Memorize** Bible verses. When we memorize God's Word, we spend time thinking about it. God's Word builds our faith and guides our actions. I'd like to show you a couple of fun ways that you can memorize scripture. (*Hold up verse on page 3*) Let's read the memory verse again together. (*All read*) We'll cover a couple of words at a time and try to remember those words as we read the verse. (*Cover a few words at a time until they can say the verse by heart*) Another way to memorize scripture is to sing a song. (*Sing verse to the tune of "Seek ye first the Kingdom of God"*) That song was great! The Bible is our spiritual food that helps us grow up spiritually and become more like Jesus. (*Point to poster*) We have this Holy Spirit symbol right above the Bible, because the Holy Spirit inspired and guided the authors who wrote the Bible. The Holy Spirit also helps us to love and understand God's Word.

Suggested Questions: ***What does this lesson tell us about God?** (God gave us the Bible so we can know God and grow to become more like Jesus.) ***What do we need to grow spiritually?** (We need God's words.) ***Where do we find God's words?** (In the Bible, which is called God's Word.) ***How do we get God's Word into our minds and hearts?** (By reading, coming to church to hear teaching, studying, and memorizing the Bible, singing Bible verses.) ***Why is it important to fill our minds and hearts with God's Word?** (So we can grow spiritually to become more like Jesus.) ***Why did we put the Bible symbol under the Holy Spirit symbol on our poster?** (Because the Holy Spirit guides the Church and helps us to love and understand the Bible.)

Bible Memory Verse: "Man shall not live on bread alone, but on every word that comes from the mouth of God." Matthew 4:4b (NIV)

"Man shall not live on bread
alone,
but on every word that comes
from the mouth of God."

(Matthew 4:4)

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Year 2 - Lesson 12 – God’s Words Feed Us