

SESSION 20

Daily Bread

God&Me&Us

Focus Point

The Bible is our spiritual food. Some practical tips on why and how we read the Bible, so that we can understand it, and it can change us.

The Key Truths

Using personal stories and the Scriptures that focus on the practical usefulness of Scripture, this episode shows why the Bible is called a lamp to our feet and a light to our path. It encourages the junior youth to study and feed on the Word so they can grow by it and apply it to their everyday lives.

Scriptures to Consider

- **2 Corinthians 4:4-6 (ERV)** – *“The ruler of this world has blinded the minds of those who don’t believe. They cannot see the light of the Good News – the message about the divine greatness of Christ. Christ is the one who is exactly like God.”*
- **John 17:17 (ESV)** – *“Sanctify them in the truth; your word is truth.”*

Group Discussion Questions

Question 1: How do you think reading the Bible compares to something like eating bread each day?

Answer: It provides nourishment for our bodies and also isn’t a once-off thing. Just as we are hungry each day and need to eat, so it is with our spiritual lives. God’s Word feeds us and helps us to grow even when we don’t see it at work. We also need to get fresh bread each day. God will give us what we need for that day.

Question 2: Think about how it feels when you eat lots of junk food and fizzy, sugary, cooldrink. How does it usually make your body feel afterward?

Answer: It affects your body negatively and you feel tired, sleepy, sick etc. It feels good for a few minutes while you're eating it but afterward you realize that it didn't help your body at all. You end up feeling worse. It doesn't give your body the nourishment and vitamins that it needs.

When we don't eat for a while, or eat the wrong type of food for a while, our bodies start to get sick or weak. Our spiritual lives are the same. If we are feeding our minds and spirits with an "unhealthy" diet of things that are not in God's Word, then it will affect the way we think, and the way we live.

Question 3: How do you feel about reading & trying to understand the Bible? Is it easy, confusing or hard for you?

Answer: We sometimes feel intimidated by the Bible because it feels too big or too complicated and we are not sure where to start reading and we don't know what it all means! Allow the preteens to respond as honestly as possible and not just give you the "right" answers.

Encourage them that because the Holy Spirit inspired God's Word and is with them when they read it, they can be assured that He will help them to understand it.

Question 4: Group challenge: Ask some of the kids to try their best to summarise what they think the main story and message of the Bible is. Give them the freedom to share whatever comes to mind.

Answer: A: Here is a high-level summary of some of the main themes:

- Creation
- Fall of man
- Sin and death in the world (the problem)
- Israel as God's people
- The promise of a Saviour
- Jesus appearing and His mission
- The cross as the solution for mankind's sin
- The church as God's people
- The final expectation of Jesus' return

