

NONNA SAY'S CHEW YOUR FOOD!

Did you ever hear that from you mother when you were growing up.. my reaction was of course, I am chewing... and I really thought I was... even now sometimes I catch myself eating so fast that I really don't remember how it tasted much less if I chewed it...

If you sit and think about it there really is a lot of truth in that statement. If we don't chew we don't receive the nutrients we need. It makes it harder on our body (making us work harder) to digest the food, many times that results in making me feel tired and sluggish. Another thing is I don't really enjoy it.. It just kind of keeps me from thinking about being hungry..

... the importance of chewing and enjoying a great meal should be the same way we are about the things God tells us in His word... when I read the Bible fast (just doing my duty) **I WALK AWAY WONDERING** what did I read, and why didn't I get anything out of it... kinda like eating too fast... but when I sit down and chew on it, listen to it.. dig into it (even if it is only one or two verses) What a difference... I find that I enjoy it and suddenly I can hear what the Lord is trying to tell me. I understand things that I have read many times but never understood... **I challenge you** to pick a verse (don't make it complicated) just get one verse like say maybe.... Mathew 6:33 seek first the Kingdom of God and His righteousness and all these things will be added to you. (by the way, that is a promise from God!).... look up the words in it like "seek"... and the phrase "kingdom of God.." and what does it mean "His righteousness..." all you need is a dictionary and the concordance in your bible... on that one verse you can easily learn enough to literally change you life..(it has mine). Slow down and meet with the Lord... eat what He has given you... be re-energized (not brought down) **YOU WILL WANT TO GO BACK FOR SECONDS....** when you eat good food you can be strong to fight the battles of life... (and win!!) ... "man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD." Deut 8:3 (NKJV)

? Spend time with the Lord, He loves you and is just waiting for you to talk to and get close to him... how cool is that... the Lord can be your closest friend, helping you, listening and talking with you, giving you love that you can't get anywhere else, protecting you and providing a safe place for you....

Have a great day with the Lord!

HIS WORD IS POWERFUL ¹² For the Word that God speaks is alive and full of power [making it active, operative, energizing, and effective]; it is sharper than any two-edged sword, penetrating to the dividing line of the breath of life (soul) and [the immortal] spirit, and of joints and marrow [of the deepest parts of our nature], exposing *and* sifting *and* analyzing *and* judging the very thoughts and purposes of the heart. Heb 4:12 (AMP)

THE LORD WATCHES... ¹² Then said Jehovah unto me, Thou hast well seen: for I watch over my word to perform it. Jer 1:12 (ASV)

¹¹ So shall My word be that goes forth out of My mouth: it shall not return to Me void [without producing any effect, useless], but it shall accomplish that which I please *and* purpose, and it shall prosper in the thing for which I sent it. Isaiah 55:11 (AMP)

EVERYTHING IS POSSIBLE ²³ "If you can?" said Jesus. "Everything is possible for him who believes." Mark 9:23 (NIV)

Example on back...

Step by Step guide to God's incredible word

- Lets take a verse
- Underline important facts
- Read above and below to get the entire thought
- Ask who, what, where, when, how
- Word study on each subject
- Ask is He painting a picture
- Is God speaking to me through it
- Pray and ask the Holy Spirit to show you anything the Lord wants you to learn
- Ask for wisdom

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matt 6:33 (NIV)

But.. what does that signify... do this first... wait a min. not so fast..

Seek... define seek... look, examine, go after, be curious, etc

First... seek when.. later? .. sometime?... first.... Before anything else... lots of importance...

His Kingdom... what is His Kingdom? _____ word study on his Kingdom... where is it... when is it... what does it look like... when was it back in past, or in future, now? How do I know to seek it... What do I look for...

And his righteousness... same as above

Then what happens.. all the things in the preceding verse will be given to you as well

As well .. as well? As well as what? In addition to what?

What is the condition... what must you do first... seek His kingdom and His righteousness

This is just a simple example but as you can see it can go on and on....

Ask yourself some other questions..

Did I read all the verses pertaining to this verse? What other verses link to this one?

Is God speaking to me about a current situation in my life?

Ask for wisdom to understand... James 1:5-7

Read the verse in several versions of the Bible, King James, NIV, Amplified version (very good), etc..

Also look up in bible commentaries.. such as life application commentary etc.

When you take the time to go through Gods word this way.. you will need His direction. You will draw nearer to Him, learn more about His ways and His character, thereby getting to know Him better. Next you will begin to trust Him more and feel closer than ever... as you can now see that studying Gods word will draw you nearer, and increase your faith which will in turn aid you in your prayer life.