

# Notes From Our Savior

Book 2 in the series  
*Eternal Foundations for a New Generation*

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## Lesson 5 Spirit Food



**PREPARATION:** *Read through the lesson to get a good idea of the material to be presented. You will need flour, baking powder, salt, water, oil, and a frying pan for the Introduction recipe. Children will need a copy of **Activity Page 5**, their Memory Verse Poster, a Bible, highlighter pens, and a pencil.*

**INTRODUCTION:** *(Hand out **Activity Page 5** and use the American Indian Fry Bread recipe as an introduction to this lesson. The **Whiz Kids** material at the bottom of the activity page will be assigned later in the lesson, so have your child save his activity page after you have finished cooking.)*

**LESSON:** The first bread was probably made from ground acorns or beechnuts and baked in the sun. The American Indians had several kinds of bread that they prepared depending on where they lived and what plants were available. Different kinds of bread are found all over the world, and it has been a basic food for man since history began.

The bread we made today provided nourishment and energy for our physical bodies. We have to have food on a regular basis, or we will die, for man cannot live long without food. In much the same way, we need spiritual food in order to grow spiritually. Turn to John 6:63 and read it aloud. *(Have someone read this verse aloud.)*

What did Jesus say His Words are? *(They are spirit and they are life.)* God's Word is not just words on the pages of our Bible. His words are different than any other kind of words. They are able to make us alive deep down in our spirit (our inner person). His words are spirit food for our spirit and they help us grow and live a life that lasts forever. It is from them that we find the spiritual nutrition and energy we need to live a life of faith.

Turn to Matthew 4:4 and read it aloud. *(Have someone read this verse aloud.)* What do you think this verse means? *(Answers will vary depending on the age and understanding of your child. Summarize with the thought that man was never meant to survive on just physical food, but he needs God's Word to truly live.)*

How often does a person need to eat? *(Usually daily)* How often do you think a person should eat spiritually by studying God's Word? *(Answers will vary. Have someone read Job 23:12b aloud and discuss how it relates to our daily devotional time in the Scriptures.)*

King David found that spending time in God's Word every day was wonderfully delicious. Read his description aloud from Psalm 119:103. *(Have someone read this verse aloud.)*

God wants us to be learning and studying His Word every day. His Words are nourishment to us in a way that bread, meat, and potatoes will never be, and they have a life-giving power all their own. *(Assign  Whiz Kids for older children to complete on their activity page.)*

**IN YOUR BIBLE:** *Instruct your child to highlight John 6:63 in his Bible with his blue highlighter pen. Whiz Kids may also highlight Jeremiah 15:16 with their green highlighter pen.*

**KID TALK:** *Listen as your child explains in his own words what John 6:63 means.*

**MEMORY WORK AND PRAYER:** *Work on the verses assigned to your child and write any new ones on his Memory Verse Poster. Close your time together in prayer.*

 **Whiz Kids Answer Key:**

- God's bread was his joy and his heart's delight.
- He bore God's name.

# Spirit Food

Have fun making the following recipe as an introduction to today's lesson. Then enjoy the results as you study about God's spiritual food.

## AMERICAN INDIAN FRY BREAD

4 cups white flour, 1 tablespoon baking powder

1 teaspoon salt, 1½ cups warm water

1 cup shortening or oil

Mix the dry ingredients together. Add 1½ cups warm water to the ingredients. Knead until dough is soft and elastic and does not stick to the bowl. (Add more warm water if needed.)

Shape dough into balls the size of a small apple. Pat back and forth by hand until dough is about ½ inch thick and in a round shape. Make a small hole in the center of the round.

Melt 1 cup shortening in a heavy frying pan. Carefully put the rounds into the hot fat, one at a time. Brown on both sides. Drain on a paper towel and serve hot with honey!

 **Whiz Kids:** Jeremiah the prophet knew what it was like to eat God's *bread*. Read Jeremiah 15:16 and write his description below.

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What reason did Jeremiah give for eating and enjoying God's Word?

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**IN YOUR BIBLE:** Highlight John 6:63 in your Bible with your blue highlighter pen. Whiz Kids may also highlight Jeremiah 15:16 in green.

**KID TALK:** Explain in your own words to a parent or teacher what John 6:63 means.