

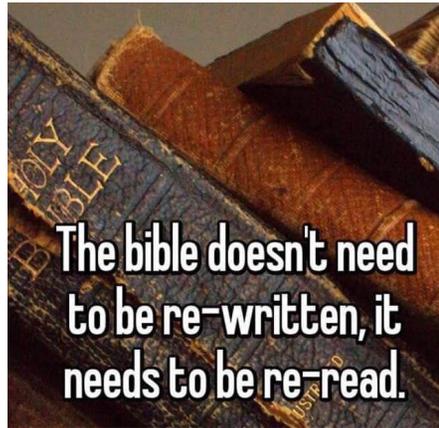
Spiritual Hunger

Have you ever felt a deep craving in your soul that nothing seems to satisfy? Consider that you are experiencing spiritual hunger. Symptoms are emptiness, selfishness, and impatience.

John 6:35 And Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst."

- What is the issue with thinking that hearing or reading God's Word once a week will be enough? ([Exo 16:4](#), [Exo 16:16-18](#))

- When you try to rely on what you got from God's Word days ago, what can go wrong? ([Exo 16:19-21](#))



- How does God use His Word to do the following things?
 - ▶ Instruct you ([Psa 19:7-11](#))
 - ▶ Show you how to make good choices ([Php 1:9-11](#))
 - ▶ Help you understand who you are ([Eph 2:4-10](#))

Dig a Little Deeper: Purpose of Scripture

The purpose of Scripture is to:

- help us have life in Christ ([John 20:31](#))
- teach us truth ([Titus 2:12](#))
- tell us when we do wrong ([1Tim 5:20](#))
- train us ([2Cor 3:18](#))

Application Exercise: Quiet Time Tips

Quiet Time is when you meet with God, by yourself, to let Him speak to you through His Word. Here are some tips for effective quiet time.

- Approach His Word with a proper attitude ([Rev 4:11](#)).
- Choose a specific time. Make a daily "date" with God ([Mark 1:35](#)).
- Choose a special place. Pick one that limits distractions.
- Organize your time. Gather your Bible and materials for taking notes.
- Open with prayer asking God to show you something wonderful in His Word ([Psa 119:18](#)).
- Read a small passage slowly.
- Read straight through a book rather than skipping around.
- Record your thoughts: questions, what God shows you that applies to your current life circumstances, answers to previous questions.
- Close in prayer. Praise Him for who He is. Thank Him for what He has done. Admit any sins. Ask Him to help you turn away from those sins. Ask for His help with your personal needs and those of others. Pledge your devotion to Him.

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