

Food for the body; food for the soul

Barge Women's Evening 17th June 2016

Dinner questions

How do we feed our souls? Why do we need to?

Bible talk

Main Bible text

Matthew 4:4

“Man shall not live by bread alone, but by every word that comes from the mouth of God.”

1. Our soul needs to be fed, not just our body

John 6:63 “The words I have spoken to you are spirit and life.”

John 6:57 “whoever feeds on **me**, he also will live because of me.”

1 Peter 2:2 “Like newborn infants, long for the pure spiritual milk, that by it you may grow up to salvation”

Psalm 119:36 “Incline my heart to your testimonies”

Jeremiah 17:9 says “The heart is deceitful above all things, and desperately sick; who can understand it?”

2. Our soul needs to be fed regularly, just like our body

John 6

Psalm 119:97 “Oh how I love your law! It is my meditation all the day.”

Psalm 119:11 “I have stored up your word in my heart, that I might not sin against you.”

The Navigators' "Word hand":

Hearing

Reading

Studying

Memorising

Meditating

Legalism v Spiritual disciplines

Psalm 119:103 "How sweet are your words to my taste, sweeter than honey to my mouth!"

Testimony

Personal Application

- What one attitude could change in your heart to help you feed your soul? Pray for God's help to change.
- What one step could you take to feed your soul more regularly? Pray about it and plan how to do it.

“Feeding our souls” resources list

Hearing

Download Barge Bible talks

www.stpetersbarge.org/sermon/

Or subscribe to the podcast – it’s there on iTunes!

Reading

Book-at-a-time Bible Reading Plan (by the Navigators)

https://www.navigators.org/www_navigators_org/media/navigators/tools/Resources/DJ-Book-at-a-Time-Bible-reading-plan.pdf

www.esv.org/resources/reading-plans/

The ESV site offers 12 different plans that are available in a variety of formats. You can also subscribe to their [podcast](#) which will allow you to listen to the Bible; if you do that you will go once through the Old Testament each year, and twice through the New Testament and Psalms.

www.Bible.com offers the amazing Bible app and has a long list of plans to choose from. You will need to use the site or app to access them.

McCheyne – reading the OT once and NT twice in 1 or 2 years. Carson’s “For the love of God” gives comments on each day’s readings OR get the App!

Studying and Meditating

Daily Bible notes:

“Time with God” – an introduction to studying/meditating on the Bible on your own

“Explore” (there’s an App for this too!)

“The Daily Reading Bible” – has the Bible passage printed in the booklet, so quite good if on the move.

Books:

Spurgeon’s “Evening by Evening” – encouraging Bible thoughts

Corrie Ten Boom’s “This Day is the Lord’s” – dated short Bible reflections

Keller’s “My Rock my Refuge: A year of daily devotions in the Psalms” – light and accessible

Amy Carmichael’s “Thou Givest...they gather”

Elizabeth Elliot’s “Secure in the Everlasting Arms”

Stott’s “Through the Bible through the year” – follows the church calendar so you think about the birth of Jesus at Christmas etc - again fairly light

Ralph Davis’ commentaries on OT books in the “Focus on the Bible” series – more substantial

Ryle’s “Expository thoughts on Luke” (or any of the other gospels) – more substantial and old-fashioned language –great though!

Motyer’s “Isaiah by the day” or “Psalms by the day” – scholarly and wonderful!

Blogs:

“Desiring God” www.desiringgod.org

“A New Name”

<http://emmascrivener.net/category/blog/>

Memorisation

Navigators Topical Memory System

<http://www.navigators.org/Tools/Discipleship%20Resources/Tools/Topical%20Memory%20System>

And there’s an App for it....

Or pick some of your favourite verses and learn them!