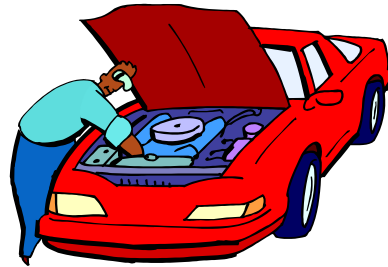


# Lesson 1: Overview

## I. INTRODUCTION

First Principle: Mankind is born with an ever-present \_\_\_\_\_ and \_\_\_\_\_ for nourishment not only to maintain \_\_\_\_\_ health, but it's enjoyable as well



(Matthew 22:37 NIV) Jesus replied, *“Love God with all your heart and with all your soul and with all your mind.”*

(1 Thessalonians 5:23 NIV) “May God himself, the God of peace, sanctify you through and through. May your **whole spirit, soul and body** be kept blameless at the coming of our Lord Jesus Christ.”

Second Principle: Our lives are made up of three parts – physical, \_\_\_\_\_, and \_\_\_\_\_ - and in order for us to be healthy and live meaningful lives all three parts must be \_\_\_\_\_ on a regular basis.

## Lesson 1: Study / Discussion Questions

1) In this week's lesson, we discussed the fact that our lives are composed of three parts – physical, emotional, and spiritual. What new thoughts or insights did you gain concerning the need for each part to be fed on a regular basis?

2A) PERSONAL: How would you describe your “appetite” for physical food? Do you have a hearty appetite or are you a “picky” eater?

2B) PERSONAL: How would you describe your “appetite” for the things of God? For instance, are you really concerned with how God wants you to respond in situations or do you even think about God at all during your daily activities?

2C) PERSONAL: What do you think it means to hunger and thirst for His Righteousness?



3) Want to go deeper? Compare the provision for food God made for Adam and Eve in Genesis 2:16-17 and for Noah and his family in Genesis 9:3-4. What difference do you see and what caused this?

## Prepare for Next Week: Passover and Unleavened Bread

9) Read Exodus 12:1-11

- A) Where were the Jewish people at this time and what new thing was established for them in verses 1 and 2?
  
- B) Describe the animal used in verses 1-6 and the specific timing of God's instructions concerning this animal.
  
- C) What were the people told to do in verses 7-11?

10) Read Exodus 12:12-20:

- a. What was God going to do on that same night?
  
- b. What was used to protect the Jewish people?
  
- c. What other instructions were the people given in verses 14-20?
  
- d. What was the name of this feast and why was it to be celebrated?

† 11) From your Quiet Time, what did you learn this week about a person's "hunger and thirst" and how these "needs" are satisfied?

***PERSONAL PRAYER FOR THE WEEK:***  
***Ask God to help you hunger and thirst for Him and increase your appetite for Spiritual food.***

## Daily Quiet Time

# “To Feast on God’s Word”

God has invited us to “taste” and see that He is good and He invites us to “eat” with Him and “feast” on His Bread every day. During your Quiet Time this week, spend some time looking at how God describes the ideas of *hunger* and *thirst* in Scripture.

Follow these steps every day:

- 1) Read the suggested passages of Scripture.
- 2) Determine whether you think the passage is referring to physical *hunger* and *thirst*, or spiritual, or both.
- 3) Notice how our *hunger* and *thirst* is satisfied.
- 4) Meditate about what you learn as you “feast on God’s Word” and journal your thoughts.

**Day 1:** Nehemiah 9:14-21