

# The Five Spiritual Food Groups



Man does not live on bread alone but on every word that comes from the mouth of the Lord.  
*Deuteronomy 8:3; Matthew 4:4*

## **HEARING**

*Consuming God's Word with your ears – Romans 10:17*

Hearing can stimulate an appetite for the Word of God. Faith is “born” when we hear the Word through pastors, teachers, conferences, Christian radio, etc.

## **READING**

*Consuming God's Word with your eyes – Revelation 1:3 and James 1:25*

Reading the Bible is critical to nurturing faith. Experiencing God's blessing is also connected to reading and obeying God's Word.

## **STUDYING**

*Consuming God's Word with your mind – Ezra 7:10*

Studying the Scriptures equips us to be proactive in our faith. It also prepares us to teach and pass on to others what we have learned.

## **MEMORIZING**

*Consuming God's Word with your heart – Psalm 119:9, 11*

Memorizing Scripture is key to walking in purity and achieving victory over sin. When the Word is in us, it's also readily available for witnessing or helping others with a “word in season.”

## **MEDITATING**

*Consuming God's Word with your hands – Joshua 1:8*

Meditating is essential to experiencing God's transforming power in our lives. Journaling (hand-written or digital) is one form of meditating on God's Word. Meditating is designed to lead to increased understanding, application, and obedience, and it holds the promise of spiritual fruitfulness.