



## LESSON 3: YOU'VE GOT TO EAT TO GROW

### BIBLE STUDY

"I was really worried about our first baby," a young mother said. "He wouldn't eat. Just slept all the time."

"That sounds great," the other mothers laughed.

"Yeah, I know, but babies need to eat. We'd wake him up, try to get him to eat but he'd go to sleep again before he'd finished an ounce of milk! Then one day he woke up and started eating and then he wouldn't quit!"

We laughed at this mother's concern about a baby who didn't seem to eat enough; but we also understand how she felt, because everybody knows newborn babies must have food to survive and grow. They must eat often and regularly.

As a newborn Christian, you must eat often, too, or you'll starve!

What will be your diet? Matthew 4:4

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Why do you need the Word of God? 1 Peter 2:2 (especially the last part)

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God's Word is food for the Christian and if you don't eat, you won't grow. If earthly parents worry about babies who won't eat, how much do you think God feels about newborn Christians who won't "eat" His Word?

Besides helping a baby grow physically, feeding time is a time that builds a relationship between parent and child. The same goes for the Christian. Time spent in God's Word will bond you close to God and build a strong relationship between you and your heavenly parent. God desires to have this time with you. He knows that His Word is vital for your survival.

In fact, the Bible compares the Word of God to an offensive weapon used by a soldier.

What is God's Word called? Ephesians 6:17

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A soldier wouldn't go to battle without a weapon; neither can you step onto the battlefield of life and meet the enemy, Satan, without a weapon. Jesus knew this secret, and with each temptation that Satan brought to Him in the wilderness, he answered: "It is written." (Matthew 4:1-11) Christ overcame temptation by using the Scriptures. You can do the same. You don't want to sin and disappoint your new friend, Jesus.

But what can you do to conquer sin? Psalm 119:11

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What are some other ways the Bible will help you? 2 Timothy 3:16

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The Bible claims to be inspired by God. How was it written? 2 Peter 1:20-21

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God's Spirit guided the writers of the Bible. Who will guide you in studying His Word? John 16:13

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The best way to find out about the value and inspiration of the Bible is to try it. Read it. Study it for yourself.

As you open the Bible to study, for what should you pray? Psalms 119:18,27; James 1:5

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## HOW DO YOU STUDY THE BIBLE?

Paul speaks of babes in Christ needing milk before they can eat meat. 1 Corinthians 3:1,2

Start with the easy-to-understand things of the Bible before you get into the more difficult.

Many newborn Christians enjoy the gospel of John. So you could begin with it. You'll find it easy to read, but full of God's love.

You may discover the newer versions of the Bible such as The Message or New Living Translation or the New International Version more enjoyable reading because they're written in modern English.

Don't try to stuff yourself with the Bible. You'll get indigestion like the baby that gulps down too much food at one time.

"... there is but little benefit derived from a hasty reading of the Scriptures. One may read the whole Bible through and yet fail to see its beauty or comprehend its deep and hidden meaning. One passage studied until its significance is clear to the mind and its relation to the plan of salvation is evident, is of more value than the perusal of many chapters with no definite purpose in view and no positive instruction gained." Steps to Christ, p 90

## TO GET STARTED

Use the guideline in the “IN YOUR OWN WORDS” section at the end of this lesson and do the following things:

- a) Read the Scripture text.
- b) Using your own words, write what it seems to be saying. You can pretend that you are trying to phrase it in words that a child could understand.
- c) Re-read the passage and write down what you think it means.
- d) Questions may come to your mind about the passage. Jot them down. There may be words you don't understand. Write them down, too, so you can look them up later.
- e) Think about and write down ways the Bible passage could apply to your life.
- f) Probably not enough space has been provided in the lesson for your notes, so have additional paper on hand.

Why is it important to apply the Bible to daily living? James 1:22-25

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What is another important way to apply Scripture to your daily life? Joshua 1:8

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“Meditate” means to dwell in thought on what you’ve read. The memory gems given you with each of these lessons are a good way to help you meditate on the Word of God. Take these texts, write them on card or slips of paper, paste them on the mirror or in the kitchen, or carry them in your pocket or purse. As you have moments during the day, or even as you’re washing dishes or

shaving, you can be meditating on God’s Word and storing His promises in your memory.

## BIBLE STUDY RESOURCES

A Bible dictionary gives definitions of Bible words. A Bible concordance lists all the important words of the Bible and where they may be found. For instance, if you want to study the subject of “angels” look up the word “angel” in the concordance and it will list every place in the Bible where the word “angel” is used. Some Bibles contain a small concordance, but you may wish to buy a more complete one. “Young’s” or “Strongs” are two good ones. Both Bible dictionaries and concordances are available at Christian book stores. You may even find them on the Internet. Children’s Bible story books, such as Arthur S Maxwell’s ten volume set *The Bible Story*, make the Bible interesting and informative to adults as well as young people. The Bible can also be purchased on cassette tapes so you can listen to it. Many good sermons and Christian talks are also available on cassettes. Videos of Biblical subjects and stories are also available. And don’t neglect feeding on the Word of God by attending services at a local church.

## IN YOUR OWN WORDS

Here are some verses for you to study:

Text: John 3:1-17

In your own words, write what it says:

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What it means:

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Questions I have; words I don't understand:

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Application to my life:

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## TO MEMORISE

Psalm 119:11  
2 Timothy 2:15