

Resistance to sin

Physical food helps your body to grow and makes you more resistant to disease. People who suffer from malnutrition are vulnerable to sicknesses that may not ordinarily affect them. In our spiritual lives, the *sickness* that most affects us is sin. Sin damages and disrupts. It is a malfunction that violates the will of God. With the help of solid spiritual food, we can avoid both sin and its damaging effects.

I have hidden your word in my heart that I might not sin against you. Psalm 119:11

7. According to Psalm 119:11, what will help you to overcome sin in your life?

Again, just as physical food gives strength to do physical activities, spiritual food provides strength to live for God. Your spiritual food, the word of God, will help you gain victory over sin.



8. Read 2 Timothy 3:16-17. What will the Scripture equip us to do?

Notice how these verses outline the value of God's word in our Christian walk.

- It is our source of correct doctrine (teaching or body of truth) about spiritual things.
- It is God's means of reproofing us or telling us where our lives fail to match what God intends for us.
- It is God's way of correcting or changing how we think and act.
- It teaches us how to live righteous lives. (Righteous means the kind of lifestyle that pleases God and shows others that we are his children.)

We need to study or 'feed' on God's word to gain the knowledge and strength necessary for serving God. As we study, God opens our spiritual understanding so we grow through insight from him. He also gives us a desire to share his truth with others and show them how they can also know Jesus Christ and have eternal life.

In order to maintain our spiritual health, it's important to schedule regular meals in God's word. Doing Journey should help you establish a disciplined habit. Take a moment and review your daily routine.

When would be the best time of day to plan your study time? _____

I commit myself to reserving and using the above time to study God's word and pray.

Signed _____

Date _____