

## Session 2. Feeding on Christ

### Message Outline

**Why We Need the Word of God**

**How to Feed on Christ through His Word**

**A Personal Example**

**Three Encouragements:**

- a) *Habit will help you.*
- b) *Meditating on the Word will give you something to share with others.*
- c) *Meditating on the Word will breathe fresh life into your prayers.*

### Discussion Questions

1. What are your habits in reading the Bible? What has proved helpful to you? What struggles do you have?
2. What is the difference between merely reading Scripture and 'feeding on Christ'? Why is the distinction important?
3. What are the effects of feeding on Christ? What effects do you most want more of?
4. What is your biggest hindrance in feeding on Christ? What steps might you take to overcome this challenge?
5. Read Psalm 1:1–3 and reflect how love for God's Word (or lack thereof) influences our ministry.
6. What is the connection between feeding on Christ and prayer? How might this connection encourage your pursuit of God?

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