

Main Emphasis Idea:

How has the church seen scripture and used scripture throughout its history. We will look at 7 ways over the next 6 weeks. Daily bread, instruction of morals and existence, the secular undoing, meditation (renewal of the mind), study and memory, and spirit empowerment.

Psalm 1: 1-3

Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take
or sit in the company of mockers,
2 but whose delight is in the law of the Lord,
and who meditates on his law day and night.
3 That person is like a tree planted by streams of water,
which yields its fruit in season
and whose leaf does not wither—
whatever they do prospers.

Questions That Need Answers:

1. What do we mean, when we say daily bread?
2. How do we participate in scripture as a daily bread.
3. What is the first practice in our Rule of Life?

INTRO

I want us to think about, what actually nourishes us?

THE FIRST QUESTION?

- Has scripture for you, made the transition from challenge or dedication, to nourishment?
- Changing your daily life around reading an ancient book is hard to do and for others its a good thing that scripture is a spiritual discipline or something to dedicate your life to. But one of the things we miss is not simply scripture as a formation tool, but scripture as nourishment for our soul.

“Scripture is given so that God’s people may be fed, formed, and equipped to live as the renewed people of God.” - **N. T. Wright**

Does Jesus see scripture as nourishment?

Matthew 4: 1-4

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And after fasting forty days and forty nights, he was hungry. 3 And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” 4 But he answered, “It is written,

*“Man shall not live by bread alone,
but by every word that comes from the mouth of God.”*

3. *A guide for alignment*
4. *A standard that keeps something true*

- *Jesus, while dealing with the temptation brings to the accuser, this idea of the words of God being related to actual nourishment.*
- *Thats something to actually think about... because minus the fact that food is probably one of the best reasons to be alive, it is from a scientific perspective... fuel for existing.*
- *Imagine that... scripture not as just instruction and meditation as we speak on often, but also as fuel. As the thing that gives me my energy for the day.*

- **Rumination**

- Now this is probably a new word for us, and if you come from the side of mental health this is actually a negative word. To ruminate is a negative thing. But in bible times biblical rumination is how they used scripture to fuel there day, and the best way to think about rumination is... Cows.

Cows

Ruminant animals (cows, sheep, goats):

1. Eat grass quickly
2. Store it in a stomach
3. Bring it back up
4. Chew it slowly
5. Swallow it again for true nourishment

They do not rush digestion, They return to what they've already received.

- You see scripture was meant to be returned to, lingered over, re-spoken, re-prayed. That's cud.

“Chewed by the mouth of the heart until it yields sweetness.”

- **Bernard of Clairvaux**

“It is not necessary to know much, but to taste deeply and savor inwardly.”

- **John of the Cross**

How do we practice this?

1. *If reading less means I can mediate and chew on scriptures more... read less. (not less often, but less scripture)*

*** REMEMBER *** scripture is not meant to be conquered, its meant to be digested.

2. give yourself some scriptures you chew on regularly.
3. Allow yourself freedom to think when ruminating...

RULE OF LIFE - PRACTICE 1

DAILY BREAD-

The practice of returning to Scripture each day to receive God's sustaining word which will, over time, shape our loves and guide our lives.

- This practice will live inside of our scripture emphasis, as one of our daily practices that we will participate in as a church community.
- Should I just go for it? Yes and no...
- If you haven't done something like this before, don't be afraid to start slow, and don't feel discouraged when you miss. remember this is a "practice" and that means its going to take time. The hope is that by the time we install our next practice, this will become a daily ritual for you.
