




# THE BREAD OF LIFE:

REAL FOOD FOR A NEW YEAR


A rustic loaf of bread, possibly sourdough, is the central focus of the image. It is a round, golden-brown loaf with a slightly cracked and textured crust. The bread is nestled in a light-colored, woven basket, which is placed on a wooden surface. The background is a soft, out-of-focus light blue-grey color. The overall aesthetic is clean, natural, and emphasizes the quality of the bread.

## **3 Week Series:**

- Feed on the real bread that lasts!**
- Feed on real nutrients!**
- Drink only pure water!**

## **Isaiah 49:8-10 NIV**

**“This is what the Lord says: “In the time of my favor I will answer you, and in the day of salvation I will help you; I will keep you and will make you to be a covenant for the people, to restore the land and to reassign its desolate inheritances, to say to the captives, ‘Come out,’ and to those in darkness, ‘Be free!’ “They will feed beside the roads and find pasture on every barren hill. They will neither hunger nor thirst, nor will the desert heat or the sun beat down on them. He who has compassion on them will guide them.”**

A rustic, golden-brown loaf of bread with a cracked crust, resting on a round wooden cutting board. The background is a soft, out-of-focus light blue. The text "John 6:41-59" is overlaid in a large, bold, black serif font across the center of the image.

# John 6:41-59

A rustic, round loaf of bread with a golden-brown, slightly cracked crust. The bread is resting on a thick, round wooden cutting board. The board is dusted with white flour, and some flour has also settled on the surface beneath the board. The background is a soft, out-of-focus light blue-grey color. The text "Feed on Real Nutrients!" is overlaid in a bold, black, serif font, centered over the bread.

**Feed on  
Real Nutrients!**

## **The Basic Ingredient:**

- **Proverbs 1:7 ESV “The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction.”**
- **The fear of the Lord is the starting and the main ingredient!**

# The Recipe:

## Proverbs 3:1-9 ESV

- **“My son, do not forget my teaching, but let your heart keep my commandments, for length of days and years of life and peace they will add to you. Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man. Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones. Honor the Lord with your wealth and with the first fruits of all your produce;”**

## **The Basic Recipe for a Disciple of Jesus:**

- **Keep love and faithfulness at the center of who you are - Vs 3**
- **Trust in the Lord and not yourself - Vs 5**
- **Always give him praise and the glory - Vs 6**
- **Turn from evil - Vs 7**
- **Give generously with your time, talent and treasure - Vs 9**