

SPIRITUAL NOURISHMENT

God has woven our need for Him into the very fabric of reality, and He doesn't keep this a mystery. Jesus makes it plain for everyone to hear and wrestle with. The following passages reveal how essential He is to our lives—just as vital as the physical resources they mention. As you read, imagine life without them. If these things are crucial for physical survival, how much more do we need them spiritually?

The Breath of Life

Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. **Genesis 2:7**

The Living Water

Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." **John 7:38**

The Bread of Life

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. **John 6:35**

What word is common in all three of these passages of Scripture?

The breath of life symbolizes the air we breathe. The average person can go about **3 minutes** without air before they die.

The living water symbolizes the water we drink. The average person will only survive **3 days** without water before their body shuts down and they die.

The bread of life symbolizes the food we eat that nourishes our body and maintains our strength. The average person (who is not obese or overweight) can go **3 weeks** without food.

Do you think it is merely coincidence that our bodies operate this way?

