

**“Resolve to Eat More in 2023”**  
**Deuteronomy 8:3**  
**January 1, 2023**

“The Bible contains the mind of God, the state of man, the way of salvation, the doom of sinners, and the happiness of believers. Its doctrines are holy, its precepts are binding, its histories are true, and its decisions are immutable. Read it to be wise, believe it to be safe, and practice it to be holy. It contains light to direct you, food to support you, and comfort to cheer you. It is the traveler’s map, the pilgrim’s staff, the pilot’s compass, the soldier’s sword and the Christian’s charter. Here too, Heaven is opened and the gates of Hell disclosed. Christ is its grand subject, our good its design, and the glory of God its end. It should fill the memory, rule the heart, and guide the feet. Read it slowly, frequently, and prayerfully. It is a mine of wealth, a paradise of glory, and a river of pleasure. It is given you in life, will be opened at the judgment, and be remembered forever. It involves the highest responsibility, rewards the greatest labor, and will condemn all who trifle with its sacred contents.” (Introduction to Gideon Bibles)

**Deuteronomy 8:3**

“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.” (2 Timothy 3:16–17)

**Jesus and Deuteronomy 8:3**

“Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. And the tempter came and said to him, ‘If you are the Son of God, command these stones to become loaves of bread.’ But he answered, ‘It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God.”’” (Matthew 4:1–4)

**Notes**

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## Discuss

- What have your past experiences with Bible reading plans been like, and what have you learned that you can implement in the future?
- How does it apply to your life that the Bible is just as (even more) necessary for survival than food?

## Read

Exodus 16:1–36; Deuteronomy 8:1–20; Matthew 4:1–11

## Pray

- That the Holy Spirit will give you a deeper understanding of your personal need for the word of God.
- That the Holy Spirit will work in your life as you read his word to help you understand it and obey it.

## Bulletin

- Copies of M'Cheyne Daily Bible Reading Plan Available on Connect Desk
- Youth Ministry Gathering (6th–12th grade): January 4 at 6:30pm
- All-Church Sunday School: January 8 at 9:30am (followed by normally scheduled service at 10:45am)
- Men's Breakfast: January 14 at 8:00am
- Exploring Membership Class: Four Consecutive Sundays at 9:30am Beginning on January 15