

*"He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him. As the Living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me. This is that Bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this Bread shall live for ever." John 6:56-58 KJV*



Jesus is *"the (God's) Word made flesh."* He is *"the Bread of Life."* Eating is consuming foods your body needs to live. You bite, chew, swallow, digest, purify, and integrate the nutrients necessary for life. Physical food is to the human body what Jesus, The Word, is to the human spirit. How do you eat words? We must read, meditate, obey, memorize, and integrate God's Word into our soul so it becomes as much a part of our thoughts as our natural impulses of appetite and hunger. Eternal Life needs sustenance from the *"Bread of Life."* You eat Words by reading and hearing them. You assimilate and integrate them through memory, making them part of your soul and spirit. If you do not remember, you have not consumed. You have only tasted. A taste, while it may be pleasing, does not satisfy hunger. Men are starving to death from lack of Truth. God's Word is pure in its entirety. There is no purification needed. It is every whit consumable. We eat, drink, or consume, Christ by letting *"this mind be in you which was also in Christ Jesus."* Is your mind not your thoughts and are not thoughts unspoken words? God's Word is *"the mind of Christ."* If you do not read, meditate, believe, and obey God's Word, your spirit and soul will never live. We must cultivate our appetite for the *"Living Bread."* Its aroma must titillate our soul and its flavor must satiate our being as we consume it and make it part of our inward man. *"Thy Words were found, and I did eat them; How sweet are Thy Words unto my taste! yea, sweeter than honey to my mouth! Thy Word have I hid (memorized) in mine heart that I might not sin against Thee."* You cannot think what you do not know. God's Word in your thoughts is the Voice of God. *"He will guide you into ALL Truth!"* The first step of Eternal Life is reading, believing, and obeying God's Word. Each time we celebrate the Lord's Table, we are remembering with the physical bread and drink, the *"Living Bread"* that was broken and the *"Life's Blood"* that was poured out for us at Calvary. *"Take, eat: this is my body, which is broken for you: this do in remembrance of me...This cup is the New Testament in my Blood: this do ye, as oft as ye drink it, in remembrance of me."* The bread and cup are the material symbols of spiritual elements, the Word and Blood of the Lamb of God. The consumption of *"The Word made flesh"* is not a physical earthly one, but a spiritual heavenly one. For the Word to *"dwell in us richly"* we must make our soul *"fat"* by consuming the *"Living Bread."* The elements of The Lord's Table, communion, are merely visible symbols, as our obedience to God's Word is the visible symbol of invisible faith. It is the remembering we celebrate.

The Bread of Life, broken for me,  
O wondrous grace! How can it be!  
That Christ, my Lord should die for me,  
To purchase my eternity! ~CGP

Have you eaten today? We are quick to satisfy bodily hunger, but our spirits starve and we care not that we have no peace and joy. *"Great peace have they which love Thy Law."* Your soul needs the *"Bread of Life"* to live. Jesus said;

*"It is the spirit that quickeneth; the flesh profiteth nothing: the Words that I speak unto you, they are Spirit, and they are Life." John 6:63 KJV*