**Food for Thought**

**January 1, 2025 thru June 7, 2025 (Daily)**

**Luke 9:23** And he said to *them* all, If any *man* will come after me, let him deny himself, and take up his cross daily, and follow me. KJV

 One should be following Him every day, after all it is now faith, today faith. Fresh bread!

**Colossians 3:1** If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. **2** Set your affection on things above, not on things on the earth. KJV

 I was listening to a song on the radio on my way home from the store, and immediately as they sung “trying to find my place in this world.” Father quickly reminded me of the above verses, and how easily one can let down their guard, because the music sounded good with the lyrics. One needs to be attentive to that which they hear, lest it take root. Food for thought!

**Colossians 3:1-3** So if you have been raised to life in fellowship with Christ, keep on seeking things above, where Christ is seated at the right hand of God.m2. Practice occupying your minds with the things above, not with the things on earth: 3for you have died, and your life is now hidden in God through your fellowship with Christ. (Williams translation)

 If one looks at William’s translation of the verses in Colossians it gives one a clearer understanding of where one’s focus should be. Fresh bread!

**2Corinthians 6:17** Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean *thing*; and I will receive you, **18** And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty. KJV

 Taking pleasure in doing all that the Father asks of one is also what pleases Father and keeps one from being contaminated by the world. If Father is your total focus, just as it was for Jesus Christ, then one will not be swayed or detoured by any of the obstacles that the world tries to place before us. Today, is pleasing Father the total focus and purpose of your existence, or do you have other priorities before Him or instead of Him? Food for thought!

**Luke 2:27-30** and when the parents brought in the child Jesus, to do for him after the custom of the law, 28 Then took he him up in his arms, and blessed God, and said,29 Lord, now lettest thou thy servant depart in peace, according to thy word: 30 For mine eyes have seen thy salvation, KJV

 Simeon, regardless of what the world saw and declared, was not moved or swayed by what they said. Those in the flesh saw the child Jesus brought into the temple; Simeon, by revelation, saw the Lord's Christ. All there were occupying the same space and place in time, yet Simeon saw that which the eye of man could not see, nor the ear of man could not hear. Rather, Simeon was moved by revelation; that is that which God wanted to uncover, to disclose, to make plain before Simeon. How often is a person persuaded to see with the eyes of the lower nature, because of that which the crowd proclaims? Fresh bread!

Faith is developed and cultivated by one hearing the Message delivered by and through Christ Jesus and making that living Word a part of their life, of their very being. The Word tells us that His sheep hear His voice, that the voice of another they will not follow or listen to. Each and every day, one has to choose to hear and obey God, or to walk in agreement with this present evil world. One would not think that this would be that hard or so complicated.

 **2 Timothy 2:15** Study and be eager and do your utmost to present yourself to God approved (tested by trial), a workman who has no cause to be ashamed, correctly analyzing and accurately dividing [rightly handling and skillfully teaching] the Word of Truth. AMP

 The simplicity of the gospel of Christ tells us to hear and obey His Word by and through our love for God, and His blessings will come upon us, and overtake us. So then why is it that so many people are on the wrong path? Food for thought!

Often one wishes God would speak to them or with them. Yet, they fail to see and comprehend how Father always wants to talk with them, it is just that so few are willing to take the time to listen. Few comprehend the great love letter that Father has made available to them. And even fewer take the time or make the effort to hear what He has to say to them.

**John 10:4-5** When he has brought his own sheep outside, he walks on before them, and the sheep follow him because they know his voice. 5 They will never [on any account] follow a stranger but will run away from him because they do not know the voice of strangers or recognize their call. AMP

 Do you know His voice? Do you respond to His call? Fresh bread!

For some of us older folks, one might have need of a hearing aid, in order to hear more clearly. Father in His infinite wisdom, already arranged that hearing assistance for anyone who is sincerely seeking Him, regardless of their age. Food for thought!

**John 16:13** Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, *that* shall he speak: and he will shew you things to come. **14** He shall glorify me: for he shall receive of mine, and shall shew *it* unto you. KJV

**1Peter 2:1** Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings. **2** As newborn babes, desire the sincere milk of the word, that ye may grow thereby: **3** If so be ye have tasted that the Lord *is* gracious. KJV

 His Spirit we saw is able to lead and guide one into all truth in His Word. It is a matter of making the time at the start of each day to hear Father’s counsel. Fresh bread!

**Ephesians 6:14-15** Hold your position, then, with your waist encircled with the belt of truth, put on right doing as a coat of mail, 15 and put on your feet the preparation of the good news which faith provides. (William’s translation)

 Being a Marine, I fully understand how vital it is to have your feet in sound working condition. One must take the time to hear Father’s counsel, then they will know where their next step should go. Food for thought!

**Psalm 37:23** The steps of a *good* man are ordered by the LORD: and he delighteth in his way. **24** Though he fall, he shall not be utterly cast down: for the LORD upholdeth *him with* his hand. KJV

 If one cannot hear Father’s counsel, how will they know for certainty where their next step should go? Fresh bread!

**1Kings 18:21** And Elijah came unto all the people, and said, How long halt ye between two opinions? if the LORD *be* God, follow him: but if Baal, *then* follow him. And the people answered him not a word. KJV

 Death and life are in the power of the tongue, James tells us. It comes down to one’s choice. How quickly can one make the choice between life and death? Should there be a hesitation between your choice? Food for thought!

**John 5:39-40** You keep on searching the Scriptures, for you yourselves suppose that you will get possession of eternal life through them; and yet they are witnesses that testify to me, 40 but you refuse to come to me to get possession of life. (Williams translation)

 Paul tells us, that if any man does not have the spirit of Christ, he is none of His. It is the living Word, that is alive and written in the heart which brings about eternal life, not mere words written on a page. Fresh bread!

**2Corinthians 3:3** *Forasmuch as ye are* manifestly declared to be the epistle of Christ ministered by us, written not with ink, but with the Spirit of the living God; not in tables of stone, but in fleshy tables of the heart. KJV

 It matters not, by how or through whom one may have heard the Word of God which started to bring about change in one’s life. It is being engraved by the Spirit of the living God into and onto your heart. Now, it is just a matter of what will you do with it? Food for thought!

**John 6:32** Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven. **33** For the bread of God is he which cometh down from heaven, and giveth life unto the world. KJV

 That bread, which is from above, gives you the ability to have strength to repel and extinguish all of the fiery darts of the wicked one. Are you being a partaker today? Fresh bread!

As the day draws to a close, be mindful to thank Father for all that He has blessed you with this day. Thank Him for the restful night to renew and revitalize your spirit, soul, and lower nature, for that which is required. Have a very blessed evening in Christ, food for thought!

**Ecclesiastes 12:13** All has been heard; the end of the matter is: Fear God [revere and worship Him, knowing that He is] and keep His commandments, for this is the whole of man [the full, original purpose of his creation, the object of God's providence, the root of character, the foundation of all happiness, the adjustment to all inharmonious circumstances and conditions under the sun] and the whole [duty] for every man. AMP

 We should love Him, because we recognize and appreciate the great love He has had for us, while we were yet sinners.

 The simplicity of the Gospel of Christ, Paul tells us. Yet, how often does one think that they have to do something spectacular to catch the attention of God, other than plain and simple obedience to Him and His Word? Food for thought!

**Psalm 113:3** From the rising of the sun unto the going down of the same the LORD'S name *is* to be praised. KJV

 Maintaining an attitude of gratitude from the start of the day, to laying down at night to rest in Him. Food for thought!

**Psalm 103:11** For as the heaven is high above the earth, *so* great is his mercy toward them that fear him. **12** As far as the east is from the west, *so* far hath he removed our transgressions from us. KJV

 Goooooood morning! Knowing that each of us has this opportunity to start each day off with a fresh start. What a blessed way to start each day off! Fresh bread!

**1Corinthians 9:27** But I keep under my body, and bring *it* into subjection: lest that by any means, when I have preached to others, I myself should be a castaway. KJV

**1Corinthians 9:26-27** That is how I run, not being in any doubt as to my goal. I am a boxer who does not inflict blows on the air, but I hit hard and straight at mt own body and lead it off into slavery, lest possibly, after I have been a herald to others, I myself should be rejected. (Weymouth translation)

 Encouraging one another at all times. Thus, allowing the Spirit of Christ to reign in one’s heart, and a renewed mind so that one’s body is held in subjection to the Spirit. Food for thought!

**Galatians 1:3** Grace *be* to you and peace from God the Father, and *from* our Lord Jesus Christ, **4** Who gave himself for our sins, that he might deliver us from this present evil world, according to the will of God and our Father KJV

 Always being mindful of the great price that has been given for our reconciliation with Him, that one might walk each day within the confines of God’s will for you. Fresh bread!

**1Timothy 6:12** Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses. KJV

 For most people, they do not have a comprehension of what it is to be in a combat zone, let alone a battle. You are on duty 24/7, 365. There is no time off and one must constantly be aware or vigilant of all of their surroundings. Do you think the devil takes a vacation? He does not. So, one has to be constantly vigilant to present the good fight of faith. Food for thought!

**2Timothy 4:7** I have fought a good fight, I have finished *my* course, I have kept the faith: KJV

 Paul here was summing up his life knowing that his time was near. Yet, for each of us, this should be our confidence each and every day. Fresh bread!

**Mark 4:11-12** To you, *He replied, has been entrusted the secret truth concerning the kingdom of God*; but to those who are outside your number all this that “ is spoken in figurative language; that “ look and look and not see, and listen and listen , but not understand, lest perchance they would return and be pardoned,”(Isa 6:10) Do you miss the meaning of this parable? He added? “how then will you understand the rest of my parables?” (Weymouth translation).

 Jesus Christ in giving the message of the parable of the Sower, summed it up by telling the disciples, that if they did not know this parable, how would they know the other parables? Food for thought!

**John 14:5-7** “Master”, said Thomas, “we do not know where you are going. In what sense do we know the way”? 6, “I am the way” replied Jesus, “and the Truth and the Life. No one comes to the Father except through me, 7, if you—all of you—knew Me, you would fully know my Father also. From this time forward (Weymouth translation)

 Knowing who Jesus Christ is, allows one to illuminate the next step, since He is the Light that guides one’s every step. Allow Him to illuminate your next step today. Fresh bread!

**2Corinthians 5:16-17** Therefore for the future we know no one simply as a man. Even if we have known Christ as a man, yet now do we so no longer. 17, So that if any one is in Christ, he is a new creature: a new state of things has come into existence. (Weymouth translation)

 Old things have passed away, so do not go back and dig them up. You have been given a new start in Him, so take full advantage of that. Food for thought!

**Matthew 6:7-8** And when praying, do no use needless repetitions as the Gentiles do, for they expect to be listened to because of their multitude of words. 8. Do not, however, imitate them; for your Father knows what things you need before you ask Him. (Weymouth translation)

 Have you presented your needs to Father today? Fresh bread!

**Matthew 6:9** After this manner therefore pray ye: “**Our Father** “which art in heaven, Hallowed be thy name. KJV

 Note, the scripture declares, “our Father.” Next question? Food for thought!

**1Thessalonians 5:16** Rejoice evermore. **17** Pray without ceasing. **18** In every thing give thanks: for this is the will of God in Christ Jesus concerning you. KJV

 What an appropriate way to start the day, rejoicing in what Father will do through you today. Fresh bread!

**Philippians 1:6** And I am convinced and sure of this very thing, that He Who began a good work in you will continue until the day of Jesus Christ [right up to the time of His return], developing [that good work] and perfecting and bringing it to full completion in you. AMP

Abiding in Him! Being an active participant of His divine nature. Not only having the confidence in Him and the good work which He has begun within the you, but also the confidence and trust to allow Him to be in your life, so to bring this work to fruition. Are you allowing Him to be in and work in your life this day, or is He just an afterthought? Food for thought!

**Lamentations 3:22** It is of the LORD'S mercies that we are not consumed, because his compassions fail not. **23** *They are* new every morning: great *is* thy faithfulness. KJV.

 Each and every morning when one wakes up and talks with Father, one is afforded a new beginning in Him. That new creation in Christ. Fresh bread!

**Ephesians 2:19-22** you are therefore no longer mere foreigners or persons excluded from civil rights. On the contrary you share citizenship with God’s people and are members of His family. You are a building which has been reared on the foundation of the Apostles and Prophets, the cornerstone being Christ Jesus Himself, in union with whom the whole fabric fitted and closely joined together, is growing so as to form a holy sanctuary in the Lord; in whom you also are being built up together to become a fixed abode for God through the Spirit, (Weymouth translation)

 Knowing the sure foundation. Are you sure of yours? Food for thought!

**Jude 3** Beloved, when I gave all diligence to write unto you of the common salvation, it was needful for me to write unto you, and exhort *you* that ye should earnestly contend for the faith which was once delivered unto the saints. KJV

 Since Jesus Christ paid and presented the acceptable sacrifice to Father, it is the only message that is now acceptable to Father. One cannot add to or take away from this revelation that has allowed we gentiles to be adopted into Fathers family by and through Christ Jesus. Fresh bread!

**Psalms 107:20** He sent his word, and healed them, and delivered *them* from their destructions. **21** Oh that *men* would praise the LORD *for* his goodness, and *for* his wonderful works to the children of men! KJV

 Willing to receive that whom Father sent, in and on your behalf. For God so loved the world. Food for thought!

**Romans 12:8** if you give encouraging guidance, be careful that you don't get bossy; (From THE MESSAGE: The Bible in Contemporary Language © 2002 by Eugene H. Peterson. All rights reserved.)

 When one is encouraging others, that does not always mean though that the people are going to like what we have to say. Even though the encouragement may mean being stern, if one listens for Father’s words, then it is much more likely that the words will be received. A good example of this would be that ARE NOT going to use a splitting mall to put in a finishing nail. Fresh bread!

**Job 6:24** Teach me, and I will hold my tongue: and cause me to understand wherein I have erred. KJV

 Coming to Father as a child, so that one may learn of His ways, and not of man’s ways. Food for thought!

Well, today is Sunday and most people will tell you that it is the Lord’s day.

**Psalm 118:24** This *is* the day *which* the LORD hath made; we will rejoice and be glad in it. KJV

 So, what does one do with the other six days? Fresh bread!

**Colossians 1:3** We give thanks to God and the Father of our Lord Jesus Christ, praying always for you, **4** Since we heard of your faith in Christ Jesus, and of the love *which ye have* to all the saints, KV

 Never forget or take for granted the new family brought about by Father through Jesus Christ. And thus, why we need to remember to daily pray for all of our brothers and sisters in Christ Jesus. Food for thought!

**1John 2:5** But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him. KJV

 We love Him, knowing that He first loved us. Let that love be that light that shines forth from you this day. Fresh bread!

**Ephesians 1:3** Blessed *be* the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly *places* in Christ: KJV

 We have been blessed with ALL spiritual blessings in the heavenlies in Christ. Now, a matter of one taking the time and putting forth the effort, to find out all that one inherited in the new will and testament of Christ Jesus. Food for thought!

Every day should be an adventure in the Word, and another glorious day to serve the Father by and through Christ Jesus. Have you started your adventure today? Fresh bread!

**Psalm 119:15** I will meditate in thy precepts, and have respect unto thy ways. **16** I will delight myself in thy statutes: I will not forget thy word. KJV

 A good thought to think on before one lays their head down to rest. Food for thought!

A new day brought to you by Father through Jesus Christ. Allow His light to guide your every step this day and be a beacon to all those who you come in contact with today. Fresh bread!

**Psalm 118:19** Open to me the gates of righteousness: I will go into them, *and* I will praise the LORD: **20** This gate of the LORD, into which the righteous shall enter. KJV

 The narrow gate through which only the righteously shall enter. If one does not have the proper credentials, there will not be passage allowed. Is your passport or visa in order? Food for thought!

**2Corinthians 5:20** Now then we are ambassadors for Christ, as though God did beseech *you* by us: we pray *you* in Christ's stead, be ye reconciled to God. **21** For he hath made him *to be* sin for us, who knew no sin; *that we might be made the righteousness of* ***God in him***. KJV

 We have a fresh start each day, because of the sacrifice Jesus Christ made in and on our behalf. Fresh bread!

**Philemon 1:6** That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus. KJV

 A word fitly spoken, can be a means of healing for those who hear. It can be an encouragement for those that are looking for that extra push. It can be a correction that can assist one in gaining their bearings for returning to the strait and narrow path. Even a smile at the right time, can speak volumes to one that needs to see the bright light of God in the midst of adversities. Food for thought!

**Philemon 1:6** That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus. KJV

 The effectual communication of our faith is a constant and ongoing process within one’s daily walk and life. It can be conveyed in every aspect of your life, whether by the words you speak, your actions and attitude towards those around us, or even by your mannerisms. How aware are you at all times, of how effectually you are communicating your faith? Fresh bread!

**John 8:28** Then said Jesus unto them, When ye have lifted up the Son of man, then shall ye know that I am *he*, and *that* I do nothing of myself; but as my Father hath taught me, I speak these things. **29** And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him. KJV

 Note, how Jesus Christ shares that He only spoke of those things Father taught him. Is this the example that you set? Food for thought!

**Ephesians 4:4** *There is* one body, and one Spirit, even as ye are called in one hope of your calling; **5** One Lord, one faith, one baptism, **6** One God and Father of all, who *is* above all, and through all, and in you all. KJV

 The simplicity of the gospel of Christ. Fresh bread!

**1Timothy 4:12** Let no one think slightly of you because you are a young man; but in speech, conduct, love, faith and purity, be an example for your fellow Christians to imitate. (Weymouth translation)

 Each of us is at our own place of growth in our walk with the Lord. Also note that Paul says let no one think slightly of you, and this includes yourself. Each of us is unique, and no one else can do that which Father is asking of you. Food for thought!

**Romans 12:4-5** For as in one physical body we have many parts (organs, members) and all of these parts do not have the same function or use, 5 So we, numerous as we are, are one body in Christ (the Messiah) and individually we are parts one of another [mutually dependent on one another]. AMP

 Have you ever thought about how many people and things that one takes for granted each day? What about the electricity? Or the natural gas or propane for heating the house and water?

 The point being made is how so many people work together to make your physical life quite easy, and yet how little thought that one will usually give to it but rather take it for granted. Fresh bread!

**Ephesians 4:7** But unto every one of us is given grace according to the measure of the gift of Christ. KJV

 I hear people so often seeming to think that they need more of the Holy Spirit, or more gifts of the Spirit. Note how Paul states that, the measure, of the gift of Christ. Is Christ divided, NO. Does someone else get more of Christ then you, NO. You have received, the measure of the gift of Christ, what will you do with it? (LG notes) food for thought!

**Mark 4:11** And he said unto them, Unto you it is given to know the mystery of the kingdom of God: but unto them that are without, all *these* things are done in parables: KJV

 Note in last evenings verse that grace ***is given***; and in this morning’s verse that it ***is given*** to know the mystery of the kingdom of God. It is all up to you whether you accept the fulness that the Father has made available to you. Fresh bread!

**Hebrews 9:15-17** And because of this He is the negotiator of a new Covenant, in order that, since a life has been given in atonement for the offenses committed under the first Covenant, those who have been called may receive the eternal inheritance which has been promised to them. For where there is a legal will, there must also be a death brought forward in evidence—the death of Him who made it. And a will is only of force in the case of a deceased person, being never of no avail so long as he who made it lives. (Weymouth translation) Food for thought!

Note in this morning’s translation of Hebrews 9:15-17, that He, Jesus Christ, is the negotiator of the new Covenant. So, the question is, have you presented enough evidence, for Him to find you guilty of being a follower of Him? Food for thought!

**1Peter 1:3** Blessed *be* the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again unto a lively hope by the resurrection of Jesus Christ from the dead, **4** To an “inheritance incorruptible,” and undefiled, and that fadeth not away, reserved in heaven for you, KJV

 Knowing who Jesus Christ, and believing in Him and living for Him, is what brings you into His family. What a wonderful way to start each day, reminding oneself of this. Fresh bread!

**2Corinthians 2:17** We are; for, unlike most teachers, we are not fraudulent hucksters of God’s Message; but with transparent motives, as commissioned by God, in God’s presence and in communion with Christ, so we speak. (Weymouth translation)

 It is the simplicity of the Gospel of Christ. It is not for sale. It is not being put up for auction. It is freely given. It is without charge. It is simply a matter of receiving it and applying Father’s counsel to your life. Food for thought!

**2Timothy 2:15** Earnestly seek to commend yourself to God as a servant who, because of his straightforward dealing with the Word of truth, has no reason to feel any shame. (Weymouth translation)

 One studies for Father’s approval, not any man’s or an organization.

 **Study to show thyself approved unto God**, … The Alexandrian copy reads, "to Christ"; see Romans 16:10. Not unto men, as pleasing them; for such who study to please men, are not the servants of Christ; and sometimes those that are approved to and by men, are disapproved of by God and Christ: but unto God, showing all fidelity and uprightness; speaking out the Gospel openly, and freely, with all sincerity, as in the sight of God; commending themselves to him, and to every man's conscience, by manifestation of the truth; and such will hear, "Well done, good and faithful servant" another day. (John Gill commentary) Fresh bread!

**Isaiah 43:25** I, *even* I, *am* he that blotteth out thy transgressions for mine own sake, and will not remember thy sins. KJV

 How often in the past, has one been ashamed or hesitant to go back to Father, seeing one has made the same mistake again? One does not want to go before Father, (well in one’s own eyes, and with the evil one’s help) to have to admit they made the same mistake again. Note the above verse, that once Father forgives, he cannot remember that sin. So, then who is trying to walk you into the past? Food for thought!

**Philippians 1:6** Being confident of this very thing, that he which hath begun a good work in you will perform *it* until the day of Jesus Christ: KJV

 Grow into the new nature by getting oneself out of the way, so Father can continue the good work in you. Fresh bread!

**Galatians 1:15** But when it pleased God, who separated me from my mother's womb, and called *me* by his grace,**16** To reveal his Son in me, that I might preach him among the heathen; immediately I conferred not with flesh and blood. KJV

 **Who separated me from my mother's womb** - Him whom I acknowledge as the God of nature and the God of grace; who preserved me by his providence when I was a helpless infant, and saved me by his grace when I was an adult persecutor. (Adam Clarke commentary)

 When one comes into the body of Christ, one is given the ability to overcome the lower nature and grow up into Him in all things. Food for thought!

**1John 2:20** But ye have an unction from the Holy One, and ye know all things. KJV

 One never likes to read the operation instructions when they get something new, well, at least not until something goes wrong. The Bible is your operation manual to instruct you in all that you have received with the measure, of the gift of Christ. Fresh bread!

**John 16:13** Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, *that* shall he speak: and he will shew you things to come. KJV

 Coming to the Father as a child so that you are willing to be taught the truth of Father’s love for you. Food for thought!

**1John 2:18** Little children, it is the last time: and as ye have heard that antichrist shall come, even now are there many antichrists; whereby we know that it is the last time. **19** They went out from us, but they were not of us; for if they had been of us, they would *no doubt* have continued with us: but *they went out*, that they might be made manifest that they were not all of us. KJV

 Over the years I have watched many turn their backs on the Lord and walk away. However, one has to remain on that strait and narrow path regardless of what anyone else is doing. And our focus must remain on Jesus Christ, who has showed us the way home. Fresh bread!

**Proverbs 16:25** There is a way that seemeth right unto a man, but the end thereof are the ways of death. (KJV)

 There is His way, and then there is the way that the carnal man chooses. Today, are you willing to follow Him, or try to blaze your own trail through this world? Food for thought!

**Romans 8:1** *There is* therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. **2** For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death. KJV

 The liberty that one has when they walk and live in the Spirit realm. It is a matter of growing up into Him more and more each day. Fresh bread!

**2 Timothy 2:22** Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart. KJV

 Today, you have the opportunity, you have the privilege to follow after the example that Jesus Christ set for you to follow after. How much effort will you put forth to follow after His righteousness? Will you put forth that which it takes to maintain a pure heart within you? Food for thought!

**Romans 6:13-14** Don't even run little errands that are connected with that old way of life. Throw yourselves wholeheartedly and full-time — remember, you've been raised from the dead! — into God's way of doing things. 14 Sin can't tell you how to live. After all, you're not living under that old tyranny any longer. You're living in the freedom of God. (From THE MESSAGE: © 2002 by Eugene H. Peterson. All rights reserved.)

 Don’t run to sin, don’t walk to sin, don’t go after sin in any way or any manner, but rather flee from any of those things that would make an attempt to lead you away from God and His kingdom. One needs to apply themselves with greater intensity to the principles of the law of faith at all times, more so than one used to at seeking and obtaining the desires and cravings of the lower [old] nature. Fresh Bread!

**Philemon 1:6** [And I pray] that the participation in and sharing of your faith may produce and promote full recognition and appreciation and understanding and precise knowledge of every good [thing] that is ours in [our identification with] Christ Jesus [and unto His glory]. AMP

 It is very easy to get caught up in the things that are going on around us [external circumstances] and become forgetful of being that example of the believer that we are supposed to be. How effectual are you communicating your faith in your daily life, in your daily walk? Are those around you able to see Christ? Food for thought!

Last evening coming home from racquetball, when backing into our driveway I hit one of the patio cover poles. At first, I just thought that I broke the taillight, but I also crunched the bumper. Needless to say, I was a bit upset about making such a mistake. In all of this, in talking with Father, I realized I should get every bit as upset with myself when I sin. Fresh bread!

**1John 1:9** If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. KJV

**Hebrews 3:14** For we are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end; KJV

 The believer is justified by faith in that which Jesus Christ accomplished in and on your behalf [for God so loved the world (your name inserted here) that He gave the ultimate sacrifice for restoration, reconciliation]. One has to hold fast to that which God reveals to them [walking by faith and not by sight], as the devil will be there to quickly try to snatch away that which is sown in the heart; to get one to doubt that which they have heard and seen which has come from the very throne and mouth of God. Are you maintaining a positive affirmation of the Message of faith in your life this day? Food for thought!

**John 10:10** The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have *it* more abundantly. KJV

 One must be mindful of the fact that a thief never goes after an empty warehouse. The thief only goes where he knows that there are goods to be pilfered. Thus, why one has to know the way, established by the truth of what Jesus Christ established on your behalf. Keep your warehouse full of truth today. Fresh bread!

**Psalm 8:3-4** When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained; 4 What is man, that thou art mindful of him? and the son of man, that thou visitest him? (KJV)

 It is a fact that God is always mindful of each and every one of us. Yet are you always mindful of Him? Do you start out your day thinking of Him? Or does it take you some time before you are mindful of Him, and the love that He has for you? We are to love Him because He first loved us. Where does God rank in your priorities at the start of this day, and throughout this day. Fresh bread!

**2 Corinthians 4:16-18** So we're not giving up. How could we! Even though on the outside it often looks like things are falling apart on us, on the inside, where God is making new life, not a day goes by without his unfolding grace. 17 These hard times are small potatoes compared to the coming good times, the lavish celebration prepared for us. 18 There's far more here than meets the eye. The things we see now are here today, gone tomorrow. But the things we can't see now will last forever. (From THE MESSAGE: The Bible in Contemporary Language © 2002 by Eugene H. Peterson. All rights reserved.)

 I truly understand the great love that Paul had for God, His Son Jesus Christ, and this Message of love that Father had given Paul, as he sought the full counsel of God for not only himself, but for any and all that would hear his voice. Paul poured out his life and his heart to and for the people, and many times to the detriment of himself and his own well-being. It is up to you to do your best with that which Father has made available to them. Food for thought!

**Matthew 6:7-8** "The world is full of so-called prayer warriors who are prayer-ignorant. They're full of formulas and programs and advice, peddling techniques for getting what you want from God. 8 Don't fall for that nonsense. This is your Father you are dealing with, and he knows better than you what you need. (From THE MESSAGE: The Bible in Contemporary Language © 2002 by Eugene H. Peterson. All rights reserved.)

 Seeking God’s answer and solution to the situation, and not ones wants and desires, unless ones wants and desires are the same as His. Are you truly thankful for that which you have received from Him, or do you sometimes act like a spoiled child? Knowing who you are in Christ, will enable you to get what you have need of, from Father. Fresh bread!

**John 15:4-5** "Live in me. Make your home in me just as I do in you. In the same way that a branch can't bear grapes by itself but only by being joined to the vine, you can't bear fruit unless you are joined with me. 5 "I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant. Separated, you can't produce a thing. (From THE MESSAGE: The Bible in Contemporary Language © 2002 by Eugene H. Peterson. All rights reserved.)

 A plant without a proper amount of daily nourishment will show signs of stress and then will begin to wilt and eventually die. So, what do you think happens to a person then when they do not receive the proper amount of daily spiritual nourishment from “the vine”? Food for thought!

**Matthew 6:33** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. **34** Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day *is* the evil thereof. KJV

 One needs to start each day off with their heart and mind focused in and on God. Easy to say, but a bit harder than most think to do (especially with all the side distractions this present evil world has to offer one). Now faith is. The above verses say to take no thought for tomorrow, yet how often does one have concerns that occupy their mind for the next 10 minutes? Seeking first the kingdom of God, in all that you do, not just at prayer time. Fresh bread!

**James 1:19** Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: KJV

**Matthew 25:1-5** Then shall the kingdom of heaven be likened unto ten virgins, which took their lamps, and went forth to meet the bridegroom. 2 And five of them were wise, and five were foolish. 3 They that were foolish took their lamps, and took no oil with them: 4 But the wise took oil in their vessels with their lamps. 5 While the bridegroom tarried, they all slumbered and slept. KJV

 How easy is it for a person to become complacent with the Message they have heard? How difficult is it for one to continue to maintain that same enthusiasm as when they first believed?

 Note in verse 5 how it says that they “all" slumbered and slept. First, they became negligent with that which they heard, which then allowed them to fall asleep as to that which was required of them. It all comes down to how much we value and treasure this precious gift that we have received. Is it as precious, as valuable today as when you first believed? Fresh bread!

**Galatians 1:3-4** Grace be to you and peace from God the Father, and from our Lord Jesus Christ, 4 Who gave himself for our sins, that he might deliver us from this present evil world, according to the will of God and our Father: KJV

 I am sure some were able to see what the will of God is for them, hidden within these two verses. We should be able to see and hear Father’s counsel for our everyday life as we journey through this world. To be able to see clearly here, one should give pause to recognize who we are for those who are believers. One cannot have blinders on when reading and studying God’s instruction manual for the believer and everyday life, for those who are able to hear and see His Word. This also shows one how much one has missed in the past because of religious tenets, rather than studying to show yourself approved unto God. (excerpt from a newsletter “Hidden in Plain Sight) Food for thought!

**Galatians 5:1** Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage. KJV

 Near the beginning of the founding of our nation, it was said that one should have liberty, or death. In the spiritual realm how true that is. If one does not have the Spirit of Christ, one is in dire straits. Fresh bread!

The person who said “give me liberty or give me death” was Patrick Henry. People often forget that our country was founded upon freedom of choice over on how to follow God. The same is the struggle today, is to be free from religion, and rather have a relationship with the Father by and through Christ Jesus.

**Acts 17:24** God that made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands; **25** Neither is worshipped with men's hands, as though he needed anything, seeing he giveth to all life, and breath, and all things; KJV

**2 Timothy 3:5** Having a form of godliness, but denying the power thereof: from such turn away. KJV

 [Having a form of godliness] The original word morphoosis (grk 3446) signifies a draught, sketch, or summary, and will apply well to those who have all their religion in their creed, confession of faith, catechism, bodies of divinity, etc., while destitute of the life of God in their souls; and are not only destitute of this life, but deny that such life or power is here to be experienced or known. (From Adam Clarke Commentary)

 They deny the power of God, and one must remember that Christ is the wisdom and power of God. So how do they do this? They have no knowledge of the mystery of the kingdom of God; thus, they have no concept of how to be active participants in and of the divine nature of Christ. From this sort, Paul tells us that we should turn away from them. How confident are you of your relationship with the Father this day? Is it based on a religious creed, or an intimate and personal relationship with the Father by and through Christ Jesus. Fresh bread!

**2Corinthians 11:3** But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ. KJV

 It is the simplicity of message of deliverance once delivered by Christ (Rom 10:17). Thus, why we are to come to the Father as a child, willing to listen to and learn from Him. Food for thought!

**Psalm 113:3** From the rising of the sun unto the going down of the same the LORD'S name *is* to be praised. KJV

 Not that we put a limit on time or space of when one gives time for God, because it should be all of the time. Thus, why Paul exhorted us to pray without ceasing. Constant communication with our Father. Fresh bread!

**Isaiah 26:3** Thou wilt keep *him* in perfect peace, *whose* mind *is* stayed *on thee*: because he trusteth in thee. KJV

 The peace of God which passes all of the lower nature understanding (the carnal man), is what allows one to have a true rest inside them, regardless of the external circumstances. Food for thought!

**Philippians 4:6-7** do not be over-anxious about anything, but by prayer and earnest pleading, together with thanksgiving, let your requests be unreservedly made known in the presence of God. 7 And then the peace of God, which transcends all our powers of thought, will be a garrison to guard your hearts and minds in union with Christ Jesus. (Weymouth translation)

 One must always be mindful of God peace, which is able to set one’s mind and heart at rest after they have presented their prayer (communication) with our Father. Fresh bread!

**2Timothy 1:7** For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. KJV

**2Timothy 1:7** For the Spirit which God has given us is not a spirit of cowardice, but one of power and of love and of sound judgement. (Weymouth translation)

 Food for thought!

**Hebrews 5:8** Though he were a Son, yet learned he obedience by the things which he suffered; **9** And being made perfect, he became the author of eternal salvation unto all them that obey him; KJV

 The author of eternal salvation. Hmm, the Lamb’s book of life maybe? Fresh bread!

The world needs a day so that they can portray a carnal and worldly love. Isn’t it so reassuring that Father loves you every day, since that is what Now Faith is. Food for thought!

**John 3:16** For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. KJV

 The day after all man-made holidays, the luster from the day before is gone already, but Father’s love never fades or fails. Fresh bread!

**Romans 12:16** Have full sympathy with one another. Do not give your mind to high things, but let humble ways content you. DO NOT BE WISE IN YOUR OWN CONCEITS. (Weymouth's New Testament)

 If we are truly going to be a follower of Jesus Christ, then one must be content to be humble in all their ways. Not thinking more highly of themselves than they ought but rather being that encouragement to all the brethren. Are you content in your place within the body of Christ? Are you willing to give all of yourself for the benefit of His kingdom? Food for thought!

**John 15:4-5** "Live in me. Make your home in me just as I do in you. In the same way that a branch can't bear grapes by itself but only by being joined to the vine, you can't bear fruit unless you are joined with me. 5 "I am the Vine, you are the branches. When you're joined with me and I with you, the relation intimate and organic, the harvest is sure to be abundant. Separated, you can't produce a thing. (From THE MESSAGE: The Bible in Contemporary Language © 2002 by Eugene H. Peterson. All rights reserved.)

 A plant without a proper amount of daily nourishment will show signs of stress and then will begin to wilt and eventually die. So, what do you think happens to a person then when they do not receive the proper daily amount of nourishment from “the vine”? Fresh bread!

**Matthew 12:49** And he stretched forth his hand toward his disciples, and said, Behold my mother and my brethren! **50** For whosoever shall do the will of my Father which is in heaven, the same is my brother, and sister, and mother. KJV

 Whosoever shall do the will of my Father, etc. - Those are the best acknowledged relatives of Christ who are united to him by spiritual ties, and who are become one with him by the indwelling of his Spirit. (Adam Clarke commentary) Food for thought!

Over the past few days, you should be aware of how Father has talked to us about the Lamb’s book of Life, and about His spiritual family, following the path of the first born from the dead. Amazing all that the new life in Christ enables a person to be a part of. Fresh bread!

**Romans 12:1** I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. KJV

 To present "all" of your members and faculties to God as a living sacrifice. Each and every choice and decision that we make should be a total living sacrifice. With full comprehension and understanding that God so loved you, because He sees your value and worth, that He had His Son make the ultimate sacrifice in and on your behalf, that you might accept everlasting life in and through Him. Food for thought!

**Romans 12:1** I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. KJV

 Learning to see how important you are in God's eyes, so that you will then be able to dedicate your life to Him, in all that He asks of you, regardless of how big, mediocre, or menial the task may seem to you. Fresh bread!

**Joh 17:14** I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world. KJV

 We are in the world, but not of the world once Christ Jesus has become our Lord and saviour. The world will pull and tug to try to pull one back, which is why one needs to remain rooted and grounded in His Word. Where have your thoughts taken you today? Food for thought!

**Colossians 3:1** If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. **2** Set your affection on things above, not on things on the earth. **3** For ye are dead, and your life is hid with Christ in God. KJV

 Start the day off with Him and allow yourself to remain in Him throughout today. Fresh bread!

**2 Corinthians 5:7** For we walk by faith [we regulate our lives and conduct ourselves by our conviction or belief respecting man's relationship to God and divine things, with trust and holy fervor; thus we walk] not by sight or appearance. AMP

 To walk or regulate one’s life by faith [Faith, one's ability to hear, believe and then act upon (live) that which God asks of them, is developed or nurtured to maturity by hearing the Word delivered from the mouth of God, by Christ His Son to us, for the spiritual sustenance that one needs to maintain their proper relationship with God as their Father, brought alive in our life by His Spirit], so that one is able to maintain a steady and consistent walk on the strait and narrow path. Food for thought!

**Philippians 3:12-14** Not that I have now attained [this ideal], or have already been made perfect, but I press on to lay hold of (grasp) and make my own, that for which Christ Jesus (the Messiah) has laid hold of me and made me His own. 13 I do not consider, brethren, that I have captured and made it my own [yet]; but one thing I do [it is my one aspiration]: forgetting what lies behind and straining forward to what lies ahead, 14 I press on toward the goal to win the [supreme and heavenly] prize to which God in Christ Jesus is calling us upward. AMP

 Who, or what is it that is holding the focus of your attention this day, at this very moment? Are you trying to revisit the past, or is heaven the focus of your entire being this day? Fresh start! Fresh bread!

**Colossians 3:1** If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. **2** Set your affection on things above, not on things on the earth. **3** For ye are dead, and your life is hid with Christ in God. KJV

 The apostle exhorts the Colossians to heavenly-mindedness after the example of Christ, that they may be prepared to appear with him in glory. (Adam Clarke commentary.)

 Seeking first the kingdom of God, and His righteousness. Food for thought!

**Ephesians 6:19** And for me, that utterance may be given unto me, that I may open my mouth boldly, to make known the mystery of the gospel, KJV

 Being that example of the believer in word, and conduct and conversation, now that one has begun to see who they are in Christ. Continuing to grow up into Him in all things. One must know who they are in Christ, in order to be an informed ambassador for Him. Fresh bread!

**Colossians 1:18** And he is the head of the body, the church: who is the beginning, **the firstborn from the dead**; that in all *things* he might have the preeminence. KJV

 He is the head! Not some pope or bishop, or other made-up title. He is the first born from the dead; the first born of all creation. He, Jesus Christ, set the path for us to follow. Food for thought!

**Colossians 1:18** Moreover, He is the Head of His Body, the Church. He is the Beginning, The Firstborn from among the dead, in order that He Himself may in all things occupy the foremost place. (Weymouth translation)

 A bit of a clearer translation of Colossians 1:18, emphasizing the path that Jesus Christ set for us to follow. Thus, why it is a strait and narrow path that one is to follow, and that “few” are able to find. Fresh bread!

**Romans 8:14** For as many as are led by the Spirit of God, they are the sons of God. KJV

 His directions are clear, so then, who or what are you following today? Food for thought!

**Romans 8:9** But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his. KJV

 People often argue or debate what they think is essential for entrance into the kingdom of God. Paul is quite explicit here. If any man DOES NOT have the Spirit of Christ, he is none of His. Very plain, very straight forward. Anyone who is not with Him is against Him. Isn’t it so refreshing to be a part of His family? Fresh bread!

**Galatians 3:26** ***For ye are all the children of God by faith in Christ Jesus***. **27** For as many of you as have been baptized into Christ have put on Christ. KJV

 It is when one is in Christ Jesus, their eyes of understanding to see that which is hidden in the Bible, by the veil of the flesh, starts to become clearer. Thus, why we are to search the scriptures, so it can be revealed to who we are in Christ, and what is in the Lord and in the power of His might, which is available to each and every believer. Food for thought!

**Galatians 3:27** For as many of you as have been baptized into Christ have put on Christ. KJV

 If you will recall Paul in writing to the Ephesians, that you were to put on (singular, one time) the full armour of God. It is all, or nothing. Your choice. Fresh bread!

**Romans 10:17** And this proves that faith comes from a Message heard, and that the Message comes through its having been spoken by Christ. (Weymouth translation)

 There are all kinds of noises and voices in this world that attempt to stop one from hearing the still small voice of God. Food for thought!

**Isaiah 9:6** For unto us a child is born, unto us a son is given: KJV

 For unto us a child is born, Jesus of Nazareth; for unto us a Son is given, Christ the Son of the living God. The first born from the dead, the first born of all creation, the first born of many brethren. As Paul said, of the two, or twain, He made one new man, thus setting the path for us to follow after. Fresh bread!

**1John 2:19** They went out from us, but they were not of us; for if they had been of us, they would *no doubt* have continued with us: but *they went out*, that they might be made manifest that they were not all of us. KJV

 They went out from us - These heretics had belonged to our Christian assemblies, they professed Christianity, and do so still; but we apostles did not commission them to preach to you, for they have disgraced the Divine doctrine with the most pernicious opinions; they have given up or explained away its most essential principles; (Adam Clarke commentary) Food for thought!

If one is sincerely seeking Him, then it will truly be an adventure in the Word for you today. Fresh bread!

**Philippians 1:6** For this I am confident, that He who has begun a good work within you will go on to perfect it in preparation for the day of Jesus Christ. (Weymouth translation)

 Allowing Him to continue the work within you! Food for thought!

**Matthew 10:16-20** "Stay alert. This is hazardous work I'm assigning you. You're going to be like sheep running through a wolf pack, so don't call attention to yourselves. Be as cunning as a snake, inoffensive as a dove. 17 "Don't be naive. Some people will impugn your motives, others will smear your reputation — just because you believe in me. 18 Don't be upset when they haul you before the civil authorities. Without knowing it, they've done you — and me — a favor, given you a platform for preaching the kingdom news! 19 And don't worry about what you'll say or how you'll say it. The right words will be there; 20 the Spirit of your Father will supply the words. (From THE MESSAGE: The Bible in Contemporary Language © 2002 by Eugene H. Peterson. All rights reserved.)

 His sheep (you) hear His voice, and the voice of another you will not follow. Be sure of whose voice it is that you are following. Fresh bread!

**Matthew 5:5** And when praying, you must not be like the hypocrites. They are fond of standing and praying in the synagogues or at the corners of the wide streets, in order that men may see them. I solemnly tell you that they already have their reward. (Weymouth translation)

 A proper idea of prayer is, a pouring out of the soul unto God, as a free-will offering, solemnly and eternally dedicated to him, accompanied with the most earnest desire that it may know, love, and serve him “ALONE”. He that comes thus to God will ever be heard and blessed. (Adam Clarke commentary)

 Establishing and maintaining that personal intimacy with Father by and through Christ Jesus. Food for thought!

**Matthew 6:6** But you, whenever you pray, go into your own room and shut the door: then pray to your Father who is in secret, and your Father—He who sees in secret—will recompense you. (Weymouth translation)

 It is a personal and intimate relationship with our Father, now take the time to hear Him to start the day. Fresh bread!

**Matthew 6:7-8** And when praying, do not use endless repetitions as the Gentiles do, for they expect to be listened to because of their multitude of words. Do not, however, imitate them; for your Father knows what things you need before you ask Him. (Weymouth translation)

 Prayer requires more of the heart than of the tongue. The eloquence of prayer consists in the fervency of desire, and the simplicity of faith. (Adam Clarke Commentary)

 Keep it simple saints. Food for thought!

**Matthew 6:9** After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. KJV

 After this manner, not the vain repetitions as most do. It is a personal and intimate relationship with our Father. A heart-warming conversation with Him. What a great way to start your day in Him and with Him. Fresh bread!

**Matthew 6:9-10** In this manner therefore pray: Our Father who art in Heaven, may Thy name be kept holy; let Thy kingdom come; let Thy will be done, as in Heaven so on earth; (Weymouth translation)

 Often times many miss what the Lord was emphasizing here; “our Father.” All too often people think of our Father as being far away and unreachable. When one can recognize Him as truly your Father, it makes the relationship more personal and attainable. Food for thought!

**Hebrews 11:6** But without faith *it is* impossible to please *him*: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him. KJV

 If one is going to seek a conversation with the Father, it is imperative that they do believe that He is. Fresh bread!

**Matthew 6:10-11** let Thy will be done, as in heaven so on earth; gives us today our bread for the day; (Weymouth translation)

 The only way one can do His will, is if they have and do acknowledge what Paul tells us in Gal 1:3-4. It is when one understands Father’s will for us (our inheritance), that then one will realize that Father will supply their spiritual food as well as physical food. Food for thought!

**Matthew 6:11** Give us this day our daily bread. KJV

 Your first bread should be your spiritual bread. One should always be feeding their spirit man first. Fresh Bread!

**Matthew 6:12** And forgive us our debts, as we forgive our debtors. KV

 Are you as quick to forgive as Father if the situation warrants it? Food for thought!

We will be traveling for the next 3 days and will get something out as time permits.

We are in Idaho Falls Idaho safely for the evening, have a very blessed evening in Christ.

We got to Great Falls Montana safely this afternoon, our Montana home. We will start the Fresh bread and Food for thought again on Saturday. Thanks for all of the prayers as we hit a snowstorm in Idaho this morning. Have a very blessed evening in Christ.

**3John 2** Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. KJV

 Walking in the Word, allows the blessing of God to come upon them as their focus is on pleasing Him. What a wonderful thought and way to start the day. Fresh bread!

**John 4:24** God *is* a Spirit: and they that worship him must worship *him* in spirit and in truth. KJV

 All too often, people mistake their emotions as being a spiritual experience. Those who worship out Father, “must” do so in spirit and in truth. One should know that His Word is truth. Yet how often does one take the time to put forth the effort to be sure to know what they heard, or were affirming to is truth? Food for thought!

**John 17:17** ¶ Sanctify them through thy truth: thy word is truth. KJV

 If it is not His Word, then one should bypass it. Many things sound good, however, if it does not line up with His Word, it is a lie. No matter how good it may sound, it is still a lie. Fresh bread!

Over the next few days, we are going to look at how people can have an identity crisis if they do not know who Christ is.

**2 Corinthians 5:16-17** So from this moment on I do not estimate anybody by the standard of outward appearances. Although I once did estimate Christ by this standard, I do not do so any longer. For if anybody is in union with Christ, he is the work of a new creation; the old condition has passed away, a new condition has come. (William’s translation)

 Note how one is to know no man after the flesh. Yet, for most of our natural life here on this earth, we have learned to identify each other after the lower nature, rather than to see if they are a member of the body of Christ. From the beginning of our walk with God, we were supposed to be young Christians seeking the truth. However, for the vast majority of people, they have listened to the exploits of Jesus of Nazareth and lack the fundamental insights of who Christ is. Could this present an identity crisis? Food for thought!

**2Corinthians 5:18** This has all originated with God, for He through Christ has reconciled me to Himself and has given me the ministry for reconciliation. (William’s translation)

 People often times forget that they are to be that written epistle known and read of all men. If Christ is not the new life within us, then what does that leave one to show the world? If any man has not the Spirit of Christ, he is none of His. Fresh bread!

**2Corinthians 5:19** For it was through Christ that God was reconciling the world to Himself instead of indebting men’s offenses against them, and He has committed to me the message of this reconciliation. (William’s translation)

 Paul shared with us, that as he was a follower of Christ, and that we too should do likewise. Be mindful always of the price that Christ paid in and on your behalf, to fulfill the process of reconciliation. Food for thought!

**2Corinthians 5:20-21** So I am an envoy to represent Christ, because it is through me that God is making His appeal. As one representing Christ I beg you, be reconciled to God. 21, He made Him who personally knew nothing of sin to be a sin offering for us, so that through union with Him we might come into right standing with God. (William’s translation)

 How often does one really think of themselves as an envoy or ambassador for Father, by and through Christ Jesus? So, start this day with your head held high, as you are His envoy to this lost and dying world. Fresh bread!

**Matthew 7:13-14** "Enter by the narrow gate; for wide is the gate and broad the road which leads to ruin, and many there are who enter by it; 14 because narrow is the gate and contracted the road which leads to Life, and few are those who find it. (Weymouth translation)

 One must die to self daily, as they press forward towards the kingdom of God. That narrow gate contracts or pulls against the flesh as one presses forward for that mark of the prize of the high calling of God in Christ Jesus. With each and every step a person takes, one must decide if they are willing to have the identity of the flesh pulled away or removed, so that more of Christ may be revealed in them. Food for thought!

**Psalm 118:20** This gate of the LORD, into which the righteous shall enter. KJV

 The “only” way through this gate of the Lord, is by being righteous. Not your own, but that which is afforded to the believer when Christ enters their heart and life, and His righteousness is made available to them. Fresh bread!

**Hebrews 5:14** But solid food is for the adults—that is, for those who through constant practice have their spiritual faculties carefully trained to distinguish good from evil. (Weymouth translation)

 Knowing who you are in Christ, is what it is to be maturing in your walk in Him and with Him.

Food for thought!

**2Timothy 3:16**-17 Every scripture is inspired by God and is useful for teaching, for convincing, for correction of error, and for instruction in right doing: so that the man of God may himself be complete and may be perfectly complete for every good work. (Weymouth translation)

 You are complete in Him. It is through His righteousness and power that He has given to you, for you to take the time to know what you inherited in Him. Fresh bread!

**Colossians 2:8** Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ. **9** For in him dwelleth all the fulness of the God head bodily. **10** And ye are complete in him, which is the head of all principality and power: KJV

 So many people do have an identity crisis, as they are not sure of their relationship with God. But note in verse 10, that “you” are complete in Christ. It is vital that one knows who they are in Him. Food for thought!

**Colossians 2:8** Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ. **9** For in him dwelleth all the fulness of the God head bodily. **10** And “ye are complete in Him,” which is the head of all principality and power: KJV

 To know Him, and the power of His resurrection. Seeing that these are not mere words written on a page, but they are the very essence of spiritual life in communion with Him. Fresh bread!

**Colossians 2:8** Take care lest there be some one who leads you away as prisoners by means of his philosophy and idle fancies, following human traditions and the world's crude notions instead of following Christ. [**9**](https://www.biblestudytools.com/wnt/colossians/2-9.html) For it is in Christ that the fulness of God's nature dwells embodied, and in Him you are made complete, [**10**](https://www.biblestudytools.com/wnt/colossians/2-10.html) and He is the Lord of all princes and rulers. [**11**](https://www.biblestudytools.com/wnt/colossians/2-11.html) In Him also you were circumcised with a circumcision not performed by hand, when you threw off your sinful nature in true Christian circumcision; [**12**](https://www.biblestudytools.com/wnt/colossians/2-12.html) having been buried with Him in your baptism, in which you were also raised with Him through faith produced within you by God who raised Him from among the dead (Weymouth translation) Food for thought!

Every day is an adventure in the Word, and another glorious day to serve our Father by and through Christ Jesus. We will be out of town for the next 4 days, 3 at a racquetball tournament in Cutbank, Mt, and Monday at my Drs appointment at the VA in Helena. So, stay in the Word. Fresh bread!

**Ephesians 1:3** Blessed *be* the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly *places* in Christ: KJV

 While listening to a song on the way down to Helena yesterday, they sang about counting all of their blessings, which struck me as odd, seeing as what the above scriptures states plainly. He has blessed us! So, learn to walk in the fulness that Father has already provided us. Fresh bread!

For most of you that know me, I am always on time, or even a bit early. Yesterday, I thought I had my Podiatrist appointment in Helena at Fort Harrison VA. Well, as it turned out, I had read my appointment wrong, and it should have been for today. After 5 plus hours of waiting, the office staff was able to get me set up with a different doctor than my normal one. It turns out she is a Christian, and my mistake turned into a wonderful blessing and a new Podiatrist. Trusting in Father, no matter how gloomy things may appear to be. Food for thought!

**2Timothy 1:7** For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. KJV

 Perfect love casts out all fear. Christ the power of God, for God so loved the world that He gave His only begotten Son, and when one remains stedfast in the first two, it presents a sound mind that will not be shaken. Fresh bread!

**Colossians 3:**[**12**](https://www.biblestudytools.com/wnt/colossians/2-12.html) having been buried with Him in your baptism, in which you were also raised with Him through faith produced within you by God who raised Him from among the dead. [**13**](https://www.biblestudytools.com/wnt/colossians/2-13.html) And to you--dead as you once were in your transgressions and in the uncircumcision of your natural state--He has nevertheless given Life with Himself, having forgiven us all our transgressions. (Weymouth translation)

 How often is it that one forgets that you are risen with Him! That as a new creation, old things have passed away, and all things have become new. Learn to walk in your new role as an ambassador for Him. Food for thought!

**2Timothy 3:12** Yea, and all that will live godly in Christ Jesus shall suffer persecution. KJV

 So opposite to the spirit and practice of the world is the whole of Christianity, that he who gives himself entirely up to God, making the Holy Scriptures the rule of his words and actions, will be less or more reviled and persecuted. "If religion gives no quarter to vice, the vicious will give no quarter to religion and its professors." (Adam Clarke commentary)

 Being a follower of Him is not as easy as many would have you believe. Fresh bread!

**2Timothy 3:12** And indeed every one who is determined to live a godly life as a follower of Christ Jesus will be persecuted. (Weymouth translation)

 **Yea, and all that will live godly, &c.—** This may import something peculiar to the godliness to be exercised by Christians, as being agreeable to the revelation of Christ, animated by his example, and dependant on his Spirit for assistance, and his atonement for acceptance with God:—important topics, upon which all who desire to obtain and promote godliness, ought to dwell much. (Coke commentary)

 He never said it would be peaches and cream, but that He would be with us. Food for thought!

**2Corinthians 6:4** But in all *things* approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, **5** In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings; **6** By pureness, by knowledge, by longsuffering, by kindness, by the Holy Ghost, by love unfeigned, **7** By the word of truth, by the power of God, by the armour of righteousness on the right hand and on the left, KJV

 Also read on through verse 10, it is a very good insight into all that happens in a life serving our Father by and through Christ Jesus. Fresh bread!

**Luke 9:**[**61**](https://www.biblestudytools.com/wnt/luke/9-61.html) "Master," said yet another, "I will follow you; but allow me first to go and say good-bye to my friends at home." [**62**](https://www.biblestudytools.com/wnt/luke/9-62.html) Jesus answered him, "No one who has put his hand to the plough, and then looks behind him, is fit for the Kingdom of God. (Weymouth translation)

 All too often one looks for or makes excuses as to why they chose not to follow Him. It is a day by day, step by step process of following Him in our walk towards home. Food for thought!

**2Timothy 2:15** Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. KJV

 It is studying to seek Father’s approval, not some man. If one learns His Word, then one will have no need to ever be ashamed. Fresh bread!

**John 16:**[**6**](https://www.biblestudytools.com/wnt/john/14-6.html) "I am the Way," replied Jesus, "and the Truth and the Life. No one comes to the Father except through me. [**7**](https://www.biblestudytools.com/wnt/john/14-7.html) If you--all of you--knew me, you would fully know my Father also. From this time forward you know Him and have seen Him." (Weymouth translation)

 His Word is a lamp to our feet to illuminate clearly our next step, which is established with the truth of His Word, which will lead one to new life in Him and through Him. This is how we are allowed access to our Father. How marvelous is this? Food for thought!

**1Peter 2:** [**21**](https://www.biblestudytools.com/wnt/1-peter/2-21.html) And it is to this you were called; because Christ also suffered on your behalf, leaving you an example so that you should follow in His steps. (Weymouth translation)

 His example here on earth, left us path that we too can follow, to arrive at the “proper destination,” Father’s house. Fresh bread!

**Psalm 118:19** Open to me the gates of righteousness: I will go into them, *and* I will praise the LORD: **20** This gate of the LORD, into which the righteous shall enter. KJV

 One often forgets that He (Christ) is the only way to the Father. No one is allowed access except by Him. How marvelous is it that He is our brother who wants to show us the way? Food for thought!

**John 14:6** Jesus saith unto him, I am the way, the truth, and the life: no man come the unto the Father, but by me. KJV

 This gate, by which one is allowed to enter the kingdom of God. It is only by this gate or channel of Christ, is one allowed access to our Father. One must know Christ to be allowed access. Fresh bread!

**Matthew 7:14** Because strait *is* the gate, and narrow *is* the way, which leadeth unto life, and few there be that find it. KJV

 **Because strait is the gate, and narrow is the way, …** And so, difficult to enter in at; and when entered, the way is unpleasant to the flesh to walk in, being hedged up on each side with afflictions and tribulations; and moreover, is like the "narrow place", or στενος τοπος, "the strait place", as the Septuagint in Nu 22:26 render it; in which the angel that met Balaam stood; and in which there was no turning to the right hand or the left; and such is the way to eternal happiness. The great encouragement to walk on in it is, because it is that way which leadeth unto life: unto eternal life: (John Gill commentary)

 It is a strait and narrow way, and few be there that find it! Food for thought!

**Matthew 7:14** Because strait *is* the gate, and narrow *is* the way, which leadeth unto life, and few there be that find it. KJV

 **And few there be that find it;** the way, and so consequently the life it leads to. "The gate is strait"; small and little, and so unobserved: there is but one way to heaven, and the generality of men neglect it. "The way is narrow", and so disagreeable; the company few, and not engaging. Men choose large gates, broad ways, and much company. The flesh loves to walk at liberty, unconfined, and uncontrolled, and with a multitude to do evil: hence, Zion's ways are thin of passengers; a small number, comparatively speaking, walk thereto, and will be saved; a remnant, a little flock, a little city, and few men in it. (John Gill commentary) Fresh bread!

**1Peter 3:15** But sanctify the Lord God in your hearts: and *be* ready always to *give* an answer to every man that asketh you a reason of the hope that is in you with meekness and fear: **16** Having a good conscience; that, whereas they speak evil of you, as of evildoers, they may be ashamed that falsely accuse your good conversation in Christ. KJV

 Your life being a testament of the things He is doing in you. One should always remain confident of the work that He has begun within you. Food for thought!

**2Corinthians 3:2** Ye are our epistle written in our hearts, known and read of all men: **3** *Forasmuch as ye are* manifestly declared to be the epistle of Christ ministered by us, written not with ink, but with the Spirit of the living God; not in tables of stone, but in fleshy tables of the heart, KJV

 Your life is to be a glowing example of that which the Word is bringing forth in your life. Allowing the light of Jesus Christ to shine forth. Fresh bread!

**Hebrews 10:23** Let us hold fast the profession of *our* faith without wavering; (for he *is* faithful that promised;) KJV

 Our feet firmly planted in and on the Rock of our salvation. If one is confident of who they are in Christ, then people will be able to see clearly the example one sets through Him. Food for thought!

**Ephesians 6:10** Finally, my brethren, be strong in the Lord, and in the power of his might. KJV

 Our walk with the Lord is like salmon swimming upstream to spawn. The current is strong and often times there are falls or rapids to conquer; yet one will see the vast majority of people going downstream on the party barges. Stay focused today on that which Father is asking of you. Fresh bread!

**Ephesians 6:10** Finally, my brethren, be strong in the Lord, and in the power of his might. KJV

 The word “finally” in this verse, could also be stated as the remaining ones. Just like we alluded to this morning with the party barges that are overflowing, yet those swimming upstream grow fewer with time, and thus the remaining ones. Thus, why one must remain strong in the Lord, and Christ the power and wisdom of God. Food for thought!

**Hebrews 3:14** For we are made partakers of Christ, if we hold the beginning of our confidence stedfast unto the end; KJV

 To be a partaker of Christ and remaining stedfast until the end. When you have done all to stand, stand! Fresh bread!

**2Peter 1:4** It is by means of these that He has granted us His precious and wondrous promises, in order that through them you may, one and all, become sharers in the very nature of God, having completely escaped the corruption which exists in the world through earthly cravings. (Weymouth translation)

 If anyone be in Christ, they are a new creation; they have become sharers of His divine nature. Knowing who you are in Him. Food for thought!

**1Corinthians 2:16** For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ. KJV

 There are times that one may belittle themselves, forgetting that which this verse shows us is truth. We have been given the “full” armour of God, so never neglect the gift that is in you. Fresh bread!

**Ephesians 4:7** But unto every one of us is given grace according to the measure of the gift of Christ. KJV

 I hear people so often seem to think that they need more of the Holy Spirit, or more gifts of the Spirit. Note how Paul states that, the measure, of the gift, of Christ. Is Christ divided, NO. Does someone else get more of Christ then you, NO. You have received, the measure of the gift of Christ, what will you do with it? Food for thought!

**1Corinthians 1:30** But of him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption: KJV

 You are complete in Him. Father has made available to you all that is necessary for you to navigate your way through this world, to arrive home safely. Fresh bread!

**Ephesians 4:4** *There is* one body, and one Spirit, even as ye are called in one hope of your calling; **5** One Lord, one faith, one baptism, KJV

 Many times, those who are operating in the lower nature want people to pick sides. Paul is quite clear here on Father’s plan for you. Food for thought!

**2Corinthians 6:17** Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean *thing*; and I will receive you, **18** And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty. KJV

 As one starts their new life with Father, one has to learn to walk away from the earthly ties which try to bring a believer down and change their allegiance. The sooner one learns to focus on Father through their new life in Christ, the less obstacles one will face. Fresh bread!

**Colossians 3:1** If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. **2** Set your affection on things above, not on things on the earth. KJV

 Often times one can be so focused on the problems, rather than on the solution. Where is your focus now? Food for thought!

**James 4:4** Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God. KJV

 One sometimes forgets the obstacles or hindrances that can take their focus from the strait and narrow path. We are in the world but not of the world. Fresh bread!

**John 17:14** I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world. **15** I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil. KJV

 One often forgets that it was the religious leaders that wanted Jesus Christ put to death. The religious leaders hated Him because He would have infringed on “their” people. Utilizing all that the Father has made available to you, so that when you have done all to stand, you are able to remain stedfast. Food for thought!

**Romans 12:2** And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God. KJV

 All too often, people try to fit into this world and its cliques. Set your sight on those things which are above. Seek first the kingdom and God and His righteousness (Christ), and then one will know where their focus should be. Fresh bread!

**Romans 12:2** And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God. KJV

 Living in Christ is a set of new ideals, as we had established a lot of bad muscle memory in one’s life in years of living in the fleshly realm. That is why one must allow themselves to live and abide in this new way of living and thinking. Food for thought!

**Ephesians 4:13** Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ: KJV

 How novel it is, that we could come together in the unity of the faith, to know the Son of God. Paul said earlier in Ephesians that there is One Lord, one faith, and but one baptism, that of the Holy Spirit. As Paul wrote that it is the simplicity of the gospel of Christ. Fresh bread!

**Colossians 2:2** That their hearts might be comforted, being knit together in love, and unto all riches of the full assurance of understanding, to the acknowledgement of the mystery of God, and of the Father, and of Christ; KJV

 **The acknowledgement . . .—**This clause—which explains what the "fulness of intelligence" is—is altogether obscured in our version. It should be rendered, to the full knowledge of the mystery of God, which is Christ. Above we read (Col 1:27), "this mystery, which is Christ in you." There Christ, as indwelling in man, is the mystery which alone solves the problem of humanity—what it is, and whither it tends. Here Christ is the "mystery of God"—i.e. (Ellicott’s commentary) Food for thought!

**Colossians 2:8** Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ. **9** For in him dwelleth all the fulness of the Godhead bodily.**10** And ye are complete in him, which is the head of all principality and power: KJV

 To know Him, and the power of His resurrection. Seeing that these are not mere words written on a page, but they are the very essence of spiritual life in communion with Him. So many people do have an identity crisis, as they are not sure of their relationship with God. But note in verse 10, that “you” are complete in Christ. It is vital that one knows who they are in Him. Fresh bread!

**1Corinthians 9:27** But I keep under my body, and bring *it* into subjection: lest that by any means, when I have preached to others, I myself should be a castaway. KJV

**1Corinthians 9:27** but I hit hard and straight at my own body and lead it off into slavery, lest possibly, after I have been a herald to others, I should myself be rejected. Weymouth translation

 It is a constant battle to learn to keep one’s lower nature in subjection to the Spirit of Christ. The more one knows of who they are in Christ, the more one becomes a threat to the devil’s realm, thus why the attacks will increase. One must remember that He indeed did overcome the world. Food for thought!

**Hebrews 12:11** Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. **12** Wherefore lift up the hands which hang down, and the feeble knees; 1**3** And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed. KJV

 Correction, for any of us always stings a bit. For those who accept Father’s correction, it brings about peace in their life as the fear is removed. Walk in the fulness of that which Father has for you today. Fresh bread!

**Hebrews 12:11** Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. **12** Wherefore lift up the hands which hang down, and the feeble knees; 1**3** And make straight paths for your feet, lest that which is lame be turned out of the way; but let it rather be healed. KJV

 When a person be at peace with God, it even brings peace to abound beyond one’s normal perception. That is because the peace of God surpasses all areas of the lower nature. It is exceeding, and abundant, so enter into that peace now. Food for thought!

**Philippians 4:7** And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. KJV

 Note that God’s peace starts in the heart and then brings the flesh into subjection of the spirit. Also note, that it passes all understanding, since God’s peace confounds the things of earthly wisdom. Fresh bread!

**Colossians 3:15** And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. KJV

 Allowing His peace to be the ruling factor in your daily life. And again, note that it is His peace that is established in the heart. And just as Paul tells us in Ephesians chapter 4, it is One Lord, one faith, one baptism. How thankful are you today? Food for thought!

**Colossians 3:16** Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. KJV

 One must allow Him to rule in their heart. It is in this communion with Him that His peace is the guiding factor for one’s heart to be settled in Him. Fresh bread!

**James 3:8** But the tongue can no man tame; *it is* an unruly evil, full of deadly poison. **9** Therewith bless we God, even the Father; and therewith curse we men, which are made after the similitude of God. **10** Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be. KJV

 The tongue, which can get a person in severe danger or trouble by uttering things that it should not be putting forth. After all, death or life is in the power of the tongue, there is no middle ground. Where does your tongue have you conversing with this day? Food for thought!

**Proverbs 18:21** Death and life *are* in the power of the tongue: and they that love it shall eat the fruit thereof. KJV

 Out of the abundance of the heart, is what will protrude out of one’s mouth. There is no grey area here. Our words will either produce life, or they will produce death. The choice is yours! Fresh bread!

**Genesis 1:27** So God created man in his *own* image, in the image of God created he him; male and female created he them. **28** And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth. KJV

 Note, how that God created you in their image and after their likeness. Observe what and how God gave man dominion over these things. Are you always aware of the responsibility that God has granted you? Food for thought!

**Genesis 1:26** ¶ And God said, Let us make man in our image, after our likeness: and let them have dominion KJV

 Observe how God “said”! Now recollecting how God created you in their image and after their likeness, notice how God spoke, and things were done as He instructed. So, then you also create the world that is around you, by your words. Ponder that for this day. Fresh bread!

**Acts 4:10** Be it known unto you all, and to all the people of Israel, that by the name of Jesus Christ of Nazareth, whom ye crucified, whom God raised from the dead, *even* by him doth this man stand here before you whole. **11** This is the stone which was set at nought of you builders, which is become the head of the corner. 1**2** *Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved.* KJV

 Often times people miss the obvious, that which is hidden in plain sight. I listened to a person on the radio yesterday quote these verses and then proclaim that by the name of Jesus everything happens. Did I miss something here? Food for thought!

**John 4:23-24** But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. 24 God is a Spirit: and they that worship him must worship him in spirit and in truth. (KJV)

 If any man hath not the spirit of Christ, he in none of His. One has to be able to hear and obey the spirit of Christ to be pleasing to the Father. Fresh bread!

**John 4:23-24** But the hour cometh, and now is, when the true worshippers shall worship the Father “in spirit and in truth”: for the Father seeketh such to worship him. 24 God is a Spirit: and they that worship him must “worship him in spirit and in truth”. (KJV)

 One can only worship Him in Spirit and in truth if they DO NOT alter the Word to facilitate their lifestyle. The Word is to change us, not us to change the Word. Food for thought!

**Galatians 3:13** Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed *is* every one that hangeth on a tree: **14** That the blessing of Abraham might come on the Gentiles through Jesus Christ; that we might receive the promise of the Spirit through faith. KJV

 Knowing who we are in Christ, is a matter of life or death, as there is no in-between. Allow His Spirit to live and abide in you. Fresh bread!

 The state racquetball championships are in town this weekend. I am playing in it as well as Helen and I are assisting in the running of it, so there will not be any studies until Monday. Have a very blessed and prosperous day in Christ.

**Colossians 2:12** Buried with him in baptism, wherein also ye are risen with *him* through the faith of the operation of God, who hath raised him from the dead. KJV

 Being mindful at all times that you are risen in Him. You are saved by grace through faith, so allow that faith to be in full operation this day. Food for thought!

**Matthew 8:17** That it might be fulfilled which was spoken by Esaias the prophet, saying, Himself took our infirmities, and bare our sicknesses. (KJV)

Notice how Matthew writes, that “it might be fulfilled”! It can only be fulfilled, if we allow Him to have the right way in our lives. Have you really allowed Him to be Lord of your life in all things, or just some? Food for thought!

**Galatians 4:19** My little children, of whom I travail in birth again until Christ be formed in you, KJV

 One seldom gives thought to the process of one growing up into Him in all things. Just as a child is taken off the milk and put on solid food to develop and grow as a person, thus the same is true in the spiritual realm. Fresh bread!

**Ephesians 4:13** Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ: KJV

 It is by grace through faith that a person is able to begin to grow up into Him in all things which pertain to eternal life. One Lord, one faith, one baptism is what Paul alluded to earlier in this chapter. Food for thought!

**Galatians 2:20** I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me. KJV

 If any person be in Christ, they are indeed a new creation in, as the total has been paid at the cross and the grave. Payment for the physical, as well as the spiritual. You have the choice today of which path you chose to travel. Fresh bread!

**Galatians 2:20** I have been crucified with Christ, and it is no longer I that live, but Christ that lives in me; and the life which I now live in the body I live through faith in the Son of God who loved me and gave Himself up to death on my behalf. (Weymouth NT)

 To be crucified with Christ, and to be risen with Him. Very powerful statements and truth. We are to be that written epistle, that proclaims God’s love that is manifest in our life, just as Jesus Christ exemplified the Father’s love by His life and example. Food for thought!

**Colossians 2:16** Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath *days*: **17** Which are a shadow of things to come; but the body *is* of Christ. KJV

 People often forget, or never learned, that as a believer that each and every day is the Lord’s day. One is not supposed to act or portray themselves as being a better Christian on certain days. Each and every day is the Lord’s day as the Psalmist says in Psalm 118. Fresh bread!

**Colossians 2:16** Therefore suffer no one to sit in judgement on you as to eating or drinking or with regard to a festival, a new moon or a sabbath. **17** These were a shadow of things that were soon to come, but the substance belongs to Christ. (Weymouth translation)

 The Old Testament was for the physical man, until the New Testament was established and put into effect. Therefore, if any man be in Christ, he is a new creation, walk in that newness today. Food for thought!

**Galatians 4:4** But when the fulness of the time was come, God sent forth his Son, made of a woman, made under the law,**5** To redeem them that were under the law, that we might receive the adoption of sons. **6** And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father. **7** Wherefore thou art no more a servant, but a son; and if a son, then an heir of God through Christ. KJV

 One must understand that when one accepted Christ into their heart (if any person be in Christ, they are a new creation) the old life had passed away, and one was brought into the family of God. And when one arrives home with Him, then the adoption process can be finalized. Fresh bread!

**Galatians 4:4** But when the fulness of the time was come, God sent forth his Son, made of a woman, made under the law,**5** To redeem them that were under the law, that we might receive the adoption of sons. **6** And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father. **7** Wherefore thou art no more a servant, but a son; and if a son, then an heir of God through Christ. KJV

 Note, that one is no longer a servant, but a son, a child of God. And as a child of God, an heir of God through Christ the Son of God, who was sent to inhabit the hearts of those who would believe. Food for thought!

**Romans 6:4** Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. KJV

 Learning to walk in that newness of life, which was afforded to us, by His resurrection. Another thing of importance to note is that this is available to any person anywhere and at any time during their endeavor to seek Him. Fresh bread!

**Romans 8:5** For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. **6** For to be carnally minded *is* death; but to be spiritually minded *is* life and peace. KJV

 **Do mind the things of the flesh. —**Their whole mental and moral activity is set upon nothing else but the gratification of these cravings of sense. The phrase "who mind" is not confined to the exercise of the intellect, but includes the affections; in fact it includes all those lesser motives, thoughts, and desires which are involved in carrying out any great principle of action—whether it be selfish and "carnal" or spiritual. (Elllicott’s commentary)

 Learning to follow all of the leadings of the Holy spirit. One cannot be selective in their walk, you are either in the ark, or you are out of it. Food for thought!

**Romans 8:5** For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. **6** For to be carnally minded is death; but to be spiritually minded is life and peace. KJV

 The Bible tells us that it is not by any worldly power, nor by any might of this world that one is able to accomplish anything for the kingdom of God; but rather it is by His Spirit, in Christ, that I have the strength, the ability of participation in the divine nature of Christ, that I am able to overcome any obstacle or problem that may come before me, as I travel the strait and narrow path onward towards the mark of the prize of the high calling of God in Christ Jesus. How dependent are you upon Christ this day? Fresh bread!

**2Corinthians 6:2** (For he saith, I have heard thee in a time accepted, and in the day of salvation have I succoured thee: behold, now *is* the accepted time; behold, now *is* the day of salvation.) KJV

 Now is the accepted time for salvation in now faith. Salvation is available each and every day and second of the year. It is not limited by man’s supposed holidays or feast days or whatever other scam man may try to devise. Today you are risen with Him, accept and continue along that strait and narrow path, in Him. Food for thought!

**Romans 8:5** For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. **6** For to be carnally minded *is* death; but to be spiritually minded *is* life and peace. KJV

 In Christ, one is able to do and accomplish all that Father may ask of you. Yet, how often is it that one will hold onto “their problems,” “their sicknesses,” and cling to them very tightly? It is our weakness or infirmity, because we will not cast it before the throne of grace. One does not want to let go of the problems. Could it be because they are looking for sympathy? Fresh bread!

**1Peter 5:7** Casting all your care upon him; for He careth for you. KJV

 Peter, being a fisherman knew that it was necessary to cast, when one was not able to reach someplace by ordinary means. So, if one were to cast their worries, distresses, and anxieties to the Lord, they would then be out of reach, so one would not be able to reach and take them back when they leave the throne room. Learn to hear Father’s counsel in the verses, and not man’s foolishness. Food for thought!

**Heb 11:1** Now faith is the substance of things hoped for, the evidence of things not seen. KJV

 Today faith. Not tomorrow faith or next week faith, but now faith. For this is the moment that one lives in. Hearing what God says, and knowing it is true, regardless of the external circumstances. Fresh bread!

**Romans 10:17** And this proves that faith comes from a Message heard, and that the Message comes through its having been spoken by Christ. (Weymouth translation)

 Knowing who it is that is speaking to us. If one does not know His voice, how can they know what they are hearing is truth? Thus, is why one studies the Word, so that one is able to please the Father, by being obedient to that which He may ask of you. Food for thought!

**Hebrews 11:6** But without faith *it is* impossible to please *him*: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him. KJV

 Without the ability to hear Him, one cannot please Him. Thus, why the scripture tells us, that His sheep hear His voice. Do you have your ears clean enough to hear Him today? Fresh bread!

**Mark 4:9** And he said unto them, He that hath ears to hear, let him hear. KJV

 All the external noises of this world are what tries to hamper one’s hearing. If one is preoccupied with what is going on around them, how will one be able to then hear the still small voice of God? Food for thought!

**Mark 4:11** And he said unto them, Unto you it is given to know the mystery of the kingdom of God: but unto them that are without, all *these* things are done in parables: **12** That seeing they may see, and not perceive; and hearing they may hear, and not understand; lest at any time they should be converted, and *their* sins should be forgiven them. **13** And he said unto them, Know ye not this parable? And how then will ye know all parables? KJV

 God wants to reveal Himself to us, but all too often one is blinded by the falsehoods of religions. Fresh bread!

**Mark 4:11** And he said unto them, Unto you it is given to know the mystery of the kingdom of God: but unto them that are without, all *these* things are done in parables: **12** That seeing they may see, and not perceive; and hearing they may hear, and not understand; lest at any time they should be converted, and *their* sins should be forgiven them. **13** And he said unto them, Know ye not this parable? And how then will ye know all parables? KJV

 It is given to KNOW the mystery of the kingdom of God. If one does not know who the Father’s Son is, one will never be able to see beyond the veil of the flesh which blinds so many people. Food for thought!

**Acts 4:10** Be it known unto you all, and to all the people of Israel, that by the name of Jesus Christ of Nazareth, whom ye crucified, whom God raised from the dead, *even* by him doth this man stand here before you whole. **11** This is the stone which was set at nought of you builders, which is become the head of the corner. **12** Neither is there salvation in any other: for there is none other name under heaven given among men, whereby we must be saved. KJV

 First off, do you think there will be short cuts into the kingdom of heaven? Then it is essential, vital even, that one clearly stays on this topic of in whose name is acceptable to our Father. Jesus Christ of Nazareth is the stone which the builders have rejected. Fresh bread!

**Ephesians 2:19** Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God; **20** And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner *stone*; KJV

 Jesus Christ is the corner stone upon all that Father required in payment for reconciliation. There are no short cuts. There is no other name as we saw in Acts. So, when going before the Father, be mindful of whom we have access through. Food for thought!

**1Corinthians 11:1** Be ye followers of me, even as I also *am* of Christ. KJV

 One has to be sure of whom they are following. Thus, why Paul clearly states that he was a follower of Christ. Fresh bread!

**Acts 17:24** God that made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands; **25** Neither is worshipped with men's hands, as though he needed any thing, seeing he giveth to all life, and breath, and all things; KJV

 People often try to place God into places where He is not. People try to tell God where He should be and how He should act. All because they cannot hear what He plainly states within His Word. Food for thought!

**Acts 17: 24** GOD who made the universe and everything in it--He, being Lord of Heaven and earth, does not dwell in sanctuaries built by men. **25** Nor is He ministered to by human hands, as though He needed anything--but He Himself gives to all men life and breath and all things. (Weymouth translation)

 One often forgets that which the Word states, that those who worship God, must do so in Spirit and in truth. His Word is truth. It is the simplicity of the Gospel of Christ. Fresh bread!

**Hebrews 11:6** But without faith *it is* impossible to please *him*: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him. KJV

 One must remember what Paul said about faith, that it is one’s ability to hear the message once delivered by Christ. Food for thought!

**Hebrews 11:1** Now faith is the substance of things hoped for, the evidence of things not seen. KJV

 It is an everyday process, of starting your day off with a conversation with Father. How else can one properly prepare for the day ahead? It is now faith, today faith that must be in operation. Fresh bread!

**John 14:6** Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me. KJV

 Jesus Christ is that narrow and strait gate that leads into the kingdom of God. It is by Christ Jesus, that one begins to see and understand the truth of God’s Word, and His magnificent plan of reconciliation. There is no other way to the Father, but by and through Christ Jesus. Food for thought!

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**John 1:17** For the law was given by Moses, but grace and truth came by Jesus Christ. KJV

 One must remain mindful, that we are no longer under the law of the old covenant, but now under the new law, and the grace and truth that Jesus Christ delivered to us by His total and complete sacrifice. Fresh bread!

**Galatians 5:3** For I testify again to every man that is circumcised, that he is a debtor to do the whole law. **4** Christ is become of no effect unto you, whosoever of you are justified by the law; ye are fallen from grace. KJV

 In the boat or out of the boat, there is no in-between. You are either walking in the grace that Christ has afforded to those who believe, or you are fallen from grace, and Christ has become of now effect to you. Food for thought!

**Matthew 22:37** Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. **38** This is the first and great commandment. **39** And the second *is* like unto it, Thou shalt love thy neighbour as thyself.**40** On these two commandments hang all the law and the prophets. KJV

 A very clear and profound declaration, of what Jesus Christ accomplished at the cross and the grave on our behalf. Fresh bread!

**Matthew 24:37** But as the days of Noe *were*, so shall also the coming of the Son of man be. **38** For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, **39** And knew not until the flood came, and took them all away; so shall also the coming of the Son of man be. KJV

 It is hard for me to imagine how bad it must have been in the days of Noah. We know that God repented that He had mad mankind, and that it was pretty evil at that time. However, with all that is going on in the world today, it makes one wonder how bad it was back then in Noah’s time. Stay ready! Food for thought!

All of us have some idea of how a compass works. It will be able to guide a person to a destination, if they believe that the compass does work.

**Hebrews 11:6** But where there is no faith it is impossible truly to please Him; for the man who draws near to God must believe that there is a God and that He proves Himself a rewarder of those who earnestly try to find Him.(Weymouth translation)

 Fresh bread!

**John 16:13** Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, *that* shall he speak: and he will shew you things to come. KJV

 Just as in the realm of the lower nature, one must learn to trust the compass to get them safely to one’s destination. If one listens closely, they will be able to find and utilize the compass for their spiritual being. Food for thought!

**John 14:16** And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; **17** *Even* the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. KJV

 The carnal man receives not the things of the Father, for they are spiritually discerned. Fresh bread!

**John 15:20** Remember the word that I said unto you, The servant is not greater than his lord. If they have persecuted me, they will also persecute you; if they have kept my saying, they will keep yours also. **21** But all these things will they do unto you for my name's sake, because they know not him that sent me. KJV

 As we have talked about the past few days, about a compass and how it enables one to find their way back to the point of origin that they seek. For us who believe, it is a matter of hearing our Father’s voice, so that one may receive the proper counsel, which will enable them to stay on that strait and narrow path that will bring them home. Food for thought!

**Ephesians 2:8** For by grace are ye saved through faith; and that not of yourselves: *it is* the gift of God: **9** Not of works, lest any man should boast. KJV

 Father’s grace is available to those who seek Him and open their ears unto the Message once delivered by Christ. How tuned in are you this morning? Fresh bread!

**Ephesians 2:10** For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them. KJV

 The sacrifice that Jesus Christ made at the cross and in the grave, is what has enabled us to be His workmanship. It is this walk that will carry one down that strait and narrow path. Food for thought!

**Galatians 6:15** For in Christ Jesus neither circumcision availeth any thing, nor uncircumcision, but a new creature. **16** And as many as walk according to this rule, peace *be* on them, and mercy, and upon the Israel of God. KJV

 There is neither Jew nor Greek, bond or free, as it is in Christ Jesus where we inherit our liberty. Again, one can see, that this is what enables one to continue their journey along that strait and narrow path. Fresh bread!

**Psalm 113:3** From the rising of the sun unto the going down of the same the LORD'S name *is* to be praised. KJV

 It never should be a way of measuring the amount of time that one should be used to talk with Father, but rather maintaining the relationship with Father, every moment of every day. Going to sleep with a conversation with Father, so that one’s spirit, soul and mind can be refreshed as well. Food for thought!

**Psalm 113:3** From the rising of the sun unto the going down of the same the LORD'S name *is* to be praised. KJV

 Another glorious day to serve our Father by and through Christ Jesus. What are you waiting for? Fresh bread!

**Ephesians 3:3** How that by revelation he made known unto me the mystery; (as I wrote afore in few words, **4** Whereby, when ye read, ye may understand my knowledge in the mystery of Christ) KJV

 People often think that all things can be taught by an understanding by and through the lower nature. Yet, as we can see Paul explains here, that he was not taught per se the mystery of the gospel, but rather it came by revelation to him. People may point you in the right direction. Yet it is still by revelation, that Father reveals His marvelous plan of reconciliation. Food for thought!

**Ephesians 3:3** and that by a revelation the truth hitherto kept secret was made known to me as I have already briefly explained it to you. **4** By means of that explanation, as you read it, you can judge of my insight into the truth of Christ. (Weymouth NT translation)

 It was not until all had been fulfilled that Father could begin to reveal His plan of reconciliation. Thus, we can further understand why we are told that the truth will set one free, that is the truth of Christ. Fresh bread!

**Colossians 1:25** Whereof I am made a minister, according to the dispensation of God which is given to me for you, to fulfil the word of God; **26** *Even* the mystery which hath been hid from ages and from generations, but now is made manifest to his saints: **27** To whom God would make known what *is* the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory: KJV

 Once Christ is revealed to you, it is this light that is supposed to shine from you, to show those around you that you are now different because Christ lives in you. Food for thought!

**Colossians 1:25** I have been appointed to serve the Church in the position of responsibility entrusted to me by God for your benefit, so that I may fully deliver God's Message 26 the truth which has been kept secret from all ages and generations, but has now been revealed to His people, 27 to whom it was His will to make known how vast a wealth of glory for the Gentile world is implied in this truth--the truth that `Christ is in you, the hope of glory.' (Weymouth NT translation)

 Christ in you, the hope of glory, is now who abides in you. Fresh bread!

**Mark 4:11** And he said unto them, Unto you it is given to know the mystery of the kingdom of God: but unto them that are without, all *these* things are done in parables: **12** That seeing they may see, and not perceive; and hearing they may hear, and not understand; lest at any time they should be converted, and *their* sins should be forgiven them. KJV

 Note that we are counseled here, that it is “given to know” the mystery of the kingdom of God. No guess work or such, but it is given to know. So often people miss the obvious. Food for thought!

**Ephesians 3:9** And to make all *men* see what *is* the fellowship of the mystery, which from the beginning of the world hath been hid in God, who created all things by Jesus Christ: **10** To the intent that now unto the principalities and powers in heavenly *places* might be known by the church the manifold wisdom of God, **11** According to the eternal purpose which he purposed in Christ Jesus our Lord: KJV

 Just as it is given for us to know the mystery of the kingdom of God, Pauls’ desire was that all men should see the mystery of the kingdom of God. However, unless one seeks it, they will not find it. Fresh bread!

**Apologies for the mix up.**

**Ephesians 4:21** If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: KJV

 One often forgets that His Word is truth. The Word was in Jesus.it is the truth that sets ne free. Food for thought!

**Ephesians 1:13** In whom ye also *trusted*, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise, **14** Which is the earnest of our inheritance until the redemption of the purchased possession, unto the praise of his glory. KJV

 One at times forgets, that Jesus of Nazareth had to also trust what He heard from the Father and be obedient to the leading of His Spirit. Jesus of Nazareth, through His obedience made the path that we too can follow. Fresh bread!

**2Corinthians 6:16** And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in *them*; and I will be their God, and they shall be my people. **17** Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean *thing*; and I will receive you, **18** And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty. KJV

 All too often, people forget how evil communications does corrupt good morals or manners. Food for thought!

**2Corinthians 6:16** And what compact has the Temple of God with idols? For \*we\* are the Temple of the ever-living God; as God has said, "I will dwell among them, and walk about among them; and will be their God, and it is they who shall be My people." **17** Therefore, "`Come out from among them and separate yourselves,' says the Lord, `and touch nothing impure; and I will receive you, and will be a Father to you, **18** and you shall be My sons and daughters,' says the Lord the Ruler of all." (Weymouth NT translation)

 As Jesus of Nazareth grew in Father’s wisdom and knowledge, and the profession of His faith grew in line with Father’s, the less and less people followed Him. The walk of faith is not a popularity contest. Fresh bread!

**Colossians 2:10** And ye are complete in him, which is the head of all principality and power: **11** In whom also ye are circumcised with the circumcision made without hands, in putting off the body of the sins of the flesh by the circumcision of Christ: **12** Buried with him in baptism, wherein also ye are risen with *him* through the faith of the operation of God, who hath raised him from the dead. KJV

 All too often I hear people say that they need more of the Spirit, or more of the gifts. Note that it says that “you” are complete in Him. Use what you have. Food for thought!

**Colossians 2:8** Take care lest there be some one who leads you away as prisoners by means of his philosophy and idle fancies, following human traditions and the world's crude notions instead of following Christ. **9** For it is in Christ that the fulness of God's nature dwells embodied, and in Him you are made complete, **10** and He is the Lord of all princes and rulers. (Weymouth NT translation)

 One has to be able to take God at His Word and accept that you are complete in Him. Knowing that, if you trust in Father and lean on Him, one can face whatever today may bring. Fresh bread!

**Colossians 4:12** Epaphras, who is *one* of you, a servant of Christ, saluteth you, always labouring fervently for you in prayers, that ye may stand perfect and complete in all the will of God. KJV

 At times, one can get so caught up in their own life, that they forget their responsibility to pray for others. Food for thought!

**Colossians 4:12** Epaphras, who is one of yourselves, a bondservant of Jesus Christ, sends greetings to you, always wrestling on your behalf in his prayers, that you may stand firm--Christians of ripe character and of clear conviction as to everything which is God's will. (Weymouth NT translation)

 It is one’s responsibility to pray for one another in the body of Christ. This is something that most often forget. How many times does one have a victory in their life, and not totally sure of how it happened. Could it be that someone else was praying for you? Fresh bread!

**Matthew 6:9** After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. **10** Thy kingdom come. Thy will be done in earth, as *it is* in heaven. **11** Give us this day our daily bread. KJV

 All too often we repeat that which we have heard, without checking with the Source. God’s will is to be done in the earthly vessels which we inhabit for the short time we are here on this earth. So, we can see why Father’s wisdom shines through here. Food for thought!

 **Matthew 6:9** After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. **10** Thy kingdom come. Thy will be done in earth, as *it is* in heaven. **11** Give us this day our daily bread. KJV

 One must also keep in mind that Father’s will be done in earthen vessels is explained in Galatians 1:3. That we receive Father’s forgiveness of our sins, and the evil of this present world. Fresh bread!

**3John 2** Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. KJV

 Believing what God says and allowing the Word to work in your life. Food for thought!

**2Corinthians 1:20** For all the promises of God in him *are* yea, and in him Amen, unto the glory of God by us. **21** Now he which stablisheth us with you in Christ, and hath anointed us, *is* God; **22** Who hath also sealed us, and given the earnest of the Spirit in our hearts. KJV

 Learning to receive all that Father has for you. Fresh bread!

Today while returning from a VA dental visit, a song was sung where the singer asked God to increase his faith.

**Romans 12:3** For I say, through the grace given unto me, to every man that is among you, not to think *of himself* more highly than he ought to think; but to think soberly, according “as God hath dealt to every man the measure of faith.” KJV

 Food for thought!

**Genesis 6:5** God saw that human evil was out of control. People thought evil, imagined evil - evil, evil, evil from morning to night. **6** God was sorry that he had made the human race in the first place; it broke his heart. (The Message Bible translation)

 The Lord Himself said the last days should be as the days of Noah. In what you read in the above translation, is it as bad yet as it was in the days of Noah? Fresh bread!

**Matthew 24:4** And Jesus answered and said unto them, Take heed that no man deceive you. **5** For many shall come in my name, saying, I am Christ; and shall deceive many. KJV

 I find it amazing how people fail to see what is written and hear what was plainly said. Note it says that many shall come in my name saying that they are Christ, not Jesus. If any man hath not the Spirit of Christ, he is none of His. Food for thought!

**Matthew 24:24** For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if *it were* possible, they shall deceive the very elect. **25** Behold, I have told you before. KJV

 Note again, false Christ’s, not false Jesus’s. Thus, why one studies to show themselves approved unto God, and not any person here on this world. Fresh bread!

**2Timothy 1:7** For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. KJV

 Note what God HAS NOT given us, the spirit of fear. We are no longer cowards as the Spirit of Christ now lives and abides within one. Food for thought!

**2Timothy 1:7** For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. KJV

 The power and wisdom of God is Christ. The Spirit of Christ is what allowed Jesus of Nazareth to overcome all obstacles in the spiritual realm. How prepared are you for the day ahead? Fresh bread!

**2Timothy 1:7** For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. KJV

 For God so loved the world, that He gave the ultimate sacrifice of Jesus Christ, to bring about reconciliation with mankind. This is the ultimate act of love from our Father. Food for thought!

**2Timothy 1:7** For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. KJV

 The sound mind comes about when one remains mindful of the power and love of the Father for His children. Fresh bread!

**2Timothy 2:15** Earnestly seek to commend yourself to God as a servant who, because of his straightforward dealing with the word of truth, has no reason to feel any shame. (Weymouth Bible translation)

 It is Father of whom one should be trying to please, and not any person, place, or thing. Learning who you are in Christ, is what will bring one to victory. Food for thought!

**2Timothy 2:15** Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. KJV

 **Rightly dividing the word of truth.** —Better rendered rightly laying out the word of truth. (Ellicotts Bible commentary). Just as one would lay out the foundation for a new building, the cornerstone is what enabled the builder to have a proper start. Fresh bread!

**Mark 3:35** For whosoever shall do the will of God, the same is my brother, and my sister, and mother. KJV

 Listening to the radio today, a person started singing about how when he gave his life to the Lord, how that Jesus became his friend. Now I do not know about the rest of you, but my Bible says quite clearly, that those who do the will of God (Gal 1:3-4) the same are his mother and brothers and sisters. Food for thought!

**Romans 8:16** The Spirit itself beareth witness with our spirit, that we are the children of God: **17** And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with *him*, that we may be also glorified together. KJV

 Again, a child of God, is a part of Father’s family. A friend is always someone outside of the family looking in. It is up to you to know who you are. Fresh bread!

**Matthew 6:9** After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. KJV

 People often forget the simplicity of the gospel of Christ. When asked by the disciples to teach them to pray, Jesus Christ started it off by saying, our Father! What part of that do you not understand? Food for thought!

**Romans 8:8** So then they that are in the flesh cannot please God. But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his. KJV

 But ye are not in the flesh - Ye Christians, who have believed in Christ Jesus as the sin offering which has condemned sin in the flesh; and, having been justified by faith and made partakers of the Holy Spirit, are enabled to walk in newness of life. (Adam Clarke commentary) Fresh bread!

We will be out of town today, will resume studies Friday afternoon.

**Philippians 2:10** That at the name of Jesus every knee should bow, of *things* in heaven, and *things* in earth, and *things* under the earth; **11** And *that* every tongue should confess that Jesus Christ *is* Lord, to the glory of God the Father. KJV

 Please note, that at the name of Jesus, that all flesh should acknowledge what Jesus of Nazareth accomplished in His life by always hearing and obeying the Spirit of Christ within Him. It is out of the abundance of the heart that the mouth speaks. Food for thought!

All too often I hear people say that there is power in the name of Jesus, well, not exactly. My Bible tells me that it is Christ who is the wisdom and power of God.

**1Corinthians 1:24** But unto them which are called, both Jews and Greeks, Christ the power of God, and the wisdom of God. KJV Fresh bread!

**Acts 10:38** How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him. KJV

 Just as we have to receive the Spirit of Christ, for the new birth, Jesus of Nazareth had to receive that same anointing at the moment of conception. Food for thought!

**Isaiah 9:6** For unto us a child is born, unto us a son is given: KJV

 How at the moment of conception, God anointed Jesus of Nazareth with the Holy Ghost and with power, otherwise, how could He have lived a life without sin? Fresh bread!

Forgiveness, the easiest thing to receive, yet the hardest and most difficult thing to receive.

**1John 1:7** But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin. KJV Food for thought!

**1John 1:9** If we confess our sins, he is faithful and just to forgive us *our* sins, and to cleanse us from all unrighteousness. KJV

 Father’s forgiveness is total and complete. Will you accept it, and walk in it this day? Fresh bread!

**Psalm 103:12** As far as the east is from the west, *so* far hath he removed our transgressions from us. KJV

 Isn’t it amazing that if one heads north, they will eventually have to go south. Yet, if one heads east, they will never reach the point where they will go west. Father’s forgiveness. Fresh bread!

Today in the USA it is Memorial Day, where one is supposed to reflect in and on those who served and gave their lives, that we might have the freedom that we have today. Yet for most, it is an extra day they do not have to work or time for picnics or whatever else they may use to entertain themselves. But the price that was paid for these freedoms they have are not long remembered. Likewise, the same is true of Christianity, that one seldom remains mindful each day of the price that Jesus Christ paid for the liberty we have in the spiritual realm. For just a moment here today, be mindful and thankful for the liberties that you have both physically and spiritually. Food for thought!

**Isaiah 43:25** I, *even* I, *am* he that blotteth out thy transgressions for mine own sake, and will not remember thy sins. **26** Put me in remembrance: let us plead together: declare thou, that thou mayest be justified. KJV

 So, if it is not God who is reminding you of your past transgressions, who could it be? Food for thought!

**Deuteronomy 28:1** And it shall come to pass, if thou shalt hearken diligently unto the voice of the LORD thy God, to observe *and* to do all his commandments which I command thee this day, that the LORD thy God will set thee on high above all nations of the earth: **2** And all these blessings shall come on thee, and overtake thee, if thou shalt hearken unto the voice of the LORD thy God. KJV

 Faith is by hearing the Message once delivered by Christ, thus if we hear and heed Father’s counsel, we can see Father’s promise! Fresh bread!

**Eph 4:29** Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers. KJV

 The word corrupt in the above verse means rotten or bad. One seldom gives thought to the words that they use to communicate with one another, since everyone else does it too. If everyone else goes to hell, are you going to follow them? Death and life are in the power of the tongue. Either life or death, no in-between. Food for thought!

**Proverbs 18:21** Death and life *are* in the power of the tongue: and they that love it shall eat the fruit thereof. KJV

 By your words you are justified, or by your words you will be condemned. Which will you speak today? Fresh bread!

**Luke 6:44** Every tree is known by its own fruit. It is not from thorns that men gather figs, nor from the bramble that they can get a bunch of grapes. **45** A good man from the good stored up in his heart brings out what is good; and an evil man from the evil stored up brings out what is evil; for from the overflow of his heart his mouth speaks. (Weymouth NT translation)

 How different would one’s speech be if they could visually see the words that they were speaking? Food for thought!

**James 3:10** Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be. KJV

 As we alluded to in last evenings comments, how much different would one be speaking, if, they could see the words that were coming out of their mouth, and see if they were producing or bringing life or death? Do you think your words would be the same? Fresh bread!

For myself, I prefer to read much more than I do to hear. Even when watching programs, I prefer to use the close captioning over then hearing. Thus, why I have alluded to the past few days about seeing our words in front of us, so that one might be able to delete things they may wish to retract before they are put out there. Maybe a bit like lassoing our words back before they do damage. Thus, being quick to hear, and slow to speak. Food for thought!

**James 3:17** But the wisdom that is from above is first pure, then peaceable, gentle, *and* easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy. KJV

 One should be like Jesus Christ, as He only spoke the things which He heard Father speak. Fresh bread!

**Hebrews 11:3** Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear. KJV

 If, we are as the Word tells us, that we are made after Their image and after Their likeness, then wouldn’t our world around us, also be created by the words that we put forth? Food for thought!

**Genesis 1:26** And God said, Let us make man in our image, after our likeness: KJV

 One’s words are those which characterize their world around them. It is only as one is born again that they begin to comprehend the power of Christ that enables them to stay on the right path. Let His Word be that lamp unto you, that guides your every step this day. Fresh bread!

**2Timothy 3:5** Having a form of godliness, but denying the power thereof: from such turn away. KJV

 They deny the power of God, and one must remember that Christ is the wisdom and power of God. So how do they do this? They have no knowledge of the mystery of the kingdom of God; thus, they have no concept of how to be active participants in and of the divine nature of Christ. From this sort, Paul tells us that we should turn away from them. How confident are you of your relationship with the Father this day? Is it based on a religious creed, or an intimate and personal relationship with the Father by and through Christ Jesus. (LG notes) Food for thought!

**Philemon 1:6** That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus. KJV

 A word fitly spoken, can be a means of healing for those who hear. It can be an encouragement for those that are looking for that extra push. It can be a correction that can assist one in gaining their bearings for returning to the strait and narrow path. Even a smile at the right time, can speak volumes to one that needs to see the bright light of God in the midst of adversities (LG notes) Fresh bread!

**Matthew 18:12** How think ye? if a man have an hundred sheep, and one of them be gone astray, doth he not leave the ninety and nine, and goeth into the mountains, and seeketh that which is gone astray? KJV

 Over the years of teaching Father’s Word, I don’t think I can recall ever being in the midst of 99 true believers, that acknowledged and sought the understanding of the mystery of the gospel. However, as one looks at this verse, one can hear Father’s counsel, of going out and being that example of the believer, that one may ask of the reason of the hope of glory which is within you. Food for thought!

**Luke 12:42** And the Lord said, Who then is that faithful and wise steward, whom *his* lord shall make ruler over his household, to give *them their* portion of meat in due season? **43** Blessed *is* that servant, whom his lord when he cometh shall find so doing. **44** Of a truth I say unto you, that he will make him ruler over all that he hath. KJV

 One seldom gives much thought to the stewardship of those things which Father has revealed to you. People will often hoard those things of the physical but seldom give thought to those great and precious promises which Father has opened to you. Fresh bread!

 We will be out of town today, so there will not be a Food for thought this afternoon.

**Philippians 1:6** Being confident of this very thing, that he which hath begun a good work in you will perform *it* until the day of Jesus Christ: KJV

**Philippians 1:6** For of this I am confident, that He who has begun a good work within you will go on to perfect it in preparation for the day of Jesus Christ. (Weymouth NT translation)

 Are you confident in that work which Christ has begun in you? Fresh bread!

**James 1:3** Knowing *this*, that the trying of your faith worketh patience. **4** But let patience have *her* perfect work, that ye may be perfect and entire, wanting nothing. KJV

 Becoming consistent in one’s walk. The more one trusts the Lord, the more consistent their walk becomes, and the more an example of the believer one becomes. Fresh bread!

**Hebrews 12:11** Now no chastening for the present seemeth to be joyous, but grievous: nevertheless afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby. KJV

 Correction is seldom what one wants, even though it is needed. Likewise, when the Lord does chasten us, it is for our benefit. The key is, will you listen? Food for thought!

**James 1:3** Be assured that the testing of your faith leads to power of endurance. **4** Only let endurance have perfect results so that you may become perfect and complete, deficient in nothing. (Weymouth NT translation)

 One’s trust in the Lord is always dependent upon how well one listens to Him. Fingers in one’s ears never helps the situation. Fresh bread!

**Ephesians 4:7** But unto every one of us is given grace according to “the measure of the gift of Christ”.KJV

 If any person be in Christ, they are a new creation. One has been made whole, and that cannot happen unless one receives the fulness of the gift of Christ.

**Colossians 2:10** And “ye are complete in him,” which is the head of all principality and power: KJV Food for thought!

**Proverbs 2:10** When wisdom entereth into thine heart, and knowledge is pleasant unto thy soul; **11** Discretion shall preserve thee, understanding shall keep thee: KJV

 Here is the way one should hear this verse. When wisdom entereth into thine heart. Discretion shall preserve thee, and knowledge is pleasant unto thy soul; understanding shall keep thee: Fresh bread!

**Philemon 1:6** That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ Jesus. KJV

 The word effectual in the above verse means operational. Thus, why we are to be an example of the believer, so we allow others to see from our life what the Word looks like when properly applied to a believer’s life. Food for thought

**Philippians 1:9** And this I pray, that your love may abound yet more and more in knowledge and *in* all judgment; **10** That ye may approve things that are excellent; that ye may be sincere and without offence till the day of Christ; KJV

 One’s understanding of the Word, and Father’s plan of reconciliation should be overflowing from us, that others would want to inquire of us, the reason of the hope within us, that is Christ the hope of glory. Fresh bread!

**Ephesians 1:17** That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: KJV

 Receiving and then acknowledging the gift of Christ. This is what opens up Father’s total plan of reconciliation with mankind. Food for thought!

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