

## **“One does not live by bread alone... but by every word that comes from the mouth of the Lord.” DEUTERONOMY 8:3**

We have heard this passage so often perhaps we might say, “Duh!” Or maybe we think this is a reminder to go to church or to read to our bibles. While each reaction is understandable and contains an element of truth, this well-known verse has far more wisdom to share when we examine its context. God has given Israel the 10 Commandments not just that they might avoid problems but that they “might have life.”

Deuteronomy tell us that “the Lord your God has led you these forty years in the wilderness, in order to humble you, testing you to know what was in your heart, whether or not you would keep his commandments. He humbled you by letting you hunger, then by feeding you with manna...in order that you understand that one does not live by bread alone but by every word that comes from the mouth of the Lord (Matthew 4:4).” In the “Wilderness School” as theologian and author Dan Erlander calls it, the Hebrew people came to understand that in addition to bread, they were totally dependent upon God for life itself. They were about to leave the desert and enter the Promised Land, a land flowing with milk and honey. In their new-found prosperity they would soon be tempted to forget the source of all their blessings and place themselves rather than God at the center of their universe. For those of us who live in the richest nation on earth, this couldn't be a more timely and humbling reminder!

### **Reflection Questions:**

- How do you “think” about food?
- What does it mean to be humbled by “letting you hunger?”

### **Family Activity:**

If you have excess food in your cupboard, box it up and take it to the food bank or where food donations are accepted and slip a note card with today's bible verse in with the food to be shared with others.

### **Teenage Activity:**

Take time to research a local feeding program in your area. Become a volunteer. Become the hands that feed. By allowing God to work his wonders through you – you too shall be fed! Commit to feeding yourself daily with God's word by adding a Bible app to your smart phone and reading one verse a day.

### **Adult Activity:**

Add a Bible app to your smart phone and read/ponder a verse a day!

### **Prayer:**

Lord, you made this earth with enough to feed all your people. Feed us with your word that we might feed a hungry world...