

# Relationship Ingredients



**Bible**  
*Eat*

**Prayer**  
*Breathe*

**Share**  
*Exercise*

# 1 John 5:11-13

11. And this is the testimony:  
that God has given us eternal life,  
and this life is in His Son.
12. He who has the Son has life;  
he who does not have the Son of God  
does not have life.
13. These things I have written  
to you who believe in the  
name of the Son of God,  
that you may know that  
you have eternal life...

## Relationship Ingredients



# John 6

## Relationship Ingredients



# John 6:25-29

25. And when they found Him on the other side of the sea, they said to Him, “Rabbi, when did You come here?”
26. Jesus answered them and said, “Most assuredly, I say to you, you seek Me, not because you saw the signs, but because you ate of the loaves and were filled.
27. Do not labor for the food which perishes, but for the food which endures to everlasting life, which the Son of Man will give you, because God the Father has set His seal on Him.”
28. Then they said to Him, “What shall we do, that we may work the works of God?”
29. Jesus answered and said to them, “This is the work of God, that you believe in Him whom He sent.”

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**Bible**

**Prayer**

**Share**

# John 6:30-35

30. Therefore they said to Him, “What sign will You perform then, that we may see it and believe You? What work will You do?”
31. Our fathers ate the manna in the desert; as it is written, ‘He gave them bread from heaven to eat.’ ”
32. Then Jesus said to them, “Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven.
33. For the bread of God is He who comes down from heaven and gives life to the world.”
- 34 Then they said to Him, “Lord, give us this bread always.”
- 35 And Jesus said to them, “I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.”

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**Bible**

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# John 6:48-51

48. I am the bread of life.

49. Your fathers ate the manna in the wilderness, and are dead.

50. This is the bread which comes down from heaven, that one may eat of it and not die.

51. I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world.”

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# Recipe for Spiritual Bread

- Time alone
- At the beginning
- Of every day
- In contemplation of the life of Christ
- Through His Word
- And through Prayer



## Start with a preliminary Prayer

1. Increased heart experience
2. Rebuke satan's power to distract

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2. Rebuke satan's power to distract

Bible

Prayer

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## Start with a preliminary Prayer

1. Increased heart experience
2. Rebuke satan's power to distract
3. Holy Spirit eyesight

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## Read inspired material about Jesus

1. Four Gospels
2. Readable Bible translation
3. "Inspired" companion books

*Desire of Ages - Ministry of Healing*

*Christ's Object Lessons - Confrontation*

*Thoughts from the Mt of Blessing*

## Remember the purpose



read to become  
better acquainted  
with Jesus

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## John 5:39-40

You search the Scriptures, for in them you think you have eternal life; and these are they which testify of Me. But you are not willing to come to Me that you may have life.

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## Genesis 1:1

In the beginning God...

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## Proverbs 8:17 (KJV)

I love them that love me, and those that seek me **early** shall find me.

**shachar**: black – of early dawn  
earnestly – diligently – FIRST

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## John 6:32-33

Moses did not give you the bread from heaven... For the Bread of God is He who comes down from heaven and gives life to the world.

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## Exodus 16:21

So they gathered it every morning,  
every man according to his need.  
And when the sun became hot, it  
melted.

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## Isaiah 50:4

He awakens Me  
morning by morning,  
He awakens My ear  
to hear as the learned.

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**Isaiah 40:29-31** – He gives power to the weak,  
And to those who have no might He increases strength.  
Even the youths shall faint and be weary,  
And the young men shall utterly fall,  
But those who wait on the LORD shall renew their strength;  
They shall mount up with wings like eagles,  
They shall run and not be weary, they shall walk and not faint.

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## Mark 1:35

Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

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## Exodus 16:16

Let every man gather it according to each one's need...

vs. 17-18 – Then the children of Israel did so and gathered, some more, some less. So when they measured it by omers, he who gathered much had nothing left over, and he who gathered little had no lack.

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## Exodus 16:19-20

And Moses said, “Let no one leave any of it till morning.”  
Notwithstanding they did not heed Moses. But some of them left part of it until morning, and it bred worms and stank.

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

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## Matthew 6:33-34

33. But seek first the kingdom of God and His righteousness, and all these things shall be added to you.
34. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

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## John 3:14-15

14. And as Moses lifted up the serpent in the wilderness, even so must the Son of Man be lifted up,
15. that whoever believes in Him should not perish but have eternal life.

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## John 12:32

And I, if I am lifted up from the earth, will draw all peoples to Myself.

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## John 5:39-40

39. You search the Scriptures, for in them you think you have eternal life; and these are they which testify of Me.

40. But you are not willing to come to Me that you may have life.

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John 1:29

Behold! The Lamb of God who takes away the sin of the world!

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Desire of Ages, p.390 – We should carefully study the Bible, asking God for the aid of the Holy Spirit, that we may understand His Word. We should take one verse, and concentrate the mind on the task of discovering the thought which God has put in that verse for us. We should dwell upon the thought until it becomes our own...

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Desire of Ages, p.391 – By looking constantly to Jesus with the eye of faith, we will be strengthened. God will make the most precious revelations to His hungering, thirsting people. They will find that Christ is a personal Savior. As they feed upon His Word, they find that it is spirit and life.... This is eating the Bread that comes down from heaven.

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Desire of Ages, p.83 – It would be well to spend a thoughtful hour each day in contemplation of the life of Christ. We should take it point by point, and let the imagination grasp each scene, especially the closing ones. As we thus dwell upon His great sacrifice for us, our confidence in Him will be more constant, our love will be quickened, and we will be more deeply imbued with His Spirit.

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**S**cripture  
**O**bservation  
**A**pplication  
**P**rayer

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