

The Bible tells us that God breathed into Man and he became a living being. (Genesis 2:7) It also tells us that all Scripture is God-breathed. (2 Timothy 3:16) This means that when you read the Bible or listen to God's Word being preached, you are imbibing the very breath of God which gives you life.

It is no wonder that Proverbs 4:22 tells us that God's words are "*life* to those who find them, and *health to all their flesh.*" So if you are feeling under the weather or if symptoms are attacking your body, double up on God's 'medicine'. Simply feed more on God's Word, and you will find life and health flowing through your body again. Jesus said that Man shall not live by bread alone, but by every word that proceeds from the mouth of God. If it is important to eat our meals every day, how much more feeding on God's Word? Jesus wants us to know that we need God's Word even more than our daily meals. He made us, so He knows best what our bodies need daily.

So whatever you do, remember to get your daily feeding of God's Word. Read your Bible in the comfort of your home or in the office during your lunch break. Play sermon CDs while driving to work or doing household chores. If you prefer something more visual, watch DVDs on the preaching of His Word. Choose whichever form you prefer and get His Word into you! You cannot live when you stop breathing. In the same way, you cannot live without the Word because it is the very breath of God which gives you life and health!

Matthew 4:4 "But He answered and said, "It is written, Man shall not live by bread alone, but by every word that proceeds from the mouth of God.""