

“WORD OF LIFE”

December 28, 2025

52. CHRIST – HIS PERSON (32)

T. TO THE BELIEVERS

20. Spiritual Food

Suggested Hymns: [# 1145](#) / [# 222](#) / [# 12](#)

✚ “Your words were found and **I ate** them, And Your word became to me The gladness and joy of my heart,” (Jer. 15:16)

1Cor. 10:3 - And all ate the same **spiritual food**,

John 6:31 - Our fathers **ate** the **manna** in the wilderness, ..., “He gave them **bread** out of heaven to eat.”

John 6:32 - Jesus therefore said to them, ... My Father gives you the **true bread** out of heaven.

John 6:33 - For the **bread of God** is He who comes down out of heaven and **gives life to the world**.

John 6:34 - ..., Lord, **give us** this **bread** always.

John 6:35 - Jesus said to them, **I am the bread of life**;...

✚ “Until we all arrive at the oneness of the faith and of the **full knowledge** of the Son of God, ...” (Eph. 4:13)

❖ Christ is our **spiritual food** (1 Cor. 10:3)

- The spiritual food refers to **manna** (Exo. 16:14-18),
 - which **typifies** Christ as our daily life **supply** (John 6:31-35) for our Christian journey.
 - We believers should all **eat the same spiritual food**, not eating anything other than Christ.
- The Christ who is our **spiritual food** is the processed **Triune God** **indwelling our spirit**
 - as the all-inclusive Spirit, Christ is within us **subjectively**!
 - **When** we **eat Christ**, we are **joined** to Him and become **one spirit** with Him (1 Cor. 6:17).
- The Lord declares, “**I am the bread of life**.” (John 6:35).
 - The bread of life is the life **supply** in the **form** of food, like the **tree of life** (Gen. 2:9).
 - Christ Himself is the **bread of God**, who came down out of heaven and **gives life** to the world.
 - Christ, the very God, **became** flesh in order to be the **bread of life** for us to eat.
 - He came from heaven not only to be our Savior but also to be **our food**.
 - Christ as our **heavenly bread** (vv. 41, 50, 51, 58),
 - the **bread of God** (v. 33), He is of God
 - the **bread of life** (v. 35), He is the bread with eternal life
 - the living bread (v. 51), He is living
 - the **true bread** (v. 32). He is the bread of truth or reality

✚ “But he who **prophesies** speaks building up and encouragement and consolation to men,,” (1Cor. 14:3)

✚ The Lord says, “**He who eats Me shall also live because of Me**.” To **eat** the Lord Jesus **is to receive** Him into us to be assimilated **by** the regenerated new man in the **way of life**. Then we shall **live by Him** whom we receive as our food. It is in this way that Christ lives in us as the resurrected One (John 14:19-20).

✚ Christ is the **true food**, and all other kinds of food are merely **shadows** of Him as the real food. The **reality** of the food we eat daily is **Jesus Christ**. He is the **true bread of life** sent by God to bring us eternal life. We all need Him to be the **bread of life**, the **spiritual food**, to us.

✚ We should **live** on Christ and on Christ **alone**. Christ should be our **unique food**, and we should not seek to live on any other food. The unique **food** we should take for our sustenance, strength, and satisfaction as believers should be **Christ**.

*{Reference: The Conclusion of the New Testament Ch. 51 letter T-20}
[Preparing this “word of life” (SUPPLYING THE WORD IN MEETINGS OF MUTUALITY) was motivated by:
The Elder’s Training Book 8, Ch. 4, and The Administration of the Church and the Ministry of the Word, Ch. 11]}*

Hymn 1145 Experience of Christ— As Food and Drink

- 1 God gave His Son to man to be
The tree of life so rich and free,
That every man may taste and see
That God is good for food. [1Pet.2:3]
Yes, God is good for food!
Yes, God is good for food!
We've tasted and we testify
That God is good for food!
- 2 We eat this feast and take God in,
And as we eat we live by Him,
For all the elements within [John 6:57]
This feast are God Himself.
Yes, Jesus is our feast!
Yes, Jesus is our feast!
We eat this feast and live by Him,
For Jesus is our feast!
- 3 Christ Jesus is the food we eat;
He is our bread, He is our meat;
He is our life-supply complete;
We daily eat of Him. [John 6:48, 51a]
We daily eat of Him,
We daily eat of Him.
He is our life-supply complete;
We daily eat of Him.
- 4 This feast is so enjoyable;
To men it's so available, [Jer. 15:16]
For God said whosoever will
May come and freely eat. [John 6:54-55]
Yes, come and freely eat; [Isa. 55:1]
Yes, come and freely eat.
For God said whosoever will
May come and freely eat.

John 6:57 –
As the living Father has sent Me and I
live because of the Father, so he who
eats Me, he also shall live because of
Me.

John 6:58 –
This is the bread which came down out
of heaven, not as the fathers ate and died;
he who eats this bread shall live forever.

John 6:63 –
It is the Spirit who gives life; the flesh
profits nothing; the words which I have
spoken to you are spirit and are life.

(Christ is the Tree of Life – for opening)
(Hymn 1153 – for maintaining the spirit)

Hymn 222 Praise the Lord— Remembrance of Him

- 1 Dear Lord, we thank Thee for this bread,
It is a sign divine; [Luke 22:19; 1Cor.11:24]
In it we see the mysteries
Of God's unique design.
- 2 This bread Thy body signifies,
Which Thou hast giv'n for us,
That we may share Thy life divine,
Partaking of Thee thus. [John 6:51b; 6:58]
- 3 For us Thy body Thou didst break
That Thou may thus impart [1Cor.11:24]
Thyself as life to us that we
May be Thy counterpart. [Rev. 22:17]
- 4 This bread thus also signifies
Thy body mystical, [1Cor. 10:17]
Of which we living members are,
With Thee identical. [Rom. 12:4]
- 5 Though we are many grains of wheat,
Yet all one loaf, one bread; [1Cor.11:24]
Remembering Thee in such a way,
With Thee we all are fed.
- 6 As of this bread we all commune,
Thou, Lord, dost satisfy; [1Cor.10:16]
With all the saints we fellowship,
And Thee we testify.

[Unveiling His death three times]

Mark 8:31 –
... the Son of Man must suffer many
things and be rejected ... and be killed
and after three days rise.

Mark 9:31 –
... The Son of Man is being delivered
into the hands of men, and they will kill
Him; and when He has been killed,
after three days He will rise.

Mark 10:33-34 –
... the Son of Man will be delivered
... And they will condemn Him to death
... And they will mock Him and spit at
Him and scourge Him, and they will kill
Him. And after three days He will rise.

2Tim. 2:11 –
Faithful is the word:
For if we died with Him,
we will also live with Him;

(Hymn -220 – for maintaining and filling up the
time)

Hymn 12 Worship of the Father— As Source of Life

- 1 O God, Thou art the source of life,
Divine, and rich and free! [John 1:4; 5:26]
As living water flowing out
Unto eternity! [1John 2:25; 5:11, 13, 20]
- 2 In love Thou in the Son didst flow
Among the human race; [1John 4:9]
Thou dost as Spirit also flow
Within us thru Thy grace.
- 3 Though we in sin and wickedness
Went far from Thee apace, [Rom. 3:24]
Yet in the Son Thou didst redeem,
Bestowing life and grace. [Eph. 1:7; 2:7]
- 4 Though we have often slighted Thee,
Thy Spirit often grieved, [Eph. 4:30]
Yet Thou dost still as Spirit come
As life to be received. [John 6:63]
- 5 Thou as the Spirit in the Son [2Cor.3:16]
Hast mingled heretofore; [Gal. 4:6]
Thou wilt thru fellowship anoint
And increase more and more.
- 6 The love of God, the grace of Christ,
The Spirit's flowing free, [John 14:26]
Enable us God's wealth to share
Thru all eternity. [John 16:15; 17:10]
- 7 The Father, Son, and Spirit—one,
So richly care for us; [1Pet.5:7; 2Cor.13:14]
Thy love with one accord we sing
And e'er would praise Thee thus.

[The Eternal Blessing]

Num. 6:24-26 –
Jehovah bless you and keep you;

Jehovah make His face shine upon you and
be gracious to you;

Jehovah lift up His countenance upon you
and give you peace.

2Cor. 13:14 –
The grace of the Lord Jesus Christ and the
love of God and the fellowship of the Holy
Spirit be with you all.

Psa. 23:6 –
Surely goodness (grace of Christ)
and lovingkindness (love of the Father)
will follow me (fellowship of the Spirit)
All the days of my life,
And I will dwell in the house of Jehovah
(Christ, church, New Jerusalem)
For the length of my days (present age, coming
age and in eternity).