

GROWING TOGETHER
The Bible as Soul Food Handout
June 26, 2026

Main point: We can pray and ask the Lord for the desire to read and study the Bible.

A. Four Helpful Passages

1. 1 Corinthians 2: 10, 13 “These things God has *revealed to us through the Spirit*. For the Spirit searches everything, even the depths of God. . . . And we impart this in words not taught by human wisdom but *taught by the Spirit*, interpreting spiritual truths to those who are spiritual.” The Holy Spirit reveals and teaches God’s truths to believers.

2. Phil 2:13 “For it is God who works in you, both to will and to work for his good pleasure.” The Holy Spirit as God gives us the desire and the ability to please him.

[One commentary explains that *energeo* is specifically] working *in* a situation which brings it from one stage (point) to the next, like an electrical current energizing a wire, bringing it to a shining light bulb. [*Energeo*] pictures power that is never static. It is energy that moves from intention to accomplishment. . . . He alone ‘works in you to will and to act on behalf of His good pleasure’ (Phil 2:13), so any genuine obedience is the fruit of divine energy first implanted. (Strong’s Greek Lexicon on Biblehub)

3. Heb 13:21 “equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.” Just as the author of Hebrews prayed, we can also pray that the Lord would equip us to do his will and work in us that which is pleasing in his sight.

4. Matt 5:6 “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.” Jesus teaches that both the body and the soul hunger and thirst and can be satisfied.

David’s encouragement from Psalm 119:

25: My soul clings to the dust; give me life according to your word!

28: . . . strengthen me according to your word!

103: How sweet are your words to my taste, sweeter than honey to my mouth!

114: . . . I hope in your word.

131: I open my mouth and pant, because I long for your commandments.

B. Three Applications

1. Beg God to give you the desire to read and study His word.

2. Use the verses we discussed in your praying.

1 Cor. 2:10,13: Holy Spirit, dear friend, thank you that you have sealed me and that you’re dwelling in me right now. Please reveal your truth to me, as you promise in your word. Teach me so that I understand. Help me to see the treasure that it is.

Phil 2:13: Thank you, Father, that you give me the will and desire and the ability to your good pleasure. This is so good to know! Would you increase this? And, please give me the desire to feed on your word. Give me the ability to consistently read it.

Heb. 13:20-21: Father, please equip me with everything good to do your will. Work in me that which is pleasing in your sight. I WANT to please you and do your will. I WANT to please you with the way I handle your word.

Matt 5:6: Father, would you help me to hunger and thirst for righteousness. Increase and strengthen my hunger and thirst.

Psalms 119: (Including confession) Father, often your word is not life to me. I don't need it like I need food and water. I don't even desire it much. I know this does not please you. But, I want to please you, Lord, so would you please soften my heart so that you can do your work? I want your word to be life to my soul, like it was for David. Work in me so that your word becomes food for my soul. That I long for it, eat it up, feast on it, desire it, return to it often, and treasure it.

3. Read and reread.

I suggest trying this method, which I learned from John MacArthur. Choose a book of the Bible or a passage of Scripture and simply read it many times. This is not an in-depth study at this point, just repetitious reading. MacArthur suggests 30 times. I took his advice and read the book of Hebrews 30 times in the fall. It was very valuable. You become very familiar with the contents of a book. Also, as you read and reread, the Holy Spirit will teach you things and reveal the truth about that book or passage. No cross-referencing, no commentaries, no MacArthur Study Bible notes, just reading again and again and again. Reading chapters are good because the argument or flow of the book is already divided into logical sections that are good stopping points. They make sense and that will become obvious to you. Maybe start with a shorter book like Philippians and read each chapter 10 times before you move on to the next chapter. Or, the book of Mark which is the shortest gospel with 16 chapters. Again, nothing else besides rereading. It's just you and the Holy Spirit at this point. You'll see repeating ideas or words, you'll understand the logical flow of the passage, and you'll be able to anticipate what's coming. Once you read the whole book or section, then you can do the cross-referencing and using other people's teachings. And, if you're already super familiar with and know the content of the book or passage, all the extra stuff will be way more impactful and powerful.