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- *Acts 2:42*

# Eating Spiritual Food

John 6

# Prayer and Meditation-

## Communication and communion with the Lord

Acts 2:42-

*And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.*

1Ti 2:1 ¶ I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; 2 For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty. 3 For this is good and acceptable in the sight of God our Saviour; 4 Who will have all men to be saved, and to come unto the knowledge of the truth.

1Tim. 2:1 - I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men;

Supplications - for the averting of evil

Prayers - for the obtaining of good

Intercessions - for others

Thanksgiving - for mercies already received

In the OT, two stories to consider:

Manasseh – the most wicked king in Israel,  
repents and follows after God

2 Kings 21:9

2 Chron. 33:9

Josiah – a young king, leads the people of Judah  
back to serving the Lord

2Ch 34:18

2Ch 35:18

Confession – From the heart- assent of the heart and mind to the ways of God

“God you are right” / “God, I am wrong”

Manasseh – *Confession* > *Repentance* > *Cleansing* >  
*Peace and thank offerings*

Josiah – *Confession* > *Repentance* > *Cleansing* >  
*Acceptable sacrifice to God*

Heb. 13:15 - *By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name.*

## Quiet Meditation – John 6

<sup>20</sup> It is I; be not afraid

<sup>27</sup> Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life,

<sup>35</sup> I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.

<sup>37</sup> All that the Father giveth me shall come to me; and him that cometh to me I will in no wise cast out.

<sup>47</sup> Verily, verily, I say unto you, He that believeth on me hath everlasting life. <sup>48</sup> I am that bread of life.

<sup>63</sup> It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, *they* are spirit, and *they* are life.

<sup>67</sup> Will ye also go away?

## Prayer Time

- Confession - the first thing
- Supplications - for the averting of evil
- Prayers - for the obtaining of good
- Intercessions - for others
- Thanksgiving - for mercies already received