



# Spiritual Milk!

## WEEK 1: DEEPLY ROOTED AND BUILT UP IN CHRIST!

### DAY ONE

#### 1 John 5:1-14

Jesus gives us some very precious promises!

#### Key Q:

In this passage, what does God promise to you as a believer in Jesus? What does that mean to you?

#### Note:

John was a disciple of Jesus as a young man. He wrote this part of the Bible in his old age.

### DAY TWO

#### John 16:12-27

The Spirit's guidance and the Father's love.

#### Key Q:

Jesus is not with us in person, but He sent us the Holy Spirit to guide us. What do you need guidance in today?

#### Note:

These are some of Jesus' last words to His disciples at the Last Supper.

### DAY THREE

#### Galatians 5:13-26

Our new freedom in Christ and the fruit of the Spirit.

#### Key Q:

We have freedom in Christ - but for what purpose? Do you use your freedom well?

#### Note:

The fruit of the Spirit is a famous passage in the Bible worth considering often and deeply. Let the Spirit grow you in all of them!

### DAY FOUR

#### 1 Corinthians 13:1-13

Real love.

#### Key Q:

How does this passage move you to love others in a new way?

#### Note:

These are some of the most well-known words about love not only in the Bible, but in the whole world!

### DAY FIVE

#### Matthew 7:1-12

Don't judge others - pray to your Father!

#### Key Q:

Have you seen God answer prayers in your life? What's a prayer of yours that you'd like Him to answer today?

#### Note:

It's often easier to see other's faults than to see our own - watch out and be humble!

### DAY SIX

#### Matthew 7:24-29

Build your life on the rock - obey God's Word!

#### Key Q:

Have you been obeying God's Word faithfully lately? How can you obey God more today?

#### Note:

This is the conclusion of one of Jesus' most famous teachings. Hearing God is not enough - we must obey what He says!

### DAY SEVEN

#### Colossians 2:1-8

How to grow up in Christ.

#### Key Q:

Growing in thankfulness to God is a way to grow in faith. What can you thank God for this week?

#### Note:

Paul, the author of Colossians, is well known as the Bible's most prominent missionary.



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## WEEK 2: JESUS IS GOD! (A SURVEY OF THE GOSPEL OF JOHN)

### DAY ONE

#### John 1:1-18

Jesus, the living Word, came full of grace and truth, and lived among us.

#### Key Q:

Many say that we can't see God. How can you see God in the life of Jesus?

#### Note:

This first chapter of the book of John has a lot in common with the first chapter of the Bible - Genesis 1! John's book shows us that Jesus is God.

### DAY TWO

#### John 4:7-26

Jesus gives us Living Water.

#### Key Q:

Jesus' living water is meant to satisfy us in every part of our lives. Where do you feel "thirsty" in your life?

#### Note:

The Samaritans had a long-standing struggle with the Jewish people.

### DAY THREE

#### John 6:26-40

Jesus is the Bread of Life who gives life to the world.

#### Key Q:

Jesus promises to give eternal life to everyone who believes in Him! How does this make you feel? How should this change how we live?

#### Note:

Before this, Jesus had just fed a crowd of five thousand men!

### DAY FOUR

#### John 8:1-12

Jesus is the Light of the World, and if we follow Him we will never walk in darkness.

#### Key Q:

Light makes darkness disappear and gives sight and guidance. Where in your life do you need God's light?

#### Note:

The Pharisees were the religious leaders of the Jewish people. Jesus confronted them often about their hypocrisy.

### DAY FIVE

#### John 10:1-11

Jesus is the Good Shepherd who lays down His life for the sheep.

#### Key Q:

Jesus says that the thief comes only to steal, kill, and destroy, but He comes to give life to the full. What does fullness of life mean to you?

#### Note:

In this chapter, Jesus foreshadows His death on the cross!

### DAY SIX

#### John 11:1-46

Jesus is the Resurrection and the Life - and if we believe in Him, we too will live!

#### Key Q:

Even though Jesus loves Lazarus and his sisters, He does not come to heal him. Why not? What could this mean for you today?

#### Note:

Even though He knew He would resurrect Lazarus, Jesus saw the sisters' grief and wept with them.

### DAY SEVEN

#### John 15:1-8

Jesus is the True Vine - and if we remain in Him, we will bear much fruit!

#### Key Q:

What does Jesus mean when He says we need to remain in Him? What does this have to do with His Words and prayer?

#### Note:

Verse 7 is one of Jesus' greatest promises to us about prayer - remain in Him, and ask boldly!