



**HOW TO EAT
FRESH BREAD!**



- *Fresh bread* is God’s personal communication/His words to us—His *rhema (fragment)* words, not the logos (whole Bible) word
- We receive these illuminated, highlighted, immediate sensings of a “speaking” of the Holy Spirit to you

■ **Matthew 4:4:** “Jesus answered, “It is written: humans shall not
(1) **live** by bread alone, but [they will live] by
(2) **every word** that
(3) **comes from**
(4) **the mouth of God.**”

● **We live by eating fresh bread—immediate words from the Spirit to us personally**

(1) “**live**” – *zao* -- variant of the word *zoe* (*life*) – *as a verb, it means to be alive/energetic with **physical, spiritual, or eternal life***

■ Just like physical bread gives physical “life” (bios) to our bodies, God’s fresh spiritual bread protects, heals, sustains, empowers, instructs, and guides us in all kingdom life and ministry. Hunger vs. Fullness

**Fresh bread is the daily flow of rhema words
spoken by God the Spirit to us personally**

(2) “**every word**” —word: rhema — a “piece of divine communication” —a short fragment of information revealed by the Lord: Spirit-inspired insight for teaching, guidance, or ministry. Life is in the anointed rhema words from scripture or by revelation.

- Fresh bread “words” can be intuitive sensings/knowings—impressions
- Or, brief images (visions) or strong, detailed inner pictures
- Or, an anointed, brief portion of highlighted scripture
- Or, hearing words/sentences in your thoughts as if you are being gently spoken to from “outside” your own self’s normal thoughts; often rhema words flow in response to directly asking Him a simple question: “What would you say to me today, Lord?” (1 Sam. 3:10—“Speak, Your servant is listening.”) Some call this “listening prayer.”

- **Fresh bread words are “received’ in the present like manna was picked daily to feed the Israelites in the desert on their way from Egypt to the Promised Land.**

(3) **“comes from”** – *proceeds out of, flows from* – (peripatetic—“travelling from place to place”) important: present continual tense of this verb: shows *ongoing action* (flowing) by God speaking in the immediate present – “now” fresh words, not words received in the past—still good but not the same immediate relevance and power

- **Fresh bread words from God flow from an intentionally cultivated dialogic relationship with the Holy Spirit.**

(4) **“the mouth of God”** – the Holy Spirit is “the mouth of God” – He is the primary communicator of God stuff to, in, and through us –

- **Acts 11:12**—“The Spirit told me to go with them without misgivings.” – Peter being told by God to go with the three men who came to take him to the Gentile centurion Cornelius’ house.
- **Acts 8:29**—“Then the Spirit said to Philip, ‘Go up and join yourself to this chariot.’” Philip evangelizing by the leading of the Spirit
- **1 Tim. 4:1**—“Now the Spirit says clearly and vividly that in later times some will abandon the faith...” Paul prophesies in his first letter to Timothy what the Spirit of God said for him to record.



Two Historic Examples of Fresh Bread-Eaters

Brother Lawrence

- In early 1600's, Brother Lawrence was a French Catholic religious brother who served as a cook/dishwasher in a monastery
- He wrote *The Practice of the Presence of God*
- He was famous for communing with God (eating fresh bread) while he was washing dishes and serving in the monastery kitchen.

Quotes: Living in the Spirit with an Undivided Heart--

- “The time of business does not with me differ from the time of prayer. In the noise and clutter of my kitchen, while several persons are at the same time calling for different things, **I possess God in as great a tranquility as if I were on my knees at the Blessed Supper.**”
- “We only need to **recognize God as intimately present with us**, to address ourselves to Him **every moment**, that we may **beg His assistance for knowing His will** in things doubtful, and **to rightly perform those things which we plainly see** [as revealed by the Spirit] that He requires of us, **offering them to Him** before we do them, and **giving thanks [to Him]** after we have done them.”

John G. Lake

- early 20th century Pentecostal apostle
- noted healing minister
- ate fresh bread regularly when the Spirit woke him up at night and by the light of a small lamp on his bedstand and his wife asleep beside him, he wrote into His journal what the Spirit gave him through the scriptures and/or directly by revelation to preach and teach to others.

Quotes: Living by the Spirit's Fullness through Regular, Personal, Intimate Communion with the Triune God

- “The individual who wants the Holy Spirit must come into definite, conscious contact with Jesus Christ Himself by feeding on His word and communing with His Father.”
- “The reason people do not have a rich, beautiful faith is because their spirit is denied the privilege of communion and fellowship with the Father. You don't read your Bible; you don't pour over it; and you don't spend any time in fellowship with the Father. Consequently, your spirit is depleted and weakened...But if your spirit is built up and enriched by communion with the Father and by reading your Bible, your spirit becomes strong and vigorous, with a faith issuing from it that is triumphant and creative.”