

The Loaves and Fishes

Mark 6

LEVEL 4 – SPIRITUAL FOOD

Our bodies need food to stay healthy. In the same way, our minds need “food” to stay healthy. What is the food that the mind needs? We need to feed our minds with the truth from the Lord’s Word.



The Lord had been teaching the multitude of people who had followed Him. He had been “feeding” their minds and spirits.

Isn’t this interesting! Here in the Word we read that the Lord performed this miracle of feeding more than five thousand people with only five loaves and two fishes to show the people that they were being fed spiritually by His teaching.

First, they listened to Him, until they were full of new ideas. Then they ate what He alone could feed them, until they were also physically full.

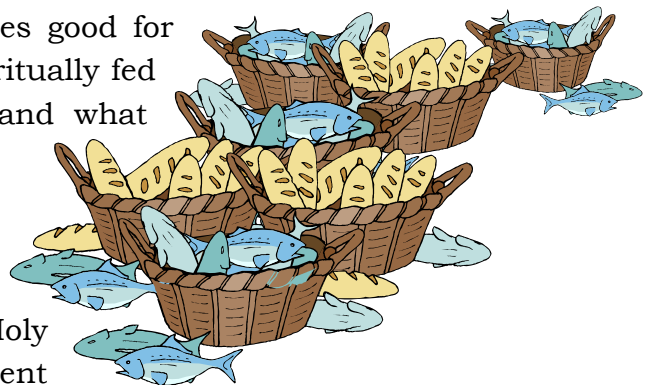
Only the Lord can create food. We can prepare the soil, and plant the seeds, but is the *Lord’s* life flowing into the plant that causes it to grow into food. So the miracle of creating food is happening all around us all the time.

“The kingdom of God is as if a man should scatter seed on the ground, and should sleep by night and rise by day, and the seed should sprout and grow, he himself does not know how.”

Mark 4:26,27

The Lord also tells us that it is sometimes good for people to physically eat after they have been spiritually fed (AE 617). The natural image helps us understand what happens in our minds and spirits.

The Children of Israel were fed manna in the wilderness to help them realize that they depended on the Lord. We celebrate the Holy Supper to act out our reception of nourishment from the Lord.



Project

Your project is an illustration of this idea.

- 1) Go to the Word to look up the missing ingredients in the recipe below.
- 2) Then bake some “bread” from this simple recipe and serve it to your family.

Remember as you serve them how natural eating is a picture of learning from the Word.

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OATMEAL DROP BISCUITS

- Mix together: 1 cup(II Samuel 13: 8)
- 1 Tablespoon baking powder
- ½ teaspoon..... (Mark 9: 50)
- Cut in: ¼ cup (Psalm 55: 21)
- (that means mix in with a knife)*
- Stir in: 1 cup oatmeal
- Stir together 1(Deuteronomy 22: 6)
- in second 1/3 cup..... (Lamentations 4: 7)
- bowl: 2 Tablespoons (Psalm 19: 10)

Add wet ingredients to dry ingredients. Stir just until moistened.
 Drop by spoonfuls onto greased cookie sheets.
 Bake at 425° for 8 to 10 minutes. Makes 12 biscuits.