

**Our Spiritual Food,  
Our Spiritual Rock, and  
The Contents of the Lord's Table**

**Monday 8/11**

**1 Cor. 10:3**

3 And all ate the same spiritual food,

**John 6:31**

31 Our fathers ate the manna in the wilderness, as it is written, "He gave them bread out of heaven to eat."

**John 6:32-35, 48-51, 57-58**

32 Jesus therefore said to them, Truly, truly, I say to you, Moses has not given you the bread out of heaven, but My Father gives you the true bread out of heaven.

33 For the bread of God is He who comes down out of heaven and gives life to the world.

34 They said therefore to Him, Lord, give us this bread always.

35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.

48 I am the bread of life.

49 Your fathers ate the manna in the wilderness, and they died.

50 This is the bread which comes down out of heaven, that anyone may eat of it and not die.

51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; And the bread which I will give is My flesh, given for the life of the world.

57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.

58 This is the bread which came down out of heaven, not as the fathers ate and died; he who eats this bread shall live forever.

**Further Reading:** *HWMR Experiencing, Enjoying, and Expressing Christ(2)...Week 4, Day 1*

**Tuesday 8/12**

**2 Cor. 4:1**

1 Therefore having this ministry as we have been shown mercy, we do not lose heart;

**2 Cor. 3:6**

6 Who has also made us sufficient as ministers of a new covenant, ministers not of the letter but of the Spirit; for the letter kills, but the Spirit gives life.

**Exo. 16:16, 32**

16 This is what Jehovah has commanded, Gather of it, each one according to his eating; you shall take an omer a head, according to the number of your persons, each one for those who are in his tent.

32 And Moses said, This is what Jehovah has commanded, Let an omerful of it be kept throughout your generations, that they may see the bread which I fed you in the wilderness, when I brought you out from the land of Egypt.

**Num. 11:5-6**

5 We remember the fish which we used to eat in Egypt for nothing, the cucumbers and the melons and the leeks and the onions and the garlic;

6 But now our appetite has gone; there is nothing at all but this manna to look at.

**1 Tim. 1:12**

12 I give thanks to Him who empowers me, Christ Jesus our Lord, that He has counted me faithful, appointing me to the ministry,

**Further Reading:** *HWMR Experiencing, Enjoying, and Expressing Christ(2)...Week 4, Day 2*

**Wednesday 8/13**

**1 Cor. 10:4**

4 And all drank the same spiritual drink; for they drank of a spiritual rock which followed them, and the rock was Christ.

**Num. 20:8**

8 Take the rod, and gather the assembly, you and Aaron your brother, and speak to the rock before their eyes, so that it yields its water. Thus you shall bring forth water for them out of the rock and give the assembly and their livestock a drink.

**Exo. 17:6**

6 I will be standing before you there upon the rock in Horeb; and you shall strike the rock, and water will come out of it so that the people may drink. And Moses did so in the sight of the elders of Israel.

**John 19:34**

34 But one of the soldiers pierced His side with a

spear, and immediately there came out blood and water.

**John 7:37-39**

37 Now on the last day, the great day of the feast, Jesus stood and cried out, saying, If anyone thirsts, let him come to Me and drink.

38 He who believes into Me, as the Scripture said, out of his innermost being shall flow rivers of living water.

39 But this He said concerning the Spirit, whom those who believed into Him were about to receive; for the Spirit was not yet, because Jesus had not yet been glorified.

**Further Reading:** *HWMR Experiencing, Enjoying, and Expressing Christ(2)...Week 4, Day 3*

**Thursday 8/14**

**1 Cor. 10:16-17**

16 The cup of blessing which we bless, is it not the fellowship of the blood of Christ? The bread which we break, is it not the fellowship of the body of Christ?

17 Seeing that there is one bread, we who are many are one Body; for we all partake of the one bread.

**1 Cor. 11:23-26**

23 For I received from the Lord that which also I delivered to you, that the Lord Jesus in the night in which He was betrayed took bread,

24 And having given thanks, He broke it and said, This is My body, which is given for you; this do unto the remembrance of Me.

25 Similarly also the cup after they had dined, saying, This cup is the new covenant established in My blood; this do, as often as you drink it, unto the remembrance of Me.

26 For as often as you eat this bread and drink the cup, you declare the Lord's death until He comes.

**Luke 22:19**

19 And He took a loaf and gave thanks, and He broke it and gave it to them, saying, This is My body which is being given for you; do this in remembrance of Me.

**Psa. 16:5**

5 Jehovah is the portion of my inheritance and of my cup; You maintain my lot.

**Further Reading:** *HWMR Experiencing,*

**Friday 8/15**

**1 Cor. 11:25**  
*See Thursday*

**Matt. 26:27-28**

27 And He took a cup and gave thanks, and He gave it to them, saying, Drink of it, all of you,  
28 For this is My blood of the covenant, which is being poured out for many for the forgiveness of sins.

**Ezek. 36:26-27**

26 I will also give you a new heart, and a new spirit I will put within you; and I will take away the heart of stone out of your flesh, and I will give you a heart of flesh.  
27 And I will put My Spirit within you and cause you to walk in My statutes, and My ordinances you shall keep and do.

**Luke 22:20**

20 And similarly the cup after they had dined, saying, This cup is the new covenant established in My blood, which is being poured out for you.

**Heb. 8:10-12**

10 For this is the covenant which I will covenant with the house of Israel after those days, says the Lord: I will impart My laws into their mind, and on their hearts I will inscribe them; and I will be God to them, and they will be a people to Me.  
11 And they shall by no means each teach his fellow citizen and each his brother, saying, Know the Lord; for all will know Me from the little one to the great one among them.  
12 For I will be propitious to their unrighteousnesses, and their sins I shall by no means remember anymore."

**Further Reading:** *HWMR Experiencing, Enjoying, and Expressing Christ(2)...Week 4, Day 5*

**Saturday 8/16**

**Rev. 22:14**

14 Blessed are those who wash their robes that they may have right to the tree of life and may enter by the gates into the city.

**1 Cor. 11:26**  
*See Thursday*

**Matt. 26:17, 19, 26-30, 38-39, 63-64**

17 Now on the first day of the Feast of Unleavened Bread, the disciples came to Jesus, saying, Where do You want us to prepare for You to eat the passover?

19 And the disciples did as Jesus directed them, and they prepared the passover.

26 And as they were eating, Jesus took bread and blessed it, and He broke it and gave it to the disciples and said, Take, eat; this is My body.

27 And He took a cup and gave thanks, and He gave it to them, saying, Drink of it, all of you,

28 For this is My blood of the covenant, which is being poured out for many for the forgiveness of sins.

29 But I say to you, I shall by no means drink of this product of the vine from now on until that day when I drink it new with you in the kingdom of My Father.

30 And after singing a hymn, they went out to the Mount of Olives.

38 Then He said to them, My soul is exceedingly sorrowful, even to death. Remain here and watch with Me.

39 And going forward a little, He fell on His face and prayed, saying, My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will.

63 But Jesus remained silent. And the high priest said to Him, I charge You to swear by the living God to tell us if You are the Christ, the Son of God.

64 Jesus said to him, You have said rightly. Nevertheless I say to you, From now on you will see the Son of Man sitting at the right hand of Power and coming on the clouds of heaven.

**Further Reading:** *HWMR Experiencing, Enjoying, and Expressing Christ(2)...Week 4, Day 6*

**Lord's Day 8/17**

**Exo. 12:1-11**

1 Then Jehovah spoke to Moses and Aaron in the land of Egypt, saying,

2 This month will be the beginning of months for you; it shall be the first of the months of the year to you.

3 Speak to all the assembly of Israel, saying, On the tenth of this month each man shall take a lamb according to his fathers' house, a lamb for a

household.

4 And if the household is too small for a lamb, then he and his neighbor next to his house shall take one according to the number of the persons in the houses; according to each man's eating you shall make your count for the lamb.

5 Your lamb shall be without blemish, a year-old male; you may take it from the sheep or from the goats.

6 And you shall keep it until the fourteenth day of this month; and the whole congregation of the assembly of Israel shall kill it at twilight.

7 And they shall take some of the blood and put it on the two doorposts and on the lintel of the houses in which they eat it.

8 And they shall eat the flesh in that night, roasted with fire, and they shall eat it with unleavened bread with bitter herbs.

9 Do not eat any of it raw or boiled at all with water, but roasted with fire-its head with its legs and with its inward parts.

10 And you shall not let any of it remain until the morning, but any of it that remains until the morning you shall burn with fire.

11 And this is how you shall eat it: with your loins girded, your sandals on your feet, and your staff in your hand; and you shall eat it in haste. It is Jehovah's passover.

**Hymn: #220**

**Further Reading:**

*Life-study of Exodus, msg. 35*

**Churchwide Truth Pursuit of Genesis**

**Level 1—Sequential Life-study Reading**

**Scripture Reading and Copying:** *Gen. 22*

**Assigned Reading:** *Life-study of Genesis, msg(s). 45-46*

**Level 2—Topical Study**

**Crucial Point:** *God's Calling of Abraham in Genesis 12*

**Scripture:** *Gen. 12:1-5*

**Assigned Reading:** *Life-study of Genesis, msg(s). 37-40*

**Supplemental Reading:** *The History of God in His Union with Man, ch. 7; The Gospel of God (1), ch. 10; Truth Lessons, Level Two, Vol. 1, ch. 9; Revelations in Genesis: Seeing God's Calling in the Experiences of Abraham, Isaac, and Jacob, chs. 4, 7; Crystallization Study of Genesis (2), msg. 2*

**Questions:** *See the church website at [churchinnyc.org/bible-study](http://churchinnyc.org/bible-study)*