



Welcome to Week 2, Lesson 2 of Faith & Fit! Jane and I pray that you are digging into God's Holy Word. Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed, please sign your initials on the line: _____

Please read Deuteronomy 8:6-10 in two different versions. The NKJV is below:

"Therefore you shall keep the commandments of the LORD your God, to walk in His ways and to fear Him. 7 For the LORD your God is bringing you into a good land, a land of brooks of water, of fountains and springs, that flow out of valleys and hills; 8 a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive oil and honey; 9 a land in which you will eat bread without scarcity, in which you will lack nothing; a land whose stones are iron and out of whose hills you can dig copper. 10 When you have eaten and are full, then you shall bless the LORD your God for the good land which He has given you."

How do we walk with and fear the Lord?

In verse 7, the word *keep* is such a rich word; it means to *watch, guard, protect, to wait for, to celebrate*. How do you ...

... watch for God's Word?

... protect God's Word?

... wait for God's Word?

... celebrate God's Word?

What adjective does God use to describe the land He wants to bring you to (verse 7)?

In the original Hebrew the word *good* transliterates as *towb* which means *pleasant, agreeable, rich, benefit, welfare, bounty*. For the Hebrew people, the *good land* was a physical reality. For New Testament Christians, our good land is a spiritual reality.

Your *good land* is a place of great fruitfulness, peace, joy, and satisfaction.

Please fill in the blank:

My *good land* is a place where I will lack _____.

God doesn't promise we will have everything, but He does promise we will lack nothing.

Please write the first half of verse 10 in the space below.

Please circle the action verb in the phrase above.

Now, please read Matthew 4:4.

As New Testament Christians, of what are we to eat *until we are full*?

If we walk in God's ways and keep His commands, what shall happen as a result?

God will bless us with a fruitful, satisfying life.

How can you make more room for God in your life?

Thank you for joining us today. See you in Week 3!