**Overcoming Part 1 – Bread (Matthew 4:1-4)**

 Our True Bread is the Word of God.

 Greetings to you dear brothers and sisters (in the Lord) as we begin a new sermon series, appropriate for this season of Lent. Very often the subjects discussed in sermons during this calendar season in the church are connected to spiritual preparation. Following in that tradition, the following few Sundays will include sermons bringing up the theme of overcoming spiritual difficulties and temptations. Also, all our theme verses will be taken from Matthew chapter 4, from the account of Jesus’ temptation in the desert, which contains important lessons connected to the topic of spiritual warfare. So, today we are discussing our spiritual nourishment. What is our true bread? What thing, person or means gives you spiritual and overall strength, nourishment, vision or meaning for your life? Of course, our answer will (hopefully) be that our true bread is the Word of God. Let us speak, then, about the source of this spiritual sustenance…

 If you want your spiritual life to stand on and grow on a strong foundation, make the Word of God your spiritual food. Now, when we talk about the Word of God, we mean a few interconnected things: First, the term “Word of God” can mean God’s commandment or command. Second, it can mean the message of God, be that through and angel, a prophet, or a preacher. Third, it means the written Word of God, the Bible. So, the Word of God can mean an instruction, a message, and the Bible itself. When Jesus was led through the desert, God did so to try His faith. When the Tempter met Jesus there, he didn’t go about questioning Jesus’ identity; rather, he approached Him with the intention of tempting Him to use his given authority and power outside the will of the Father. Of course, Jesus did not solely defeat the devil because He happened to be the Son of God, but also because he had spent 40 days fasting and probably years preparing Himself with the Scriptures, given the fact that He quoted Scripture for each reply he made to the enemy’s temptations. Jesus defeated the Evil One, the Tempter, with the Word of God.

 Conservative American Presbyterian Minister by the name of Clarence Macartney had written the following: “I saw the chamber of Luther, with the bed in which he slept, his wash basin, and his desk—a notable desk, too, for on that desk Luther translated the New Testament into German. On one of the walls of the room there is a place bare of plaster. It is the spot where Luther hurled his inkstand at the devil, whose fearful apparition he had seen. This may be but legend. But there is no doubting the fact that by his translation of the New Testament into the language of the people Luther did hurl an inkstand of considerable weight at the devil and all his works.”

 We too, in turn, ought to throw a large spiritual bomb at the devil’s works through using the Scriptures and bearing witness to God’s work in us through His Word. Our spiritual victories will take place only as we know God’s Word and we declare it out loud.

 Today, dear brother and sister, do not be satisfied with simply the knowledge of Bible verses. Rather, train yourself to declare them out loud, and to quote them to others. Do not be afraid to use the Word as a sword against all the enemy’s spiritual traps. Know that it is only the Word of God that will change you in your depths and defeat the enemy and all his works with certainty.

 Therefore, if you want your spiritual life to stand on and grow on a strong foundation, make the Word of God your spiritual food. So, don’t stay (spiritually) hungry. Eat the real spiritual food which brings life to your soul, and even sometimes your body… Our True Bread is the Word of God. The Lord bless you all. Amen.