

Here's a 5-day Bible reading plan and devotional guide based on the themes from the transcription:

Day 1: The Bread of Life

Reading: John 6:25-35

Devotional: Jesus declares Himself as the Bread of Life, offering spiritual nourishment that surpasses physical sustenance. Reflect on areas in your life where you might be seeking fulfillment from temporary sources. How can you shift your focus to Christ as the ultimate source of satisfaction? Consider writing down specific ways you can prioritize your relationship with Jesus this week.

Day 2: True Contentment

Reading: Philippians 4:11-13

Devotional: Paul's words echo the sermon's message about finding contentment in Christ regardless of circumstances. Think about Gil Contreras and his simple yet fulfilling life in ministry. What possessions or circumstances do you believe would make you truly happy? Pray for God's help in finding contentment in Him alone, and list three blessings you're grateful for today.

Day 3: Idols of the Heart

Reading: Exodus 20:3-6 and Colossians 3:5

Devotional: God warns against idolatry, knowing our tendency to elevate created things above the Creator. Examine your life using the sermon's suggestions: time spent, money allocated, daydreams, and "if only" thoughts. Are there any idols competing for God's place in your heart? Choose one area to surrender to God today, asking for His help in reorienting your priorities.

Day 4: Joy in Suffering

Reading: Romans 5:3-5 and James 1:2-4

Devotional: The story of Josh finding joy in Christ despite severe physical limitations challenges us to reconsider the source of our happiness. Reflect on a difficult situation in your life. How might God be using this to develop your character and deepen your dependence on Him? Pray for the strength to rejoice in your challenges, knowing that God is working through them.

Day 5: Living for Eternal Food

Reading: Matthew 6:19-21 and Colossians 3:1-4

Devotional: Jesus urges us not to work for food that spoils but for that which endures to eternal life. Consider your goals and aspirations. Are they primarily focused on temporary gains or eternal values? Choose one practical way to invest in your spiritual growth today, whether it's extended prayer time, memorizing Scripture, or serving others. Ask God to help you maintain an eternal perspective in your daily choices.