

**Family Worship**  
Week of June 22, 2025

**Instruction:** Whatever time of day works best each day for you or your family, use the prompts below to spend a few minutes together in prayer and the Word. Open and close each session with a simple prayer. Use the questions for meditation or discussion.

**Sermon Meditations: Feeding on Christ**

Monday

- Open in prayer
- Read: John 6:22-40
- Meditation: Pastor Matt's first point was "Seek Christ (not earthly things)". The people are seeking another meal. What they need is heavenly food – Jesus Christ is the true bread. What do we pursue in an effort to feel fulfilled? If it is not Jesus, can it ultimately fulfill us? Are these things bad, then? Not always. But when we try to replace Jesus with these things, they become idols. "Little children, keep yourself from idols." – 1 John 5:21
- Close in prayer

Tuesday

- Open in prayer
- Read: John 6:22-40
- Meditation: Pastor Matt's second point was "Believe in Christ (this is the work of God)". Jesus is standing before the crowd and he has performed miracles. But they do not believe in him. This means they will not be satisfied. In order to feed on the true bread from heaven, we must believe in Christ. Do you believe in him? Do you believe he was sent by the Father to save us from our sin?
- Close in prayer

Wednesday

- Open in prayer
- Read: John 6:22-40
- Meditation: Pastor Matt's third point was "Rest in Christ (enjoy him forever)". If we will believe in Christ, then Christ will fulfill all our longings. We can rest from that frantic search forever. Trust in him and this rest will be yours!
- Close in prayer

**Preparing Our Hearts to Receive the Word**

Thursday

- Open in Prayer
- Read: John 6:41-59
- Meditation: What questions do you have about this text? Is there anything confusing or curious? Does anything stand out as important?
- Close in Prayer

Friday

- Open in Prayer
- Read: John 6:41-59
- Meditation: Westminster Shorter Catechism Question 4 asks, "What do the Scriptures principally teach?" Answer: "The Scriptures principally teach what man is to believe concerning God and what duty God requires of man." What does this passage teach us about God's character and work? What does it teach us about our own hearts and need for a Savior and how we ought to live in the world as followers of Christ?
- Close in Prayer