



[Deuteronomy 8:2-3](#)

(2) And you shall remember that the LORD your God led you all the way these forty years in the wilderness, to humble you *and* test you, to know what *was* in your heart, whether you would keep His commandments or not. (3) So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every *word* that proceeds from the mouth of the LORD.

[John 6:27](#)

(27) Do not labor for the food which perishes, but for the food which endures to everlasting life, which the Son of Man will give you, because God the Father has set His seal on Him.'

New King James Version

God's Word is just as essential to spiritual life as food is to physical life. Just as one must discipline himself to provide and eat physical food, so must one exercise discipline to seek and ingest spiritual food. If one will not do this, then, just as physical health will decline without adequate food, a person's inadequate spiritual diet will lead to spiritual disease. At the very least, one's quality of life will be severely compromised.

In Deuteronomy 8, [God](#) merely states that life has psychological aspects and does not indicate whether bread or God's Word is more important. It only states that God's Word is needed for life. By drawing attention to everlasting life in [John 6:26-27](#), [Jesus](#) clarifies that what goes into the mind for processing and assimilation is far more important than what goes into the stomach.

The quality of what enters the mind will be the major factor that determines the quality of life. Jesus first emphasizes, using the imperative tense, that we should strive for the food that endures, that is, satisfies forever. He wants us to recognize its potential. Merely reading God's Word and putting it into the mind is just the beginning of its

The Berean: Daily Verse and Commentary for Deuteronomy 8:2-3 (<http://www.theberean.org>) usefulness. We must combine further actions to our reading because the Word's ultimate effect does not magically happen. Principally, we must also believe it and put it into action.

— John W. Ritenbaugh

To learn more, see:

[Eating: How Good It Is! \(Part Four\)](#)

Related Topics:

[Assimilation/ Feeding Process](#)

[Eating as Metaphor](#)

[Eternal Life](#)

[God's Word](#)

[Ingesting Spiritual Food](#)

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