> Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness.
> — *2 Corinthians 9:10*

Book: New Testament / 2 Corinthians
Topics: bread, food, generosity, giving, harvest, righteousness

Interpretation:
The Bible verse in *2 Corinthians 9:10* tells us about the importance of generosity and what happens when we help others. The Apostle *Paul* teaches us how God rewards those who give without expecting anything in return.

Now he who supplies seed to the sower

The first thing this verse teaches us is that God is a generous giver. God calls us to be generous to others and to share what we have with those in need. When we give seed to the sower or bread to the eater, we are responding to God's call to be His hands and feet in this world and help meet the needs of others.

Giving seed to the sower means helping those who work in the fields. Give them resources so they can plant the ground and reap the harvest. This is a way to help improve their quality of life by providing a livelihood for them and their families. This expression can be taken as a metaphor that applies to many areas of human activity.

And bread for food will also supply and increase your store of seed

The second important point of this verse is that God rewards generosity. When we give, we do not lose, but gain blessings. When we do what is right, that is, we help those in need, God rewards us. God will grant and multiply our sowing, which means that those who give will see an increase in what they possess.

And will enlarge the harvest of your righteousness

When we are generous to others, we demonstrate our faith through our actions. This is the kind of justice that this verse is talking about. When we demonstrate our faith through our actions, we reap spiritual fruits. These fruits are blessings that will appear in our lives.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.
>
> — *Acts 2:42*

Book: New Testament / Acts
Topics: bread, Church, community, obedience, Prayer

Interpretation:
Acts 2:42 tells us about the importance of persevering in the apostles' teaching. This means standing firm in the teaching of *God's Word* as delivered by the apostles. This is fundamental because it is the apostles' teaching that leads us to understand and live God's will for our lives.

Some of the apostles' teachings that we are to follow are love for our neighbor, humility, honesty, chastity, and faith in *Jesus Christ* as our *Savior*. These teachings enable us to live a full life in fellowship with God, our families, and our friends.

Fellowship with one another

The next aspect mentioned in *Acts 2:42* is fellowship with one another. Communion signifies the bond of love and friendship that exists between Christians. This fellowship is necessary because it allows us to grow together in our love for God and to learn from one another.

Communion also allows us to support each other in prayer, in material and emotional support, and in many other aspects of life. When we come together, we can share our struggles, successes, and worries. And together, we can help each other find solutions and keep our faith strong.

Breaking bread

Breaking bread is another aspect mentioned in *Acts 2:42*. The term refers to the *Lord's Supper*, also known as *the Eucharist* or *Holy Supper*. The Lord's Supper is a constant reminder of Christ's death

and resurrection and their importance for our salvation.

The Lord's Supper is an opportunity to come together as a community around the word of God. By sharing bread and wine, we remember the importance of Christ's sacrifice and renew our faith in Him. Moreover, the Lord's Supper unites us in an act of reverence and humility and encourages us to live according to the will of God.

Prayers

Finally, *Acts 2:42* mentions prayers. Prayers are fundamental to the Christian life because they are a way to communicate with God. Prayer allows us to thank God for His blessings, ask for His help in difficult times, and seek His guidance at all times.

Prayers are also a way for us to unite as a community around God. When we pray together, we can share our requests together and encourage each other to grow in faith and trust in God. Moreover, prayer allows us to sense God’s presence in our lives and helps us feel His grace and love.

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> Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.
> *— Acts 2:46-47*

Book: New Testament / Acts
Topics: bread, Church, community, food, praise, worship

Interpretation:
Acts 2:46-47 shows how first-century Christians lived in fellowship, sharing bread and *the Word of God* both in the temple and in their homes, praising God. These verses teach us that the unity and joy experienced in Christian community is the fruit of perseverance and mutual devotion.

The importance of christian fellowship

The gathering of Christians, both in the temple and in homes, is a foundational practice that strengthens faith, fellowship, and mutual love in the church. Temple gatherings worship God and hear His Word, while homes share bread and enjoy God's blessings in a more welcoming and familiar setting.

Christian communion is not just a practice, but a necessity, as the support and company of our sisters and brothers in faith help us grow spiritually and overcome together the adversities that may come our way.

The importance of praising God

The Bible teaches us that praising God is a way of worshiping Him and expressing our love, gratitude, and reverence. In *Acts 2:47*, we see how the early Christians praised God and how this resulted in the delight of the people and a great increase in the church.

Praise is not only a form of worship, but also a means of evangelism. When we praise God and live by His commandments, we show the world God's grace and love. This can be a powerful witness to those who have not yet met the Lord.

How can we praise God?

Some ways to praise God may include music, prayer, singing, reading the Bible, preaching, and serving others. Praise can also be a way of life, living according to God's commandments and always seeking to honor Him in everything we do.

How can this help us?

Praising God can help us maintain a good relationship with Him, grow spiritually, and find peace and satisfaction in our lives. When we praise God, we focus on Him and His greatness, which can help us leave our worries and problems behind. It can also unite us as a community and strengthen us as Christians.

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> He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the

> Lord.
>
> — *Deuteronomy 8:3*

Book: Old Testament / Deuteronomy
Topics: bread, food, life, suffering, Word of God

Interpretation:
The Book of Deuteronomy is part of the Pentateuch—the first five books of the Bible, attributed *to Moses* and describing the historical events from the creation of the world to Moses' death during the Jewish people's wanderings in the desert. In chapter 8, Moses reminds the Israelites of their experience wandering in the desert. He reminds them how God guided and protected them, and how God miraculously fed them with manna from heaven when there was no food or water in the desert.

Divine providence in our difficult times

Deuteronomy 8:3 is an important lesson from the Book of Deuteronomy. Through Israel's experience in the desert, it shows how God cares for their needs. God not only provided them with food and water, but also taught them that life is not just about food and drink, but also about *His Word and will*. God wanted Israel to learn to trust Him in all their needs. God wanted them to know that their Provider is faithful in difficult times.

Reflection and application to our lives

This passage is relevant to our daily lives. We often face financial, emotional, or physical difficulties that leave us feeling hopeless. In such moments, we can learn from Israel's experience in the desert. We can trust in God's providence.

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> Go, eat your food with gladness, and drink your wine with a joyful heart, for God has already approved what you do.
>
> — *Ecclesiastes 9:7*

Book: Old Testament / Ecclesiastes
Topics: bread, food, heart, joy, life, wine

Interpretation:
In this verse, the wise author of Ecclesiastes encourages us to find joy in enjoying earthly pleasures. Food and drink are two of life's greatest pleasures, and they are God's gifts that we should enjoy with gratitude and contentment. It's important to note that this is not a call to overindulgence, but rather to moderation and gratitude for what we have.

The importance of finding joy in simple things

In a society that increasingly values ??wealth, success, and power, life's simple joys are often overlooked. However, Ecclesiastes reminds us that true joy is found in the simplest, most everyday moments. A delicious meal with friends and family, a glass of wine at the end of a long day—these are what truly make life worth living. When we learn to appreciate these things and rejoice in what we already have, we become happier and more grateful.

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> Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments.
> *— Exodus 34:28*

Book: Old Testament / Exodus
Topics: bread, covenant, fasting, law, nearness, Word of God

Interpretation:
Exodus is one of the most important books of the Bible. It tells the story of the exodus of the Israelites from Egypt led *by Moses*. This verse describes the time when Moses spent 40 days and 40 nights on Mount Sinai with the Lord. During this time, Moses fasted and received the Ten Commandments from God on stone tablets.

Why did Moses fast for forty days?

Fasting is a spiritual practice. In the biblical context, fasting is associated with an act of sacrifice and devotion to God. Moses chose to fast for forty days to demonstrate his devotion to God. By abstaining from food and drink, Moses sought a deep connection with the divine.

The importance of the Ten Commandments

The Ten Commandments were given to Moses by God Himself and written on stone tablets. They represent a list of universal principles and values ??that have profoundly influenced how people understand and build their relationships with God and each other. The Ten Commandments include such precepts as loving God above all else, honoring parents, and prohibiting murder, stealing, lying, and adultery.

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> Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”
> *— John 6:35*

Book: New Testament / John
Topics: bread, faith, food, life

Interpretation:
John 6:35 is one of the most important verses in the Bible because it states *Jesus as the “Bread of Life.”* This refers to the fact that Jesus is our spiritual sustenance and source of life, just as bread is our physical sustenance.

In fact, bread is a staple food in many cultures, and Jesus often uses this symbol in his teaching to explain His role as spiritual sustenance.

This verse is important to us because it shows us the importance of Jesus in our lives. He is our source of sustenance and the only way to find true satisfaction. He is the only one who can satisfy our deepest desires and give us eternal life.

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> I am the living bread that came down from heaven. Whoever eats this bread will live forever. This bread is my flesh, which I will give for the life of the world.
> — *John 6:51*

Book: New Testament / John
Topics: bread, body, heaven, Jesus, world

Interpretation:
John 6:51 describes the analogy between bread and eternal life. *Jesus* introduces himself as the *"living bread"* that comes down from heaven and gives eternal life to those who eat of Him. By speaking of his flesh as the living bread, He suggests that His sacrifice on the cross to save mankind is the source of eternal life.

The important point we can take away from this verse is that eternal life can *only be received through Jesus*. If we want eternal life, we must first enter into a saving relationship *with Jesus Christ and accept Him as our Lord and Savior*. Then, we must develop our relationship with Him by reading the Bible and praying continually.

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> And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."
> — *Luke 22:19*

Book: New Testament / Luke
Topics: bread, body, gratitude, Jesus

Interpretation:
Luke 22:19 is one of the most iconic verses in the Bible. It is one of the words spoken *by Jesus* to His disciples during *the Last Supper*, shortly before His crucifixion. In this verse, Jesus breaks the bread and gives it to His disciples, telling them that the bread is His body and that they should do this in remembrance of Him. This verse is important for Christians because it symbolizes the sacrifice that

Jesus made for humanity.

Interpretation of the verse

In *Luke 22:19*, *Jesus* institutes *the Eucharist*, one of the most important sacraments of the Church. In this sacrament, the bread and wine become *the Body and Blood of Christ*, and the faithful partake of them during the liturgy. Jesus tells His disciples to do this in remembrance of Him, meaning that every time the Eucharist is celebrated, we remember the sacrifice that Jesus made for humanity on the cross.

This verse also shows the humility of Jesus as He takes the common bread, breaks it, and gives it to the disciples as if it were His own body. This teaches Christians the importance of humility and giving to others, as Jesus remains a great example to follow. Furthermore, this verse points out the responsibility of Christians to follow the commands of Jesus, as He gave us a specific command that we must obey in remembrance of Him.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke them. Then he gave them to the disciples to distribute to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.
>
> *— Luke 9:16-17*

Book: New Testament / Luke
Topics: bread, food, miracles, Prayer

Interpretation:
The miracle of the loaves and fishes is one of the most famous and often quoted miracles in the Bible. *Luke 9:16-17* describes *Jesus* taking five loaves and two fish, blessing them, breaking them, and distributing them to His disciples to feed over five thousand people. This miracle is an example of Jesus's miracle-working power, but it is also an example of His compassion for those in need.

The loaves and fishes: a metaphor for God's abundance

These verses are also a metaphor for God’s abundance. Sometimes we feel like we don’t have enough, that our resources are limited. However, when *Jesus* takes the little we have and multiplies it to bless others, He reminds us that God supplies all our needs and that His abundance can overcome any human limitations.

Jesus calls us to share what we have

This passage calls us not only to trust in God, but also to share what we have with others. Often we have enough resources to help others, but we are afraid to share them because we are afraid that we will not have enough. When we are willing to share what we have, we adopt the attitude and behavior of Jesus, our example, toward those in need.

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> One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, “Look, why are they doing what is unlawful on the Sabbath?” He answered, “Have you never read what David did when he and his companions were hungry and in need? In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions.” Then he said to them, “The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.”
>
> *— Mark 2:23-28*

Book: New Testament / Mark
Topics: bread, sabbath

Interpretation:
Mark 2:23–28 describes an encounter between *Jesus* and the Pharisees, during which the Pharisees questioned the disciples’ reasoning for gleaning grain on the Sabbath. He and His disciples were hungry and needed food. The Pharisees believed that any work on the Sabbath was against God’s law.

The importance of the sabbath in the Law of Moses

The Sabbath, also known as the Sabbath, is the seventh day of the Jewish week and is considered a day of rest and worship. According to the Fourth Commandment *(Exodus 20:8–11)*, it is necessary to keep the Sabbath day holy and abstain from work and worldly affairs. Jewish law forbids any work, whether physical or mental, on the Sabbath.

Jesus' response to the pharisees

Jesus rebukes the Pharisees for being too strict in their law and reminds them that David and his men also ate the consecrated bread that was only allowed to the priests *(1 Samuel 21:1-6)*. Furthermore, Jesus tells them that the Sabbath was made for man, not the other way around, meaning that the Sabbath is to be a day of rest and joy.

Lord of the sabbath

Jesus, as the Son of Man and the promised Messiah, has authority over all things. He is Lord of the Sabbath, which means that He has the authority to correctly interpret and apply the Sabbath law. During Jesus' time, the Pharisees had instituted a series of additional laws that strictly regulated the observance of the Sabbath, turning keeping the law into a burden rather than a blessing.

Jesus reminded the Pharisees and His followers that the Sabbath law was not to be a burden or a burden, but rather a blessing. The purpose of the Sabbath is to rest, worship God, and restore our relationship with Him and with each other.

Freedom in Christ

Jesus did not minimize the importance of the Sabbath or the Sabbath law. He freed people from the legalistic and oppressive way of keeping the Sabbath and reminded them that the purpose of the Sabbath is to rest, worship God, and restore our relationship with Him and with others.

Freedom in Christ means that the law is not a means of our salvation or a way to please God, but rather a way to love and obey Him.

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> While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, “Take and eat; this is my body.”
> — *Matthew 26:26*

Book: New Testament / Matthew
Topics: bread, body, Jesus

Interpretation:
In *Matthew 26:26* we see a turning point in the lives *of Jesus* and His disciples. During a meal together, Jesus took bread, blessed it, broke it, and gave it to His disciples, saying, *“Take and eat; this is my body.”*

This passage has become a foundational symbol for the church, as it represents the beginning of the institution *of the Lord’s Supper*.

Bread as a symbol of life

The use of bread in religious life has clear biblical roots in the Old Testament, where it was considered a staple food, a gift from God to sustain life. Bread is also a symbol of unity, as its preparation involves mixing different ingredients together to form a single dough. This is important because unity is a fundamental idea of the Christian community; we are taught to work together in harmony to achieve a common goal.

In this passage, Jesus’ action of taking the bread, blessing it, and breaking it shows us that *He is the bread of life*. It is through His sacrifice that all Christians can be saved and have eternal life. It is important to remember that when we partake of the bread of the Lord's Supper, we not only remember His death and resurrection, but also celebrate His continued existence in us.

The act of blessing

Another important element of the passage is the blessing of the bread. Blessing is a way of expressing gratitude and reverence to God for His blessings and for what He gives us. In this case, Jesus thanked God for the bread, but He also sanctified it, making it sacred.

The idea of blessing applies to our daily lives in many ways. If our lives are filled with gratitude and prayer, we can find the peace and happiness that God has promised us. Blessing also involves passing on blessings to others, becoming a conduit for God's grace and love. As Christians, we should always be ready to bless others and help them along their journey.

The Body of Christ and the unity of the church

When *Jesus* said, *“Take and eat; this is my body,”* He was symbolizing the sacrifice He would make for us on the cross. But He was also talking about the importance of community, the church. The idea that all Christians are part of the Body of Christ became one of the dominant concepts of New Testament theology.

This passage teaches us that as Christians, we are one *in Christ*, despite our differences. We are called to work together as one church to spread God’s love and grace throughout the world. We are to care for our brothers and sisters, to help them in their needs, and to pray for them. Only through unity can we achieve our goals as a Christian community.

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> Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”
>
> *— Matthew 4:4*

Book: New Testament / Matthew
Topics: bread, food, listening, Word of God

Interpretation:
Matthew 4:4 is Jesus’ response to the temptations presented to Him by the devil in the wilderness. The devil tempted Him to turn stones into bread to satisfy his appetite, but Jesus wisely quotes a scripture that reminds him that **life is not just about satisfying our physical needs**. In His response, Jesus teaches us that we need more than just food for our bodies; we need food for our spirits.

After fasting forty days and forty nights, Jesus became hungry. (The number forty is often used in the context of a trial or test in Scripture.) This natural desire provided *the tempter* with an advantage that he used with success on many people. He invited Jesus to use His miraculous power to turn the stones of the desert into loaves of bread.

There is no doubt in the opening words, **“if you are the Son of God.”** They actually mean **“since you are the Son of God.”** The devil is referring to the words the Father spoke to Jesus at His baptism: **“This is my Son, whom I love.”**

To gratify natural desire with divine power in response to Satan’s prompting *is outright disobedience to God*. We are similarly tempted to live for the gratification of natural desires, to choose the way of our

convenience instead of seeking the kingdom of God and his righteousness. The devil says to us, **“You must live, must you not?”**

The central teaching of this verse is that we need spiritual food to survive, just as we need physical food. This verse does not make an equal comparison between the Word of God and bread, but rather, the Word of God is a higher and more essential need than bread. Therefore, when we feed on the Holy Scriptures, we feed our spirits according to God’s divine purpose.

The primary way to feed our spirits is through a life of Bible reading and study. It is the Word of God that nourishes us, guides us, and transforms us as we advance in our faith. The Psalms tell us that *“The law of the LORD is perfect, refreshing the soul. The statutes of the LORD are trustworthy, making wise the simple” (Psalm 19:7)*. When we read and study the Bible, we open ourselves to the wisdom and truth that only God can give.

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> Give us today our daily bread.
> — *Matthew 6:11*

Book: New Testament / Matthew
Topics: bread, dependence, Prayer

Interpretation:
Matthew 6:11 is part of the famous Sermon on the Mount, one of the most important discourses *of Jesus Christ* in the Gospels. In this verse, *Jesus* teaches His disciples to pray and asks them to ask God for their daily bread. This verse is significant because it teaches us about divine providence and the importance of trusting God for our basic needs.

The meaning of “our daily bread”

Bread was a staple in the Eastern Mediterranean diet during Jesus’ time. In the prayer that Jesus teaches His disciples, bread is a symbol of daily sustenance.

When Jesus says “our daily bread,” He is talking about all the basic necessities that we need for daily survival. He is teaching us to trust God for our basic needs and to understand that He is the provider of everything we need.

Trust in divine providence

Matthew 6:11 teaches us to trust in divine providence. God provides us with everything we need to survive in this world. It's easy to be tempted to worry about our daily needs, but Jesus reminds us to put our trust in God and ask Him to provide for us. He assures us that God will give us what we need.

The importance of prayer

Prayer is an important part of the Christian life. By teaching us to ask God for our "daily bread," Jesus shows us that we should pray for our daily needs. We should talk to God in prayer and ask Him to give us everything we need. Prayer also helps us trust God and remember that He is the One who provides for us.

Thoughts on gratitude

When we pray for our "daily bread," we should do so remembering how grateful we are for what God has given us. Gratitude is an important part of the spiritual life. We should remember that everything we have is a gift from God and thank Him for all that He has given us. Through prayer we can express our gratitude and ask God to bless us with what we need.

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> In the days when the judges ruled, there was a famine in the land. So a man from Bethlehem in Judah, together with his wife and two sons, went to live for a while in the country of Moab.
>
> *— Ruth 1:1*

Book: Old Testament / Ruth
Topics: bread, faithfulness, food, worrying

Interpretation:
This verse begins a beautiful and touching story that teaches us several important lessons about *faith, family, and friendship*. We will examine some of these lessons below.

The Importance of Family

A man from Bethlehem-Judah made the decision to emigrate to Moab with his family, his wife, and two children. This decision was motivated by his love and concern for his family, as well as his desire to protect them from famine and instability in Israel. Family is a sacred institution, and it is important that we support each other and make decisions together in difficult times.

God's Provision in Difficult Times

Famine was the reason the man from Bethlehem-Judah moved to Moab, but it was actually God's providence that led him. *Ruth 1:6* says, *"When Naomi heard in Moab that the Lord had come to the aid of his people by providing food for them, she and her daughters-in-law prepared to return home from there."* God provides for His children even in difficult times.

Love and Faithfulness of a Daughter-in-Law

When a man from Bethlehem-Judah came to Moab, he died, leaving behind his wife and two children. The loyalty and love of Ruth, one of the daughters-in-law, for her mother-in-law is touching. In *Ruth 1:16-17*, Ruth says to her mother-in-law Naomi, *"Don't urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me."* Ruth is an example of friendship, love, and true devotion to a cause.

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