

Matthew 6:11 Give us this day our daily bread. *(But what is this bread, this flesh and blood of Jesus Christ, that when we eat of it causes us to dwell in Christ? Again He explains:)*

John 6:63 It is the Spirit that gives life; the flesh profits nothing: the words that I speak unto you, they are spirit, and they are life. *(So the living bread, the flesh and blood of Christ, which when eaten causes me to dwell in Christ, turns out to be the words He personally speaks to me from the Bible – not the flesh of the written word only, which profits nothing, but the written word brought to life by the Holy Spirit, this is the living bread from heaven. When I eat this bread, the flesh and blood of Christ, I live in Christ and He lives in me).*

Anything else besides eating God's words? Yes, retain the words eaten

When I eat God's words, that is the words He speaks to me personally from the Bible enter my heart or spirit, I now dwell in Him and He in me provided those words remain in me and I don't lose them or let them be stolen from me through unbelief:

I John 3:24 And he that keeps His commandments dwells in Him, and He in him... *(This has nothing whatsoever to do with trying to keep the 10 commandments, the verb "to keep" Jesus used here. according to Strong's concordance, means "to not let go, to hold fast, to detain in custody" and the word "commandments" is just a synonym for "words" – in other words Jesus was saying "He who retains His words, walking in the light of them and living by them, continues to dwell in Him. As further indicated by:).*

John 14:23 Jesus answered and said unto him, If a man (or woman) loves me, he will keep (retain) my words: and my Father will love him, and we will come unto him, and make our abode with him.

When I eat and retain God's words, God's love in me is increased

When God's Spirit enlivens a scripture to me those words, now living, are the flesh and blood of Christ and when I eat them they impart to me the very nature of Christ. Since Christ is God and God is love then every time my heart eats God's words more of God's love is imparted to me:

John 15:10 If you keep (retain) my commandments (words), you shall abide in my love; even as I have kept my Father's commandments, and abide in his love.

John 17:26 And I have declared unto them your name (His name is the word of God, therefore this means His word), and will declare it: that the love wherewith

you have loved me may be in them, and I in them. *(To those who receive God's words into their hearts the love of God and the life of Christ are thereby imparted):*

I John 2:5 But whoever keeps (retains) His word, in him truly is the love of God perfected: hereby we know that we are in Him. *(When we eat and retain God's living words in our hearts the love of God is increased in us and by this we know that we are living in God:)*

I John 4:16 And we have known and believed the love that God has for us. God is love; and he that dwells in love dwells in God, and God in him.

I John 4:12 No man hath seen God (with the natural eye) at any time. If we love one another, God dwells in us, and His love is perfected in us. *(The love of God in us for others reveals that we have been feeding on God's words and are abiding in Christ).*

Feeding on and retaining His word, walking in love – living in the Spirit

We know we are living in God and abiding in Christ when we eat God's word, the flesh and blood of Christ, and retain in our hearts the words we have eaten and automatically grow in our love for others. Now the one who leads us into God's word each day and brings the right scripture to life and writes it on our hearts, the one who enables us to retain those words and causes us to obey them, the one who sheds God's love, Jesus Christ God's living word, abroad in our hearts is the Holy Spirit. When I choose to surrender control of my life and submit to the leading of the Holy Spirit I am choosing to make God my dwelling place.

I John 3:24 ...And hereby we know that He abides in us, by the Spirit which He has given us.

I John 4:13 Hereby we know that we dwell in Him, and He in us, because He has given us of His Spirit.

Romans 8:1 ...those who are in Christ Jesus, who walk not after the flesh, but after the Spirit.

Romans 8:9 But you are not in the flesh, but in the Spirit, if indeed the Spirit of God dwell in you. Now if anyone does not have the Spirit of Christ, he is not His.

As born again Christians we have a choice don't we? God invites us to dwell in Him, to abide in Christ, to live in the Spirit, but it's not automatic. God needs our willingness and obedience. If we are not dwelling in God then we must be dwelling outside of God. What is our answer to His loving invitation?