

10 Days of Prayer 2017

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Day 4—The Table of Showbread

“And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.” John 6:35

Suggested Format for the Prayer Time

Praise (approximately 10 minutes)

- Begin your prayer time by praising God for who He is.
- Praise God that Jesus is the Bread of Life.
- Praise God that He is inviting you to eat from this bread of life.

Confession and Claiming Victory Over Sin (approximately 5 minutes)

- Ask God to show you if you’re holding back from surrendering anything to Him. Confess this privately to Him. Claim His victory over those sins.
- Ask God to forgive you for times when you did not choose to eat of the Bread of Life.
- Thank God that He forgives you according to 1 John 1:9.

Supplication and Intercession (approximately 35 minutes)

- Ask the Lord that just as the table of showbread was anointed with oil (Ex. 40:9), the Holy Spirit will direct and teach you in your Bible study.
- Pray that God will help you to eat of the Bread of Life daily and spend daily time in the Word.
- Pray that church leaders (your local pastor, conference, union, division, and General Conference leaders) will spend time in God’s Word daily.
- Pray that God will teach you how to share the Bread of Life with others.
- Pray for a renewed focus on studying the books of Daniel and Revelation, with a particular emphasis on the blessings of the sanctuary service.
- Pray for stronger participation in personal daily reading and following the Bible through “Believe His Prophets,” which emphasizes the study of the Bible and the Spirit of Prophecy.
- Do you have friends or acquaintances who are not feeding upon the Bread of Life but upon the temporary things that this world offers? Pray for them. Ask God how you can help them understand the importance of taking time to eat the heavenly bread.
- Pray for the Asian people groups that include the Buddhists and Hindus, many of whom have never even heard of Jesus or what He has done. Pray that God will give us special wisdom for knowing how to reach their hearts.
- Pray for God to raise up an army of workers to plant churches for the 948 people groups within the 38 countries of Inter-American Division.
- Pray for God to raise up martyrs willing to work among the 746 people groups within the 20 countries of Middle East North Africa Union.
- Pray for the people in the 10/40 Window, where there is so little Christian influence. Pray that God will open the hearts of the people to receive the good news of Jesus.
- Pray for an increased appreciation of the Spirit of Prophecy writings as being applicable today. Pray that church leaders and members read the instructions, counsel, and encouragement on a regular basis.
- Pray that the seven (or more) people on your list will understand the need to read God’s Word and feed on the Bread of Life.
- Pray for any personal needs you have.

Thanksgiving (approximately 10 minutes)

- Thank God for the ways Jesus set us an example of how to spend time daily in communion with the Father.
- Thank God in advance for how He is going to work and answer your prayers.
- Thank God that, when we eat the Bread of Life, we can be transformed into His character.

Suggested Songs to Sing

“I Will Early Seek the Savior” (SDA Hymnal #539); “Fill My Cup, Lord” (SDA Hymnal #493); “Like Jesus” (SDA Hymnal #492); “Moment by Moment” (SDA Hymnal #507); “Turn Your Eyes Upon Jesus” (SDA Hymnal #290); “Take the World, but Give Me Jesus” (SDA Hymnal #329); “Not I, but Christ” (SDA Hymnal #570).

The Table of Showbread

“And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.” John 6:35

The showbread was kept ever before the Lord as a perpetual offering. Thus it was a part of the daily sacrifice. It was called showbread, or “bread of the presence,” because it was ever before the face of the Lord. It was an acknowledgment of man’s dependence upon God for both temporal and spiritual food, and that it is received only through the mediation of Christ. God had fed Israel in the wilderness with bread from heaven, and they were still dependent upon His bounty, both for temporal food and spiritual blessings. Both the manna and the showbread pointed to Christ, the living Bread, who is ever in the presence of God for us. He Himself said, “I am the living Bread which came down from heaven.” John 6:51. (*Patriarchs and Prophets*, p. 354)

The Word of God is to be our spiritual food. “I am the bread of life,” Christ said; “he that cometh to me shall never hunger; and he that believeth on me shall never thirst.” The world is perishing for pure, unadulterated truth. Christ is the truth. His words are truth, and they have a greater value and a deeper significance than appears on the surface. . . . Minds that are quickened by the Holy Spirit will discern the value of these sayings. . . . (*Lift Him Up*, p. 106)

There is but little benefit derived from a hasty reading of the Scriptures. One may read the Bible through, and yet fail to see its beauty or to comprehend its deep and hidden meaning. One passage studied until its significance is clear to the mind, and its relation to the plan of salvation is evident, is of more value than the perusal of many chapters with no definite purpose in view, and no positive instruction gained. Keep your Bible with you. As you have opportunity, read it; fix the texts in your memory. Even while you are walking the streets, you may read a passage, and meditate upon it, thus fixing it in the mind.

The life of Christ, that gives life to the world, is in His Word. It was by His word that Jesus healed disease and cast out demons; by His word He stilled the sea, and raised the dead; and the people bore witness that His word was with power. He spoke the word of God, as He had spoken to all the prophets and teachers of the Old Testament. The whole Bible is a manifestation of Christ. It is our source of power.

As our physical life is sustained by food, so our spiritual life is sustained by the Word of God. And every soul is to receive life from God’s Word for himself. As we must eat for ourselves in order to receive nourishment, so we must receive the Word for ourselves. We are not to obtain it merely through the medium of another mind.

Yes, the Word of God is the bread of life. Those who eat and digest this Word, making it a part of every action and of every attribute of character, grow strong in the strength of God. It gives immortal vigor to the soul, perfecting the experience and bringing joys that will abide forever. (*Lift Him Up*, p. 261)

Verily, verily, I say unto you, He that believeth on me hath everlasting life. I am that bread of life. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. (John 6:47-50)

Many are starved and strengthless because, instead of eating of the Bread which came down from heaven, they fill their minds with things of minor importance. But if the sinner will partake of the Bread of Life, he will, regenerated and restored, become a living soul. The Bread sent down from heaven will infuse new life into his weakened energies. The Holy Spirit will take of the things of God and show them to him, and if he will receive them his character will be cleansed from all selfishness, and refined and purified for heaven. (*That I May Know Him*, p. 106)

It is not enough for us to know and respect the words of the Scriptures. We must enter into the understanding of them, studying them earnestly. . . . Christians will reveal the degree to which they do this by the healthiness of their spiritual character. We must know the practical application of the Word to our own individual character-building. We are to be holy temples, in which God can live and walk and work. Never must we strive to lift ourselves above the servants whom God has chosen to do His work and to honor His holy name. “All ye are brethren.” Let us apply this Word to our individual selves, comparing scripture with scripture.

In our daily lives, before our brethren and before the world, we are to be living interpreters of the Scriptures, doing honor to Christ by revealing His meekness and His lowliness of heart. As we eat and digest the bread of life, we shall reveal a symmetrical character. By our unity, by esteeming others better than ourselves, we are to bear to the world a living testimony of the power of the truth. . . . (*Lift Him Up*, p. 105)

The Holy Spirit will come to all who are begging for the bread of life to give to their neighbors. (*The Faith I Live By*, p. 334)