

## FOOD FOR THOUGHT

### Seeking Instruction from the Lord

**What are some of the ways that you can get spiritual nourishment from the Lord?**

Pray to the Lord for spiritual nourishment.

Read the Lord's Word.

Attend a church service to join others in worshiping the Lord. Listen carefully to the reading of the Lord's Word and the sermon.

Listen to a church service. Audio files of New Church worship services can be found at [www.newchurch.org/sermons](http://www.newchurch.org/sermons)

Keep a journal, writing down the questions that you would like answered. As you seek the answers, write about the process and the results. Look back over your journal from time to time so that you can appreciate how the Lord is leading you to find spiritual nourishment.

Read an article or sermon that can help you see ways to apply the Lord's teachings to your life. (For New Church sermons and articles in print that are available online...

- a) Read a sermon or article on the New Church Vineyard magazine.
- b) Or go to [www.newchurch.org/sermons](http://www.newchurch.org/sermons) and download a printed version of sermons to read. (See "Text Sermons" on the menu).

Read a religious book. (These can be ordered online from the New Church Bookstore at <http://store.newchurch.org/home.php>.)

View one of Macromedia Flash presentations such as **Introducing the New Church**. These can be found at [www.newchurch.org/resources/newcomers](http://www.newchurch.org/resources/newcomers) .

Make time to worship the Lord on your own, saying the prayer and reading His Word.

Read ***New Church Connection Magazine***, viewing a digital file online or subscribing to it at [www.newchurch.org/resources/newcomers/ncConnectMag](http://www.newchurch.org/resources/newcomers/ncConnectMag). Past issues talk about *Knowing God, Finding Purpose, Divine Providence, Understanding the Bible, Spirituality and Marriage, and Life After Death*.

Worship the Lord in your home with your family. For thoughts on the value of family worship, see the article by Joseph David on "[Worship as a Family Activity](#)."

Take a religion course at Bryn Athyn College of the New Church.

(See [www.brynathyn.edu/college/academics/rs-rel.html](http://www.brynathyn.edu/college/academics/rs-rel.html) for a list of the religion courses.)