

# The Word = Jesus

When you read the stories and teachings in the Bible, you gain peace, faith, and trust.

You learn that God created you and the whole world. And when He did so, He said it was good.<sup>1</sup> He loves this world and His creation very much, and that includes you.

When you read the stories in the Bible about how God cared for others, you are encouraged that what He did for others, He can do for you too. You can probably easily name five stories or more in the Bible where God took care of His people when things looked difficult. (Hint: There are many such stories in Exodus, Joshua, and Acts, as well as elsewhere in the Bible.)

By reading the Bible, especially the New Testament, you learn about Jesus. Did you know that Jesus is called "the Word"? The Apostle John wrote: "Before the world began, the Word was there. The Word was with God and the Word was God. He was there with God in the beginning. Everything was made through him and nothing was made without him. In him was life, and that life was a light for the people of the world" (John 1:1-4 ERV).



<sup>1</sup>See Genesis 1:31.

Jesus is the Rock that you can rest on.

"The Lord is my Rock, my fortress, my place of safety" (Psalm 18:2 ERV).

Jesus knows you well. He is your brother and best friend. And because He lived on earth from babyhood into adulthood, He understands what it's like to be human. He is always eager to help you in your life. Just ask Him.

"Jesus, our high priest, is able to understand our weaknesses. When Jesus lived on earth, he was tempted in every way. He was tempted in the same ways we are tempted, but he never sinned" (Hebrews 4:15 ERV).

Take time with Jesus every day; enjoy His teachings and His friendship. To read the Bible is one way to spend time with Jesus and to grow in faith and loving behavior. Take time to pray and talk with Jesus and listen to Him is an important part of spending time with Jesus.

Are you spending time with Jesus today?

