

Union Baptist Church

“You Are What You Eat” and “It Ends With Us”

Bible Study

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January 7, 2026

Please find below the fill-in-the-blank Bible study handout for our upcoming session.

I encourage you to read the Scriptures in advance and come prepared to reflect honestly and engage fully. Although we are meeting virtually, I anticipate your feedback. Please use the response features, such as hearts, likes, applause, etc.

In addition to the response features, you may submit questions and comments via chat.

Let’s usher in the Lord’s presence and make this a place of revelation, inspiration, and transformation.

You Are What You Eat

Do not allow yourself or those you love to be passively shaped by the world through news media, social media, podcasts, reality television etc. In 2026, be intentional about a consistent daily consumption of the Word of God. Your appetite affects your altitude, and what you digest determines your direction.

Principles

- _____

- _____

- _____

1. Core Truth

What I consistently _____ spiritually will eventually shape who I _____.



Matthew 4:4

“Man shall not live by _____ alone, but by every _____ that proceeds from the mouth of God.”

2. Spiritual Diet Check



Jeremiah 15:16

God’s Word is meant to be _____, not just _____.

“If I am spiritually weak, it may be because my spiritual diet lacks _____.”



Hebrews 5:12–14

Spiritual maturity requires _____ food, not just _____.

The Responsibility Principle: “It Ends With Us”

In 2026, do not sit around and wait for something to happen to you. Get up and make something happen for you.

Principles

- _____

- _____

- _____

Understanding Famine



Amos 8:11

A famine not of _____, but of hearing the _____ of the Lord.

Modern famines can include a lack of _____, an absence of _____, a broken _____, and silence from _____.



Genesis 41

God used _____ to store provision for generations.



2 Kings 4:1–7

The oil stopped flowing when the _____ stopped bringing _____.

God often multiplies what I already _____, not what I wish I had.

5. Jesus: The True Source



John 6:35

Jesus is the _____ of life.



Colossians 3:3

“My life is _____ with Christ in God.”

6. Personal Declaration

I will not pass on what _____ me.

I will feed on what gives _____.

By God’s grace, the _____ stops with me.

7. Application

One habit I need to remove: _____

One habit I need to add: _____

One area where I will stop the famine: _____

Please keep this handout so that you may pray through what you envision removing, adding, and stopping during the season of Lent. Our 40 Day fast will begin on Ash Wednesday, February 18, 2026. During this time, you will use what you’ve identified above as our prayer emphasis.