



WRITTEN BY



NATALIE NAKASI



MY SEED FAITH

growing food that gives life





THE CHURCH
THE BODY
THE CHURCH
THE BODY
THE CHURCH
THE BODY
THE CHURCH
THE BODY

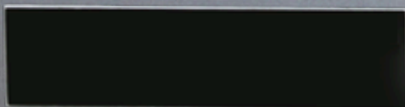
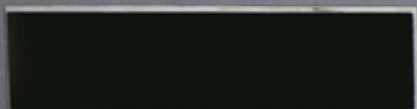
BOOK 1 VOLUME 2

THE CHURCH

PSALM 144:1-2

Praise be to the Lord my Rock, who trains my hands for war, my fingers for battle. He is my loving God and my fortress, my stronghold and my deliverer, my shield, in whom I take refuge, who subdues peoples under me.

THE BODY



ABOUT MY SEED FAITH





My Seed Faith is a devotional designed to assist you as you grow in your Christian faith. Faith-building involves studying and interpreting the Bible so that you can discover for yourself who God, Jesus and the Holy Spirit are, and what it means to trust in them. To build faith, you must first know who God is.

Knowing who he is builds confidence. When you are confident in who God is, that is faith. Having faith isn't always easy. All Christians struggle at times, but growth is possible. My Seed Faith focuses on cultivating faith, the kind of food that gives life.

HOW TO USE THIS DEVOTIONAL





If you have ever grown a plant from a seed, you know that growth takes time. Treat this devotional like a seed you have just planted. “Water” it by taking notes, whether written, recorded, or shared in conversation with others. Don’t be afraid to ask tough questions. Every thought is helpful when processing the Bible, which can often feel dense or intimidating. Take your time. Return to the sections in this volume often to check in, just as you would watch a seedling for the first signs of growth.

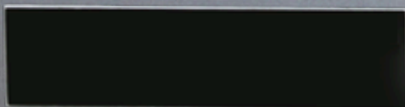
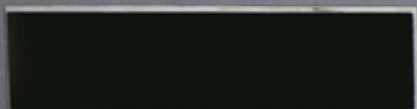
Each volume examines specific verses in the Bible to reveal more about who God is. Interpretations and questions are provided to help you reflect deeply on the text. Consider these insights alongside your own personal reflections and the lessons you are discovering about God’s character. Exploring the Bible in this way can help you grow a deeper understanding of the text and allow your faith to feel more grounded.

THE CHURCH

COLOSINIANS 1:24

Now I rejoice in what I am suffering for you, and I fill up in my flesh what is still lacking in regard to Christ's afflictions, for the sake of his body, which is the church.

THE BODY



THE CHURCH

WHAT DOES
COLOSSIANS
1:24 SAY
ABOUT THE
CHURCH?





THE BODY

Colossians 1:24 describes the church as the body of Christ. Just as Jesus suffered in his physical body to fulfill God's promise, believers—as his metaphorical body—must also undergo suffering.

CONSIDER

Have you suffered for your faith? If not, what do you think suffering for your belief looks like? Take a moment to write or talk it through.

THE CHURCH

**WHAT DOES
PAUL SAY
ABOUT JESUS'
SUFFERING
AND HOW
DOES THIS
ENCOURAGE
HIM?**





THE BODY

Suffering, like what Jesus endured, does not end in despair. Writing to the church in Colossae, Paul tells them not to weep over his own suffering, which stems from his commitment to preaching and teaching about Jesus. He explains that as a believer, he is willing to endure in his own body what Jesus faced: ridicule and even physical death.

Jesus was not only insulted; he completely sacrificed his life. He endured many trials—including death itself—so that God could demonstrate his power by raising him from the dead.

CONSIDER

What trials did Jesus go through? Take a moment to write or talk it through.

THE CHURCH

**WHY SHOULD
YOU REJOICE
WHEN
ENDURING
SUFFERING AS
A BELIEVER?**





THE BODY

Paul is saying that whatever he must endure as part of Christ's symbolic body on earth, he intends to see every trial through to the end. These challenges, insults, and persecutions do not cause him to give up or make him worried. Instead, he chooses to rejoice. He remembers that just as God rescued Jesus from all his trials—including death—and proved his power throughout the life of Christ, God will do the same for the metaphorical body of Christ. He will sustain the church and all who believe, even as we go through trials, suffering and persecution for following him and preaching his name.

CONSIDER

Looking on your own life what good has come from personal trials or sufferings you went through because of something you believed in? Take a moment to write or talk it through.

THE CHURCH

**WHAT DOES
SUFFERING
TEACH
BELIEVERS?**





THE BODY

Suffering produces endurance and perseverance. We are used to thinking negatively about challenges that suffering is a state of hopelessness. Paul says that suffering in the context of things Christians go through because of their faith are not hopeless situations. They are challenges that build strength to endure and lead to favorable outcomes.

CONSIDER

What else can suffering teach us? Take a moment to write or talk it through.

THE CHURCH

HOW DO I APPLY IT TO MY LIFE?

When you are experiencing challenges or are being insulted or must endure physical suffering in your body, stress, anxiety, fear, doubt, imprisonment or anything else, remember to rejoice and have faith.





THE BODY

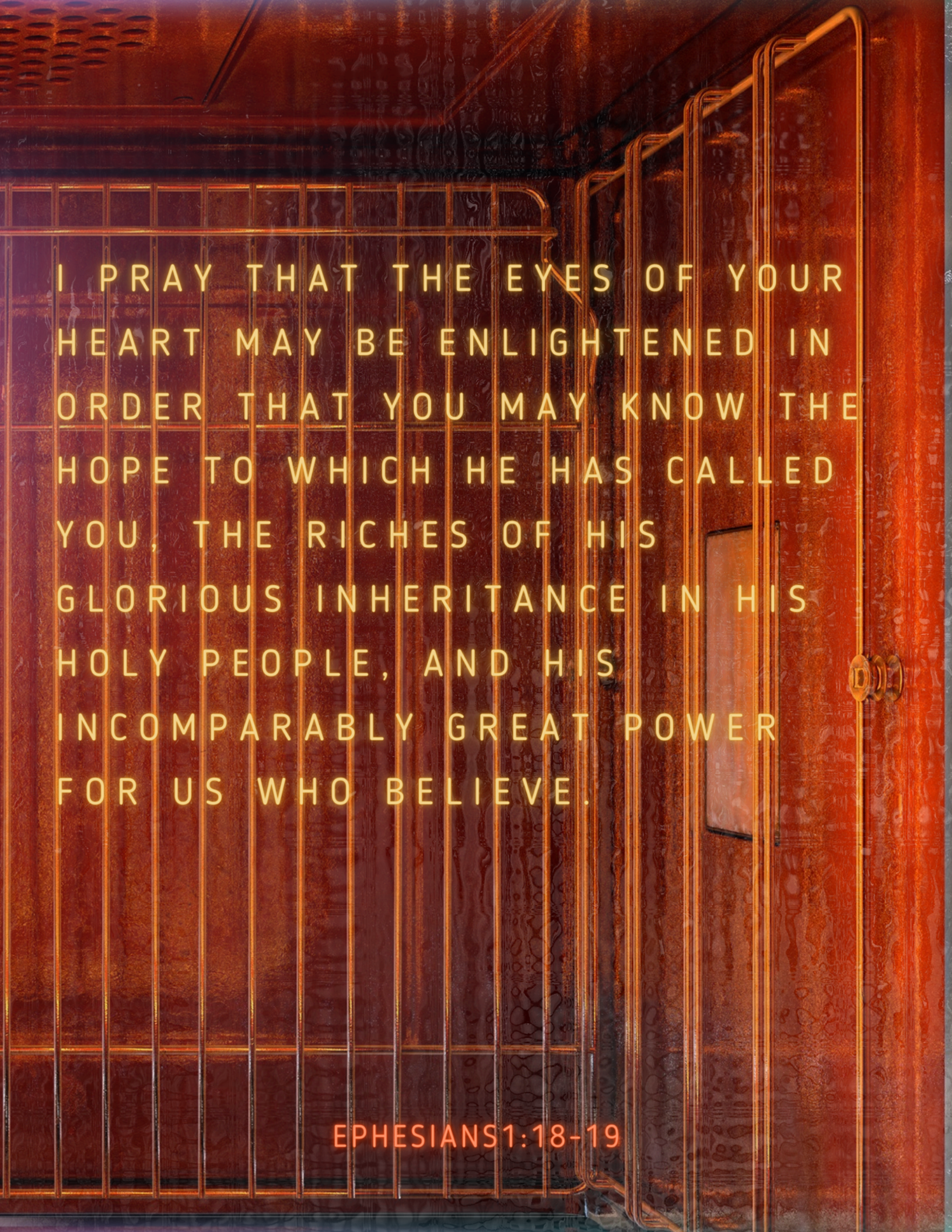
Remember that you experience this because you are the metaphorical body of Christ, whose own physical suffering resulted in a physical and spiritual reward. Just as in strength training, the temporary pain you feel while putting your body through stress allows you to gain muscle, endure more, and become stronger.

Spiritually, whatever you endure for your faith, you should have the foresight to see that present suffering is not the end. Being challenged in your faith builds the character needed for deep conviction and a strong and secure belief system. We can rejoice because we know God is our provider—committed to us, able to rescue us, and capable of performing miracles on our behalf so that others may believe through our testimony.

CONSIDER

Why do people suffer for their beliefs? Take a moment to write or talk it through.





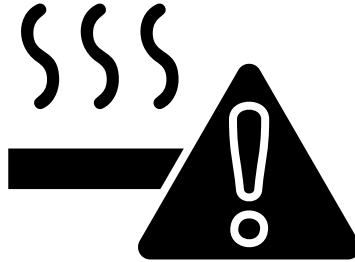
I PRAY THAT THE EYES OF YOUR
HEART MAY BE ENLIGHTENED IN
ORDER THAT YOU MAY KNOW THE
HOPE TO WHICH HE HAS CALLED
YOU, THE RICHES OF HIS
GLORIOUS INHERITANCE IN HIS
HOLY PEOPLE, AND HIS
INCOMPARABLY GREAT POWER
FOR US WHO BELIEVE.

EPHESIANS 1:18-19

THE CHURCH



**What does
Ephesians
1:18-19
reveal
about the
church?**



Paul prays for enlightenment, which suggests that there is something his audience does not yet know—a mystery. A mystery remains hidden until it is revealed; in this case, the mystery being unveiled is what God truly thinks about his people.

God sees his people as entitled to an inheritance. Because you are Christ's body on earth, his inheritance is your inheritance; and because he is holy, God views you as holy as well.



THE BODY

CONSIDER

What do you believe God thinks about people? Take a moment to write or talk it through.





THE POWER IS THE SAME AS THE
MIGHTY STRENGTH HE EXERTED
WHEN HE RAISED CHRIST FROM
THE DEAD AND SEATED HIM AT
HIS RIGHT HAND IN THE
HEAVENLY REALMS, FAR ABOVE
ALL RULE AND AUTHORITY,
POWER AND DOMINION, AND
EVERY NAME THAT IS INVOKED,
NOT ONLY IN THE PRESENT AGE
BUT ALSO IN THE ONE TO COME.

EPHESIANS 1:19-21

THE CHURCH



What does Ephesians 1:19-21 reveal about the church?

Just as the ultimate sacrifice of Jesus was not hopeless because God rescued his body from death, we should not view our own situations as hopeless. Instead, we must remember who it is we believe in. As the Son of God is an heir, we—as people of faith—share in his inheritance as members of his body on earth. Through the revelation of the Holy Spirit, Paul writes that this inheritance provides access to a great power: the power of God working on our behalf to rescue us from suffering, just as he rescued Jesus from the dead

After Jesus endured, he was given his inheritance: a position of high authority 'far above all rule and authority, power and dominion, and every name that is invoked.' As the body of Christ on earth, this power and authority is our inheritance as well. We have power over our situations because we are his body. Since no situation can defeat him, no situation can defeat us; since no power can dominate him, no power can dominate us.

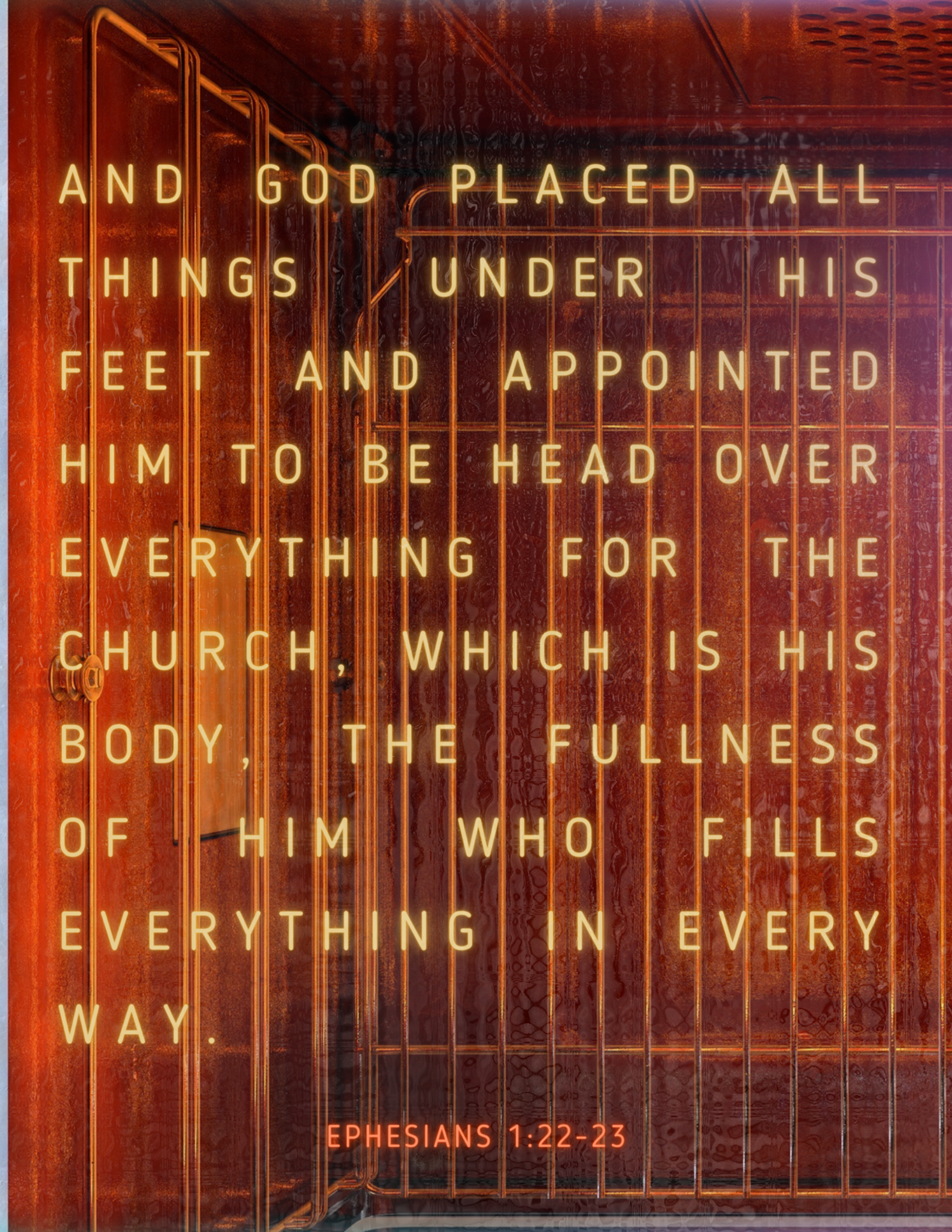


THE BODY

⚠ CONSIDER

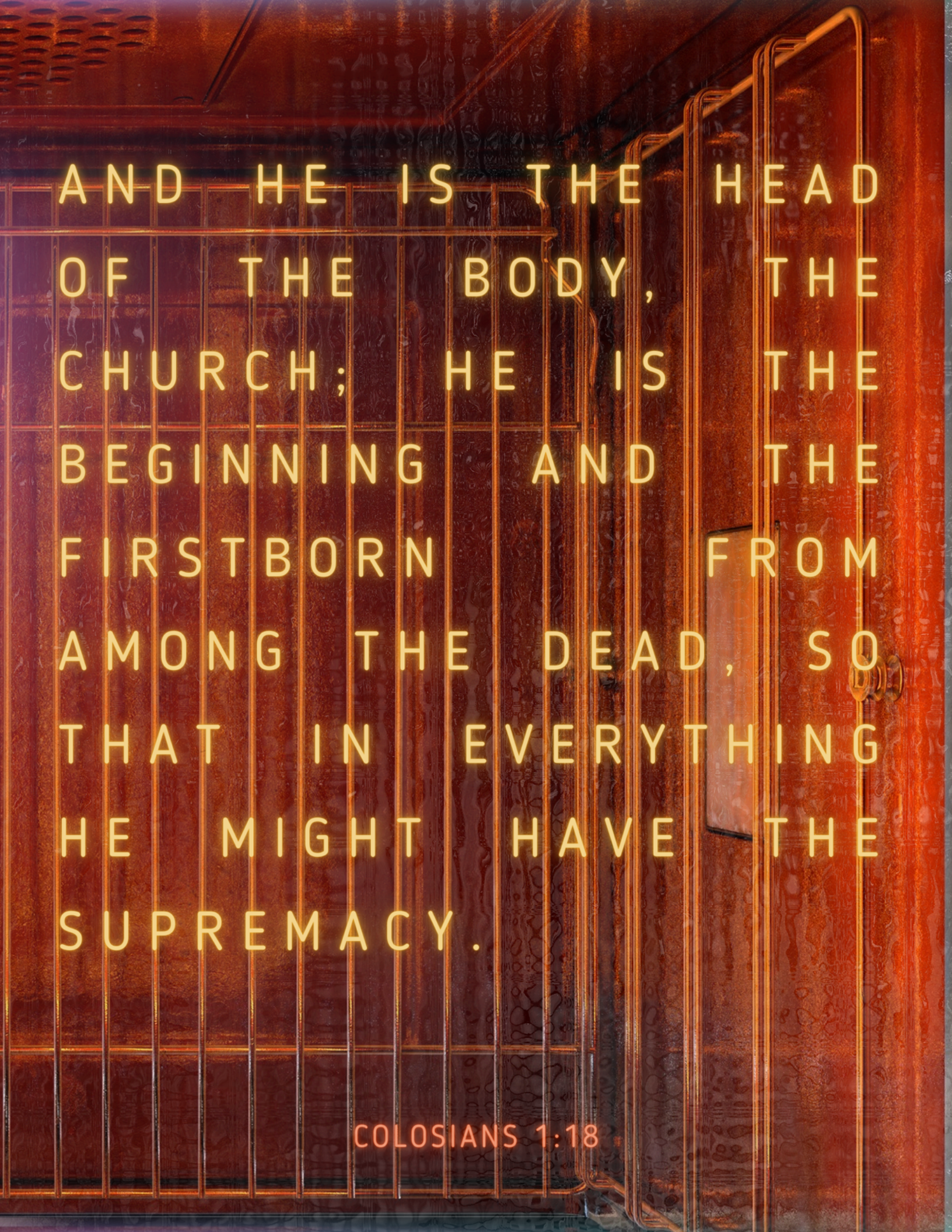
What does Christ inherit that we also inherit? Take a moment to write or talk it through.





AND GOD PLACED ALL
THINGS UNDER HIS
FEET AND APPOINTED
HIM TO BE HEAD OVER
EVERYTHING FOR THE
CHURCH, WHICH IS HIS
BODY, THE FULLNESS
OF HIM WHO FILLS
EVERYTHING IN EVERY
WAY.

EPHESIANS 1:22-23



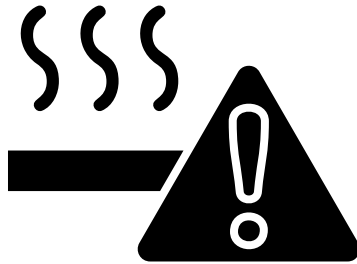
AND HE IS THE HEAD
OF THE BODY, THE
CHURCH; HE IS THE
BEGINNING AND THE
FIRSTBORN FROM
AMONG THE DEAD, SO
THAT IN EVERYTHING
HE MIGHT HAVE THE
SUPREMACY.

COLOSIAINS 1:18

THE CHURCH



**What do
Ephesians
1:22-23 and
Colossians
1:18 say about
the church?**



The Holy Spirit reveals to Paul that, as members of the body of Christ, we each serve as distinct parts. However, in this metaphor, believers are not the head; Christ is the head. This means he is the one to whom we are held accountable, while we, as parts of his body, fulfill his will on earth.

God uses us to display his power on earth. While everything is subject to God, we—as his body—have authority over all things, not to dominate, but to fulfill God's will in every way.



THE BODY

⚠ CONSIDER

What does it mean for God to have supremacy and control over everything? And, what does it mean for us to be parts of a body that shares in that supremacy? Take a moment to write or talk it through.







THE CHURCH

WHAT DO THESE SCRIPTURES TELL US ABOUT GOD?

These scriptures reveal
the absolute power and
authority God has over
all the earth.





THE BODY

THE CHURCH

WHAT DO THESE SCRIPTURES TELL US ABOUT JESUS?

These scriptures testify
that Jesus is the Son of
God, who has been
given full authority, by
God, to rule.





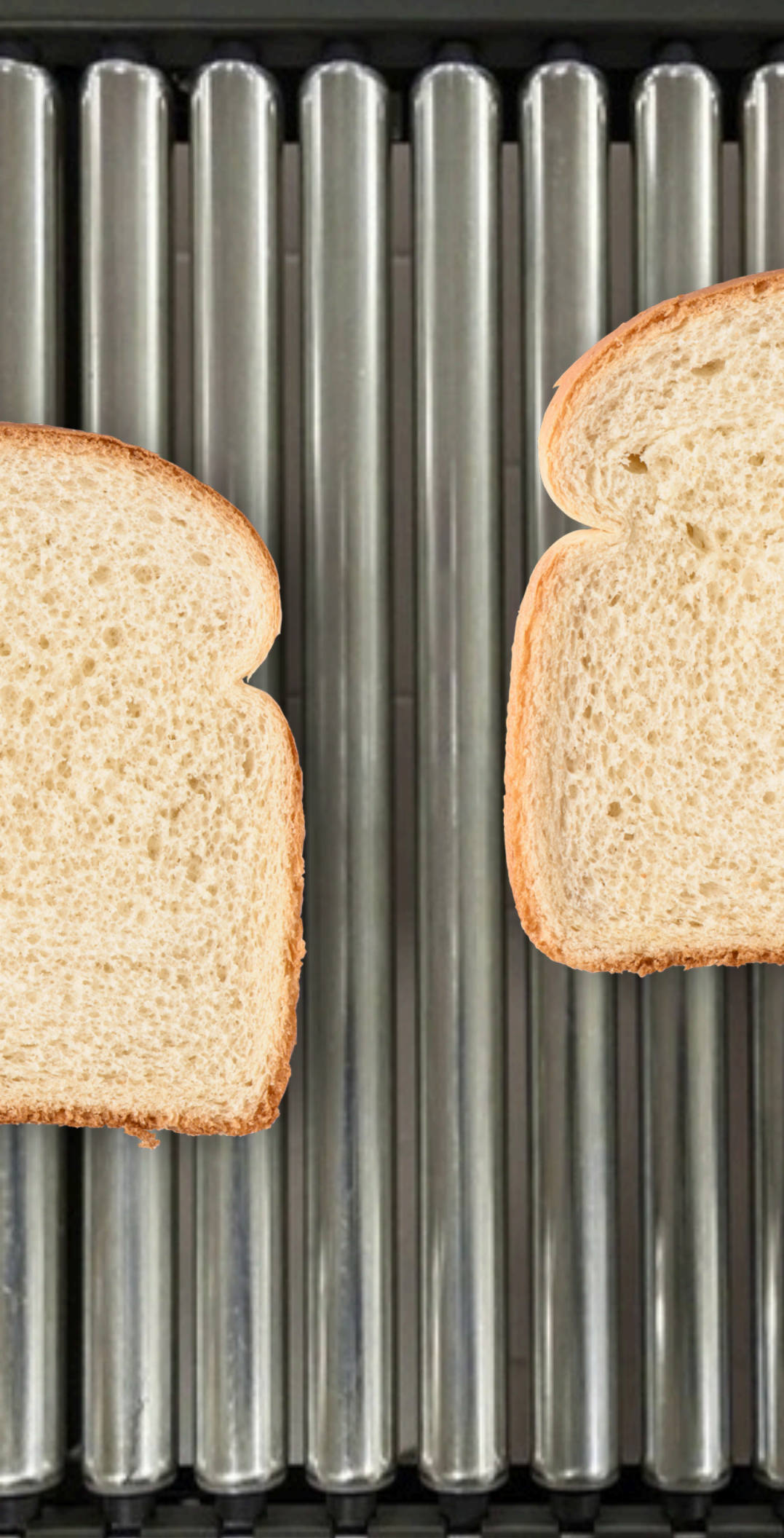
THE BODY

THE CHURCH

WHAT DO THESE SCRIPTURES TELL US ABOUT THE HOLY SPIRIT?

The Spirit of God reveals God's nature and our identity as the body of Christ, reminding us that though we endure suffering, we are never without hope. As members of Christ's body, we are heirs to his power, possessing the same victory over our trials that God gave to Jesus. This is why we can rejoice even in the midst of suffering.





THE BODY

CONSIDER

Do these verses reveal anything else to you about God, Jesus and the Holy Spirit? Take a moment to write or talk it through.

THE CHURCH





THE BODY

THE CHURCH



THE BODY

grow
faith

grow
food



THE CHURCH

REFLECTION

How have these verses changed the way you see God, Jesus and the Holy Spirit? What is clearer to you now, and what are you still wondering about? Take a moment to write down your thoughts or talk them through.



THE BODY



grow
faith
—
grow
food

PRAYER

I pray, as the tax collector did in Luke 18:13, that you, oh God, would have mercy on me, a sinner. I pray that I would not look to my own righteousness or my own deeds for justification, but look to you as the one who defines who I am. You have declared that I am your heir and a member of your body—righteous and holy, just as you are. I pray that your power would work within me to fulfill your word and your will; grant me the strength to endure whatever I must face as a believer and a member of the body of Christ on earth.

**grow
faith**

**grow
food**

