

Connect timeless truths with today's news.

HOW TO TELL IF BREAD IS STALE

In bygone years, you could tell if a loaf of bread on your grocery store shelf was fresh or stale by looking at the color of the plastic tag used to seal the package. If it was blue, for example, that loaf would be fresh until Monday. After that, it would be pulled from shelves. But today, most bread makers don't use the color system; they employ a "Best By" date printed on the packaging. However, if you don't see the date or just don't trust it, experts say you can use your senses to test for freshness. If you can see into the bag, look for excessive loose crumbs. Second, squeeze the loaf gently to see if it springs back (if so, it's fresh). Third, inhale deeply over the package—if there is a yeasty aroma, take that loaf home with you.

HOW TO TELL IF YOU LOVE GOD

Our reading today from 1 John lists several signs for whether or not a person is truly loving God. People can say they love the Lord, but if they don't live by his commands, their claim isn't true, at least in that moment. People can profess to follow him, but if they don't love others, John says that God is not actively living in and through them. When we truly love God, people can tell.

1. What's your best tip for shopping at the grocery store?
2. Why can it be difficult to perceive someone else's spiritual health?
3. When do you find that you walk most closely with the Lord?

Additional Resources

Any videos or web materials are for your personal use. If you play any media files in class, be sure to have the necessary rights to do so.

[Contemporary Worship Weekly](#)

[Echoes Worship Weekly](#)

[Traditional Worship Weekly](#)

[Theology of Work Project on 1 John](#)

[Steven J. Cole on "How to Know that You Know Him \(1 John 2:3–6\)"](#)

[Video: BibleProject Summary of 1–3 John](#)