



## I. INTRO

- A. Food has a powerful effect on your body
- B. Food for thought
  - The Bible uses natural everyday things to help us understand spiritual truths
- C. Food for transformation

**Jeremiah 15:16 (NKJV) Your words were found, and I ate them, And Your word was to me the joy and rejoicing of my heart; For I am called by Your name, O Lord God of hosts.**

- D. How does transformation come?
  - **Information alone doesn't always lead to transformation**
  - There's nothing wrong with any of you that the right spiritual diet can't fix

## II. WE LIVE LIFE ON THREE LEVELS

- A. Life on three dimensions

**1 Thessalonians 5:23 (NKJV) Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.**

**Hebrews 4:12 (NKJV) For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.**

- **Body:** The dimension of a person that deals with the physical realm. (Paul – “the house in which we live”)
  - **Soul:** The dimension of a person that deals with the mental realm. (Our intellect and our will, the part of us that reasons and thinks)
  - **Spirit:** The dimension of a person that deals with the spiritual realm. (It's the part of you that knows God)
- B. You are a spiritual being, who has a soul and you currently live in a body
    - God is a spirit and we are created in His class

**John 4:24 (NKJV) God *is* Spirit, and those who worship Him must worship in spirit and truth.”**

**Genesis 1:27 (NKJV) So God created man in His *own* image; in the image of God He created him; male and female He created them**

- C. Death = separation



D. Spiritual death entered Adam & Eve and separated humanity from God

**John 3:3 (NKJV)** Jesus answered and said to him, “Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.”

**John 3:5-6 (NKJV)** <sup>5</sup> Jesus answered, “Most assuredly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. <sup>6</sup> That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.

### III. THE HINGE

**2 Corinthians 5:17 (NKJV)** Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

A. You have a part to play

**Romans 12:1-2 (NIV)** Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. <sup>2</sup> Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

B. Your soul (mind, will and emotions) is the hinge between spirit and body

### IV. FOOD FOR THOUGHT

A. The right diet

**1 Corinthians 3:1 (NKJV)** And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ.

**1 Corinthians 3:2-3 (NKJV)** <sup>2</sup> I fed you with milk and not with solid food; for until now you were not able *to receive it*, and even now you are still not able; <sup>3</sup> for you are still carnal. For where *there are* envy, strife, and divisions among you, are you not carnal and behaving like *mere men*?

B. How do we eat?

- It’s not normal to eat one meal a week is it?
- Christianity isn’t designed to work from Sunday to Sunday

**Psalms 103:1-5 (NKJV)** Bless the Lord, O my soul; And all that is within me, *bless* His holy name! <sup>2</sup> Bless the Lord, O my soul, And forget not all His benefits: <sup>3</sup> Who forgives all your iniquities, Who heals all your diseases, <sup>4</sup> Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, <sup>5</sup> Who satisfies your mouth with good *things*, So *that* your youth is renewed like the eagle’s.