



I. REVIEW/INTRO

A. Food for thought

- The Bible uses natural illustrations to help us understand spiritual truths

B. We experience life on three levels

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.

- Body – The dimension of a person that deals with the physical/real; our “house”—one day it will be evicted, the house uninhabitable
- Soul – mind, will and emotions—the part of us that reasons and thinks
- Spirit – the part of you that connects with the spiritual realm where God resides
- **You are a spiritual being, who has a soul and you currently live in a body**

C. The right diet

1 Corinthians 3:1-3 (NKJV) And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ. ²I 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; ³for you are still carnal. For where *there are* envy, strife, and divisions among you, are you not carnal and behaving like *mere men*?

D. How do we eat?

- We eat daily and regularly
- Christianity isn't designed to work from Sunday to Sunday
- Premise: There's nothing wrong with any of you that the right spiritual diet can't fix

1 Peter 2:2 (NKJV) as newborn babes, desire the pure milk of the word, that you may grow thereby

II. DIGESTION

A. Our digestive system converts food into energy we call strength

B. We experience hunger on three levels

- Hunger and malnutrition
- You can be spiritually malnourished as well
- Hunger soulishly

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.

C. An apple will work in whoever eats it

D. When you eat God's word the spiritual nutrient of faith is released



Romans 10:17 (NKJV) So then faith *comes* by hearing, and hearing by the word of God.

III. EATING STARTS WITH HEARING

A. You have to decide what you're going to think about

Philippians 4:8 (NKJV) Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

B. A principle that starts with hearing

Philippians 4:9 (NKJV) The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.

Mark 4:24 (NKJV) Then He said to them, “Take heed what you hear. With the same measure you use, it will be measured to you; and to you who hear, more will be given.

Luke 8:18 (NKJV) Therefore take heed how you hear. For whoever has, to him *more* will be given; and whoever does not have, even what he seems to have will be taken from him.”

C. We must learn to eat the food of redemption

John 6:53, 63 (NKJV) ⁵³ Then Jesus said to them, “Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you... ⁶³ It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.