

**There exists a major Spiritual nutrition problem**

**We are NOT maturing\*\*** - 1 Cor 3:1-4 - Brothers, I could not address you as spiritual but as worldly — mere infants in Christ. 2 I gave you milk, not solid food, for you were not yet ready for it. Indeed, you are still not ready. 3 YOU ARE STILL WORLDLY. For since there is jealousy and quarreling among you\*, ARE YOU NOT WORLDLY? Are you not ACTING like mere men? 4 For when one says, "I follow Paul," and another, "I follow Apollos," are you not mere men?

**\*Gal 5:19-21(evidence of the sinful nature)**

**We are not learning and understanding\*\*** - Heb 5:11-14 - 11 We have much to say about this, but it is hard to explain because you are slow to learn. 12 In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! 13 **Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness.** 14 But **SOLID FOOD IS FOR THE MATURE, who by constant use have TRAINED THEMSELVES to distinguish good from evil.**

**Slow** - nothros (no-thros'); sluggish, i.e. (literally) lazy, or (figuratively) stupid: (dull, slothful).

**\*\*We tend to look at these things as conditions or sicknesses while they are really us making wrong choices**

**Evidence of poor Spiritual digestion:**

1. Our Understanding (or lack thereof of the Word of God)
2. The Fruit we produce (good or bad)
3. Where we are in our Spiritual walk

**THE BENEFITS (NUTRITION) OF THE FEEDING.**

**The Bible is the book from God that completely supplies us** - 2 Tim 3:16-17 - 16 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, 17 so that the man of God may be thoroughly equipped for every good work.

**When allowed, the Bible will affect every aspect of us and our lives** - Heb 4:12-13 - 12 For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. 13 Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

**The Word of God is the only path to true cleansing** - John 15:3-4 - 3 You are already clean **BECAUSE OF THE WORD I have spoken to you.** 4 Remain in me, and I will remain in you. NO BRANCH CAN BEAR FRUIT BY ITSELF; it must remain in the vine. Neither can you bear fruit unless you remain in me.

**Retaining the teaching of God is the key to true freedom** - John 8:31-32 - 31 To the Jews who had believed him, Jesus said, "**IF you hold to my teaching,** you are really my disciples. 32 THEN you will know the truth, and the truth will set you free."

**The combination of staying in Christ and keeping the Word gives access to prayers answered** - John 15:7-8 - 7 **IF you remain in me and my words remain in you, ask whatever you wish, and it will be given you.** 8 This is to my Father's glory, THAT YOU BEAR MUCH FRUIT, showing yourselves to be my disciples.

**Hearing the Word of Christ is the only way to supply our Faith** - Rom 10:17 Consequently, faith comes from hearing the message, and the message is heard through the word of Christ.

**The Word is the true-life teaching** - 2 Tim 3:14-16 - 14 But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, 15 and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus.

**ONLY the right Spiritual food, given the right way, without any thing added will provide eternal benefits** - 1 Tim 4:6-9 - 6 In pointing out these things to the brethren, you will be a good servant of Christ Jesus, constantly nourished on the words of the faith and of the sound doctrine which you have been following. 7 But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; 8 for bodily discipline is only of little profit, but GODLINESS IS PROFITABLE FOR ALL THINGS, since it holds promise for the present life and also for the life to come. NASB

**THE FEEDING & FEEDER.**

**The Bible (the only chosen food) is directly from God** - 2 Peter 1:20-21 - 20 Above all, you must understand that no prophecy of Scripture came about by the prophet's own interpretation. 21 For prophecy never had its origin in the will of man, but men spoke from God as they were carried along by the Holy Spirit.

**The feeding must be done with the COMPLETE Bible** - Titus 2:1 - You must teach what is in accord with **sound doctrine.**

**The structure of the Church service was designed by God with a divine purpose** - Eph 4:11-13 - 11 It was he who gave some to be apostles, some to be prophets, some to be evangelists, and some to be pastors and teachers, 12 to prepare God's people for works of service, **SO THAT** the BODY OF CHRIST may be built up 13 **UNTIL WE ALL** reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.

**Two elements needed in the feeders' life is how they live and the instruction they live by** - 1 Tim 4:16 **Watch** your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.

**The Feeders of this structure must NEVER sway from this teaching and must negate those that do** - Titus 1:9 He must hold firmly to the trustworthy message as it has been taught, so that he can encourage others by sound doctrine and refute those who oppose it.

**The feeding will not necessarily be what you want, but what is right and what you need** - 2 Tim 4:3-4 - 3 For the time will come when men will not put up with sound doctrine. Instead, to suit their own desires, **THEY WILL** gather around them a great number of teachers to say what their itching ears want to hear. 4 They will turn their ears away from the truth and turn aside to myths.

**At times, the food will be hard to digest but the feeder's job is not to change the food, but for those receiving the message must adjust to receive the food in its purest form** - 2 Peter 3:15-16 - 15 Bear in mind that our Lord's patience means salvation, just as our dear brother Paul also wrote you with the wisdom that God gave him. 16 He writes the same way in all his letters, speaking in them of these matters. His letters contain some things that are **HARD TO UNDERSTAND**, which ignorant and unstable people distort, as they do the other Scriptures, to their own destruction.

**In a nutshell the food and the feeding must be done the only way God intended** - 2 Cor 4:2-6 - 2 Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by **SETTING FORTH THE TRUTH PLAINLY** we commend ourselves to every man's conscience in the sight of God. 3 And even if our gospel is veiled, it is veiled to those who are perishing. 4 The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God. 5 For we do not preach ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. 6 For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ.

#### HOW TO DIGEST THE FEEDING.

**We must receive the feeding and make sure what we are getting fed is right** - Acts 17:11 - 11 Now the Bereans were of more noble character than the Thessalonians, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.

- **Receive with -Eagerness** - prothumia (proth-oo-mee'-ah);readiness (of mind), ready (willing) mind.
- **Examine Every day**

**TEST everything before you eat it** - 1 Thess 5:21-22 - 21 TEST EVERYTHING. Hold on to the good. 22 Avoid every kind of evil.

#### **Process of testing - Matt 13:8, Mark 4:20, Luke 8:15**

- requirements to be "good soil"
  - Hear the Word
  - Understand The Word (not based on your understanding)
  - Accept The Word
  - Retain the Word
  - Persevere in the Word

**Know how to eliminate that which is bad** - 2 John 9-11 - 9 Anyone who runs ahead and does not continue in the teaching of Christ does not have God; whoever continues in the teaching has both the Father and the Son. 10 If anyone comes to you and does not bring this teaching, do not take him into your house or welcome him. 11 Anyone who welcomes him shares in his wicked work.

**Eliminate all distractions** - Phil 3:7-11 - 7 But whatever was to my profit I now consider loss for the sake of Christ. 8 What is more, I **CONSIDER EVERYTHING** a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, THAT I MAY GAIN CHRIST 9 and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ — the righteousness that comes from God and is by faith. 10 I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, 11 and so, somehow, to attain to the resurrection from the dead.

**Really focus on what we are being fed** - Heb 2:2 - We must pay more careful attention, therefore, to what we have heard, so that we do not drift away.

**We must CHOOSE to get all of the food in us and make sure it stays in us** -Col 3:16-17 -16 LET the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. 17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

**Once we received it and checked it, we MUST apply it** - James 1:22- 22 Do not merely listen to the word, and so deceive yourselves. DO WHAT IT SAYS.

**We must be in control of our cravings** - 1 Peter 2:2-3 - 2 Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, 3 now that you have tasted that the Lord is good.

**We must eat together with others strengthening others while being strengthened with what we have been fed** -Heb 10:24-25 - 24 And let us consider how we may spur one another on toward love and good deeds. 25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another — and all the more as you see the Day approaching.

#### **A breakdown of how to deal with the divine feeding**

Ps 119:9-16 - 9 How can a young man keep his way pure? BY LIVING ACCORDING TO YOUR WORD. 10 I seek you with all my heart; do not let me stray from your commands. 11 I have hidden your word in my heart that I might not sin against you. 12 Praise be to you, O Lord; teach me your decrees. 13 With my lips I recount all the laws that come from your mouth. 14 I rejoice in following your statutes as one rejoices in great riches. 15 I meditate on your precepts and consider your ways. 16 I delight in your decrees; I will not neglect your word.

Ps 119:25-32 - 25 **I AM LAID LOW IN THE DUST;** preserve my life according to your word. 26 I recounted my ways and you answered me; teach me your decrees. 27 Let me understand the teaching of your precepts; then I will meditate on your wonders. 28 My soul is weary with sorrow; strengthen me according to your word. 29 Keep me from deceitful ways; be gracious to me through your law. 30 I have chosen the way of truth; I have set my heart on your laws. 31 I hold fast to your statutes, O Lord; do not let me be put to shame. 32 I run in the path of your commands, for you have set my heart free.

#### **THE RESULT OF THE FEEDING.**

Eph 4:14-16 - 14 **THEN** we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of men in their deceitful scheming. 15 **Instead,** speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ. 16 From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.

- No longer be infants
- No longer be confused
- No longer be deceived
- Will be speaking Truth
- Collectively growing and working in Christ



9. What is the main reason for the body to come together?

10. What does a well-nourished Christian look like?