

You Are What You Eat

INTRODUCTION.

- A. Quite often, the Bible refers to one's spiritual nutritional needs as one would refer to physical nutritional needs.
 - 1. Jesus used one's thirst for water as an imagery of one's need to quench one's spiritual thirst. (John 7:37-38)
 - 2. Jesus also used one's need for physical food as an imagery of one's need for spiritual provisions. (John 6:32-35; 48-51)
 - 3. The psalmist referred to the word of God as being "*sweeter than the honeycomb.*" (Psalms 19:7-10)
 - 4. Peter instructed Christians to desire the "sincere milk of the word." (1 Peter 2:2)
 - 5. Paul referred to the simpler matters of the word as being "milk." (1 Corinthians 3:1-3; cf. Hebrews 5:12-14)
- B. With this lesson we will show the importance of proper spiritual nourishment within our lives as Christians.

I. BENEFITS OF PROPER SPIRITUAL NOURISHMENT.

- A. When a person studies God's word, he is supplying himself with the necessary nourishment to grow in faith and to live a righteous life. Such studies should provide one with strength, guidance, and encouragement.
- B. Spiritual nourishment builds faith. (Romans 10:17; 2 Thessalonians 1:3)
- C. Spiritual nourishment brings spiritual growth. (1 Peter 2:1-3)
 - 1. The apostle Paul taught that the Lord has given the church that which is necessary for every member to "*grow up in all things into Him who is the head,*" who is Christ. (Ephesians 4:11-16)
 - 2. Peter taught the brethren to "*grow in the grace and knowledge of our Lord and Savior Jesus Christ.*" (2 Peter 3:17-18)
- D. Spiritual nourishment enables our ability to see while walking in a dark world. (Psalms 119:105)
- E. Spiritual nourishment equips one to move, to work, to survive, and to live righteously in

this present world.

1. Paul taught that God has given us what we need so that we can be “thoroughly equipped for every good work.” (2 Timothy 3:14-17)
2. The Bible tells us what to avoid and what to embrace. (ex. Galatians 5:16-23)
3. The Bible gives instructions on how to function as a local member of a local church. (1 Timothy 3:15)
4. The Bible gives instructions on how to function as a member of an earthly family. (Colossians 3:18-21)

II. THE DANGER OF MALNOURISHMENT.

- A. Poor study habits results in a Christian becoming spiritually malnourished.
 1. Not knowing the scriptures brings mistaken ideas and misunderstandings. (cf. Matthew 22:28-32)
 2. Not knowing the scriptures leads to the creation of commandments of men. (Matthew 15:8-9)
 3. Not knowing the scriptures will prevent a Christian from growing. (Hebrews 5:12-14)
- B. Poor study habits results in one not understanding his salvation in Christ.
 1. Peter listed knowledge as being necessary to remembering that one was cleansed from his old sins. (2 Peter 1:8-9)
 2. Peter refers to those who had, at one time, escaped the pollution of the world through the knowledge of Jesus Christ. (2 Peter 2:20)
- C. Poor study habits will make one susceptible to divisive teachings.
 1. Paul warned the saints in Rome about men who would prey upon the simple. (Romans 16:17-18)
 2. Paul feared that the brethren in Corinth would be corrupted from the simplicity that is in Christ. (2 Corinthians 11:3-4)
 3. Let us not forget about the warning to the churches throughout Galatia. (Galatians 1:6-9)
- D. Poor study habits will prevent a Christian from meeting God's approval.
 1. Paul told Timothy to work diligently to present himself approved unto God. (cf. 2 Timothy 2:15-18)

2. A worker approved by God is one who can rightly handle the word of truth. Such understanding can only come by studying the word of God.

III. PROPER ATTITUDES TOWARD GOD’S WORD.

- A. Consider the following phrases from Psalms 119.
 1. *“Your word I have hidden in my heart, That I might not sin against You.”* (Psalms 119:11)
 2. *“I will meditate on Your precepts, And contemplate Your ways. I will delight myself in Your statutes; I will not forget Your word.”* (Psalms 119:15-16)
 3. *“Your testimonies also are my delight And my counselors.”* (Psalms 119:24)
 4. *“I have declared my ways, and You answered me; Teach me Your statutes.”* (Psalms 119:26)
- B. In order for our Bible study to be beneficial, we must:
 1. Respect God's law.
 2. Believe the Bible to be inspired by God. (cf. 2 Timothy 3:16)
 3. Love the law of the Lord. Consider again passages from Psalms 119.
 - a. *“Oh, how I love Your law! It is my meditation all the day.”* (Psalms 119:97)
 - b. *“I hate the double-minded, But I love Your law.”* (Psalms 119:113)
 - c. *“I hate and abhor lying, But I love Your law.”* (Psalms 119:163)
 - d. *“Great peace have those who love Your law, And nothing causes them to stumble.”* (Psalms 119:165)

IV. WATCH OUT FOR POISON!

- A. Christians must not allow their thought process to be poisoned by teachings and doctrines contrary to that which was taught by Jesus and His apostles.
 1. Peter warned the saints about false teachers. (2 Peter 2:1-3)
 2. Paul instructed elders to be prepared to deal with those who would bring in poisonous teachings. (Titus 1:9-11)
- B. Error can spiritually kill a child of God if he allows himself to partake of that erroneousness teaching and doctrine. Christians must be equipped and able to test the teachings of others. (cf. 1 John 4:1) The Bible is the standard by which all other doctrines must be compared.

CONCLUSION.

- A. How often do you partake of spiritual nourishment? Are you filling yourself with the word of God or, are you starving yourself?
- B. Whether or not you study enough to live as a Christian should is entirely up to you. Make the decision to study God's word as much as you possibly can!