

FULL LIFE ESSENTIALS

Food for Growth

Matthew 4:4

Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God. (NIV)

What food is to our physical health, the Bible is to our spiritual health.

1 Peter 1:22-25

22 Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart. 23 For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God. 24 For, "All men are like grass, and all their glory is like the flowers of the field; the grass withers and the flowers fall, 25 but the word of the Lord stands forever." And this is the word that was preached to you. (NIV)

THE SIGNIFICANCE OF GOD'S WORD

- **God's Word Endures Forever**

Matthew 24:35

Heaven and earth will pass away, but my words will never pass away.

- **God's Word Gives Life**

1 Peter 1:23

For ***you have been born again***, not of perishable seed, but of imperishable, ***through the living*** and enduring ***word of God***.

The Word of God has life giving power.

Hebrews 4:12 (NIV)

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.

John 6:63 (NIV)

The Spirit gives life; the flesh counts for nothing. The words I have spoken to you are spirit and ***they are life***.

When we, by faith, receive the Word of God and obey it, we experience true life!

- **God's Word Cleanses**

1 Peter 1:22-25

Now that you have purified yourselves by obeying the truth

John 17:17

Make them holy by your truth; teach them your word, which is truth. (NLT)

THE NOURISHMENT OF GOD'S WORD

1 Peter 2:1-3 (NLT)

So get rid of all evil behavior. Be done with all deceit, hypocrisy, jealousy, and all unkind speech. 2 Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment, now that you have had a taste of the Lord's kindness.

Without the Word of God, we cannot grow into spiritual maturity.

God takes His Word and feeds us, nourishes and nurtures us in His amazing grace.

THE INHIBITOR OF GOD'S WORD

1 Peter 2:1

So get rid of all evil behavior. Be done with all deceit, hypocrisy, jealousy, and all unkind speech.

The greatest inhibitor of God's Word is sin.

God's Word will keep you from sin and sin will keep you from God's Word.

THE HUNGER FOR GOD'S WORD

1 Peter 2:2-3

Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. ***Cry out for this nourishment***, 3 now that you have had a taste of the Lord's kindness. (NLT)

Babies have an intense and prolonged desire for milk, and they let you know it.

As we crave, hunger, and take in God's Word, He grows us increasingly into His image.

DEVELOPING A HUNGER FOR GOD'S WORD

Some practical suggestions:

- **Ask the Lord to make you hungry.**

Psalms 37:4 (NIV)

Delight yourself in the LORD and he will give you the desires of your heart.

- **Begin with small increments.**

Psalm 119:103

How sweet are your words to my taste, sweeter than honey to my mouth!

- **Commit to a group Bible study.**
- **Be filled with the Spirit.**
- **Put God's Word into practice.**
- **Don't let sin ruin your appetite.**