

Feeding Your Spirit: The Key to Spiritual Strength

Just as our physical bodies need proper nutrition to function well, our spirits require daily nourishment to grow strong. Many of us understand the importance of caring for our physical bodies—eating right, exercising, and maintaining good health habits—but we often neglect the most vital part of our being: our spirit.

Why Is Your Spirit More Important Than Your Body?

The Bible tells us that "out of the spirit or the heart flows the issues of life" and that "a strong spirit will sustain a person on their sickbed." This reveals an important truth: a strong spirit can overcome a weak body, but a strong body cannot overcome a weak spirit.

Your spirit is the real you—the part that will continue beyond this physical life. While your body is temporary, your spirit is eternal. That's why spiritual nourishment should be your highest priority.

How Do We Neglect Our Spiritual Health?

Many Christians are spiritually malnourished without even realizing it. We cast our responsibilities on God instead of our cares. We expect God to do everything while neglecting our part in the relationship.

Remember, we're saved by grace through faith. Grace is God's part, but faith is our part. It's up to us to maintain strong faith through a good spiritual diet full of God's Word.

Jesus reminded us that "man does not live by bread alone, but by every word that proceeds out of the mouth of God." Just as you wouldn't go days without eating physical food, you shouldn't go a single day without feeding your spirit.

What Happens When Your Spirit Is Undernourished?

Jesus frequently rebuked His disciples for their "little faith." Think about this—these men followed Jesus daily, witnessed miracles, and heard His teachings firsthand, yet they still struggled with weak faith.

Why? Because being around spiritual food doesn't mean you're eating it. You can be in church every Sunday, hear powerful sermons, and still be spiritually malnourished if you're not actively feeding on God's Word.

When your spirit is undernourished:

- You become vulnerable to fear and doubt
- You can't stand strong against life's challenges
- Your flesh (body and emotions) begins to control you
- You lose your spiritual appetite

How Can You Tell If Your Spirit Is Weak?

Jesus said to His disciples, "Where is your faith?" when they panicked during a storm. Their weak response revealed their spiritual condition. Similarly, our responses to life's challenges expose the condition of our spirits.

If you find yourself constantly overwhelmed by circumstances, unable to resist temptation, or controlled by your emotions, these are signs of a weak spirit. Just as physical weakness comes from poor nutrition, spiritual weakness comes from neglecting God's Word.

The Danger of Spiritual Complacency

One of the greatest dangers is becoming satisfied with where you are spiritually. Proverbs 27:7 says, "A satisfied soul loathes the honeycomb, but to a hungry soul every bitter thing is sweet."

When you lose your spiritual hunger, you begin to despise the very nourishment you need. You might think, "I've heard that before" or "I already know that," and miss fresh revelation God wants to give you.

How Do You Strengthen Your Spirit?

Just as physical strength comes through proper nutrition and exercise, spiritual strength comes through feeding on God's Word and putting it into practice.

1. Develop a Daily Feeding Routine

Jesus taught us to pray, "Give us this day our daily bread." This isn't just about physical food—God has spiritual bread for you every day. Make it a priority to get into His Word daily, not just on Sundays.

2. Cultivate Spiritual Hunger

Jesus said, "Blessed are those who hunger and thirst for righteousness, for they shall be filled." Ask God to give you a genuine appetite for His Word and righteousness.

3. Exercise Your Faith

The Bible instructs us to "exercise yourself toward godliness." This means actively resisting temptation, standing against fear, and choosing to walk in faith despite what your feelings tell you.

4. Use Technology to Your Advantage

We have incredible tools today that can help us grow spiritually. Bible apps with note-taking features allow you to record revelations and insights as you read. Take advantage of these resources to accelerate your spiritual growth.

Why God Needs Spiritually Strong Believers

God isn't looking for spectators—He's building an army of strong believers for these last days. He needs people who are skilled in spiritual warfare, who understand righteousness, and who can stand firm against the enemy.

The Bible instructs us to "put on the whole armor of God." This armor—the breastplate of righteousness, the shield of faith, the helmet of salvation—is put on through growing in the revelation knowledge of God's Word.

Life Application

This week, commit to feeding your spirit daily with God's Word. Don't just read the Bible—feed on it. Approach Scripture with hunger, asking the Holy Spirit to reveal truth to you. Take notes on what God shows you and begin applying it immediately.

Ask yourself these questions:

- Am I treating my spirit with the same care and attention I give my physical body?
- What specific time will I set aside each day to feed my spirit?

- What spiritual "junk food" might I be consuming that's dulling my appetite for God's Word?
- How can I exercise my faith today by resisting my flesh and choosing God's way?

Remember, you are the boss of your body, not the other way around. Your spirit must be in charge. As you consistently nourish your spirit with God's Word, you'll develop the spiritual strength needed to fulfill God's purpose for your life and overcome every challenge you face.

Quotes

1. Our spirits are very much like our physical bodies. The only difference is that they are spiritual, not physical. The spirit has ears to hear, eyes to see, it needs to eat, drink, be nourished, and built up — just like the body.
2. A strong spirit will sustain a person on their sickbed. If the body is weak but the spirit is strong, you can overcome. But a strong body cannot compensate for a weak spirit.
3. How do you maintain strong faith? With a good spiritual diet — full of the Word of God. For man shall not live by bread alone, but by every word that proceeds from the mouth of God.
4. There's all kinds of nutrition in the Word. When you read the Bible, you're feeding on it — nourishing your spirit.
5. You can be around food all day and not eat. In fact, if you're around the same food too much, you may even lose your appetite for it.
6. Just because you're at church doesn't mean you're eating. Some of Jesus' disciples sat in His meetings and still didn't feed on what He served. That's why He said, "He who has ears to hear, let him hear."
7. Those who hunger and thirst for righteousness will be filled. You've got to stay hungry — to live right, walk right, and talk right.

8. Too many people are led by feelings — emotions ruling their lives — instead of being led by knowledge, understanding, and wisdom.
9. You must be nourished in the Word and exercised in godliness.
10. The less you eat, the less you want to eat. Go on a fast and you'll notice your appetite shrinks. But the more you eat, the more you crave. It's the same spiritually.
11. Neglect your spirit long enough, and hunger disappears. You feel fine — you think everything's okay with God — but really, you're running on empty.
12. When your spirit runs empty, it becomes "normal." You've learned to live on spiritual fumes without realizing the danger.
13. Proverbs says: "A satisfied soul loathes the honeycomb, but to a hungry soul every bitter thing is sweet." Stay hungry for the things of God.
14. With today's technology, we have more opportunities than ever to grow in knowledge and understanding at an incredible rate. Use it to feed your spirit.
15. God is raising an army. He has things to accomplish in these last days — but if we're not ready, we'll miss it. Grace is God's part. Faith is our part.
16. I've got to do my part — feed my heart, feed my spirit, nourish my inner man daily.
17. God has daily bread for you — a Word for today, and another Word waiting for you tomorrow.
18. "If you faint in the day of adversity, your strength is small." That's not talking about physical strength, but spiritual strength — the condition of your spirit.
19. We're not here just to take up space. We're here to get something done — to run our race, fight the good fight of faith, and be part of God's army seeing great things accomplished through us.
20. We need to see how desperately we need Him. Every one of us walking in righteousness matters, because righteousness is scarce — and desperately needed.

Verses

1. Proverbs 27:7
2. 1 Timothy 4:8
3. Matthew 4:4
4. Deuteronomy 8:3
5. Proverbs 19:24
6. Matthew 5:6
7. 1 Corinthians 3
8. Proverbs 24:10
9. Isaiah 57:1

Summary

Just as our physical bodies need proper nutrition, our spirits require daily nourishment to grow strong. The spirit is the eternal part of us, making spiritual health even more important than physical health. Many Christians are spiritually malnourished, expecting God to do everything while neglecting their responsibility to feed on God's Word daily. Signs of a weak spirit include being overwhelmed by circumstances, inability to resist temptation, and being controlled by emotions. Strengthening your spirit requires developing a daily feeding routine, cultivating spiritual hunger, exercising your faith, and using available resources to grow spiritually.