

I. Stay away from the wrong food

1 Peter 2:1

- A. Stop feeding on malice
- B. Stop feeding on deceit
- C. Stop feeding on hypocrisy
- D. Stop feeding on envy
- E. Stop feeding on slander

II. Eat the right food

1 Peter 2:2

1 Peter 1:23

- A. Crave the right food
1 Peter 2:2
- B. Eat nutritious food
1 Peter 2:2
- C. Grow through the spiritual food
1 Peter 2:2
- D. Enjoy the delicious food
1 Peter 2:3
Psalm 34:8

III. Suggestions on eating right

- A. Read the Word
- B. Listen to the Word
- C. Study the Word
- D. Eat the Word
- E. Encounter THE Word
John 1:14

John 11:43, 44