

## October 25

**Jeremiah 15:16 (NIV)** <sup>16</sup> When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, Lord God Almighty. **John 4:34 (ESV)** Jesus said to them, **"My food is to do the will of him who sent me and to accomplish his work."** **James 1:22-23 (NIV)** <sup>22</sup> Do not merely listen to the word, and so deceive yourselves. Do what it says. <sup>23</sup> Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror.

Georgi was an 18-year-old college student who was short of money. Like many college students, she looked for ways to make her money last. One of her solutions was to limit her diet, so she chose to eat only ramen instant noodles. For 13 years, that was her only food. It was inexpensive, easy to store, easy to fix, and tasty. However, when she went for a checkup, she weighed 98 pounds, was malnourished, and had the health concerns of an 80-year-old. The high doses of sodium from the noodles could damage her kidneys, liver, heart, and brain. Nevertheless, Georgi refuses to give up her ramen noodles, ignoring the damage she is doing to her health.

Jeremiah presents us with an interesting image. When he encountered God's words, he ate them with joy and great delight. We might imagine he was invited to a great feast where the food looked and smelled delicious. Instead of only looking at it, Jeremiah ate. He nourished his body with the food the Lord provided for him. Jesus continues this image by telling us His food was to do the Father's will. That sustained Him. If we listen to God's word and even read it but do not put it into practice, we would be sitting at that feast looking at the food but never tasting it. We would be like Georgi, eating what the world offered because it pleased us but did not nourish us while we ignore the spiritual food that truly nourishes us. When we eat something, it becomes part of us. Our body absorbs all that is health and good. It permeates every cell of our body. We are to yearn for God's word even more than we yearn for our physical food. Taste and see that the Lord is good (Psalm 34:8). When we encounter our Father's words, let us not admire them. Let us eat them daily.