



Midweek Study Notes

23rd May 2022

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During our Sunday service Bradley spoke about Spiritual Growth, and the importance of feeding ourselves on God's word to enable that growth.

He spoke from **1 Peter 2:2** where the Bible uses the metaphor of a new-born baby's appetite for milk as a reminder to us that healthy growth requires good food.

The Bible asserts that physical food is not enough for us to be fully alive in Matt 4:4 Jesus quotes from Deuteronomy 8:3 and says **"Man shall not live by bread alone, but on every word that proceeds out through the mouth of God."**



Continuing with the concept of God's Words being food Jeremiah 15:16 says... **"When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, LORD God Almighty."**

Bradley contrasted the "Milk of The Word" with the "World's Bottle." **How does the idea of God's word being food sit with you? How does this concept play out in everyday life?**

"You are what you eat" is a well know saying. Do you think the same principle applies in the spiritual realm? How does your spiritual diet affect your general wellbeing / outlook?

Here are some food related themes from the Bible

Milk - Accepting the basic tenets of faith **1 Peter 2:2**

Daily Bread - Studying the Word of God **John 6:35**

Fruits of the Holy Spirit - Becoming Christ-like **Gal 5:22**

Meat - Growing to maturity **Hebrews 5:12**



Bradley spoke about meditating on God's Word and used the illustration of a cow chewing the cud. Someone once said, "If you know how to worry, you know how to meditate!"

Is there a part of the Bible you have been chewing over recently? Have you ever experienced the benefit of memorising any part of the Bible?