

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?

