

# Msg Title: EAT

Scripture: Hebrews 5:11-14 NLT

"There is much more we would like to say about this, but it is difficult to explain, especially since you are spiritually dull and don't seem to listen. You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's word. You are like babies who need milk and cannot eat solid food. For someone who lives on milk is still an infant and doesn't know how to do what is right. Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong."

## INTRO: FRUIT/VEGGIES vs JUNK FOOD

We are multi-sensory by design- TOUCH SIGHT HEAR SMELL & TASTE-  
It's in our nature to crave what we feed ourselves. Our desires are shaped by what we consume. IF YOU EAT WELL YOU LIVE WELL.

we thrive when we are healthy-

Our spiritual shape is a direct correction to either our discipline or lack thereof. Your appetite for the word is based on the frequency and quality of what you eat.

Duet 8:3

He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.

Your spirit wants the Word.

Your body wants to go to sleep.

Your spirit craves the meat of the Word

Your body wants Swipes & likes on IG.

Your strength and vitality in the spirit is going to be determined by your willingness to EAT the word.

### 1. EAT THE WORD FOR STRENGTH

**Isaiah 41:10** So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

**Exodus 15:2** The Lord is my strength and my song; he has given me victory. This is my God, and I will praise him— my father's God, and I will exalt him!

**Deuteronomy 33:27** The eternal God is your refuge, and underneath are the everlasting arms.

STRENGTH IS NEEDED  
WHEN...

### 1. EAT THE WORD FOR WISDOM

Proverbs 13:10

Where there is strife, there is pride,  
but wisdom is found in those who take advice.

James 3:17

But the wisdom that comes from heaven is first of all pure; then peace-loving,  
considerate, submissive, full of mercy and good fruit, impartial and sincere.

Psalms 111:10 NIV

“The fear of the Lord is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.”

### “EATING THE WORD AFFECTS YOUR THINKING”

Wisdom is needed when...

### 1. EAT THE WORD FOR GUIDANCE

Isaiah 30:21

Whether you turn to the right or to the left, your ears will hear a voice behind you,  
saying, “This is the way; walk in it.”

Psalms 27:11 NIV

“Teach me your way, Lord; lead me in a straight path because of my oppressors.”

Psalms 5:8 NIV

“Lead me, Lord, in your righteousness because of my enemies— make your way  
straight before me.”

### “THE QUANTITY & QUALITY OF OUR CONSUMPTION DETERMINES THE QUICKNESS OF OUR CONVICTION OF THE SPIRIT”

-Netflix vs 5min devotional

### 1. EAT THE WORD FOR COMFORT

John 16:33

I have told you these things, so that in Me you may have peace. In this world you will  
have trouble. But take heart! I have overcome the world.

Hebrews 13:5

I will never leave you or forsake you.

Rev. 21:4

He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away."

#### "EATING THE WORD AFFECTS YOUR ATTITUDE"

Comfort is needed when...

##### **1. EAT THE WORD TO USE AS A WEAPON**

"Take the helmet of salvation and the lsword of the Spirit, which is the word of God."  
Ephesians 6:17 NIV

"No weapon that is formed against you will prosper; And every tongue that accuses you in judgment you will condemn. This is the heritage of the servants of the LORD, And their vindication is from Me," declares the LORD."

Isaiah 54:17 NASB

#### EATING THE WORD AFFECTS YOUR ACTIONS

**Reading Hearing and Doing the word in is a decision of discipline.**

**Jeremiah 15:16 NIV**

**"When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, Lord God Almighty."**