

Let's Eat!

Ponder: Are you getting enough to eat?

Scripture: "Man shall not live by bread alone, but by every word that proceeds from the mouth of God" (Matthew 4:4, NKJV).

Are you still eating Thanksgiving leftovers? Maybe you feel like that man in the old Alka-Seltzer commercial: "I can't believe I ate that whoooooole thing!"

After fasting 40 days, Jesus was hungry (Matthew 4:2). Not exactly a surprise, right? Satan tempted Him to command the stones to become bread. But Jesus refused, quoting Deuteronomy 8:3 – "Man shall not live by bread alone, but by every word that proceeds from the mouth of God" (Matthew 4:4).

God has blessed us with abundant food for our physical bodies. More importantly, He has blessed us with His word to nourish our souls. He intends that we use His word to sustain our spiritual lives. Are we partaking of His word regularly, just as we routinely eat physical food? When we pass up God's word, do we miss it as we would a meal?

Peter said we should crave God's word like an infant craves milk (1 Peter 2:2). The Bible has both milk (for the babe in Christ) and solid food (for those more mature who can digest it). Paul criticized the Corinthians because they had not matured; they still needed milk (1 Corinthians 3:2). Likewise the Hebrews writer said the recipients of his book required milk rather than the solid food that spiritual grown-ups would eat (Hebrews 5:12, 14).

What about you? If you are young in the faith, drink deeply and frequently of the milk of God's word. You will grow and mature so you can handle the more difficult, complex matters of Scripture. If you have advanced beyond infancy, keep on consuming the solid food your soul needs. You will keep growing into a more and more capable servant for the Lord, and you will be better and better able to help others along the way.

God's word tastes good! It is "sweeter than honey to my mouth" (Psalm 119:103). And there's plenty of it! Sixty-six books comprise your Bible, and there is no limit on how many times you can read it. So don't nibble at the Bible – feast upon it! It tastes great, and it will nourish your soul!