

**5 March 2017**

**SERMON TITLE: YOU NEED SPIRITUAL FOOD FOR SPIRITUAL STRENGTH**  
**My brethren, be strong in the Lord and in the power of His might.**

**FOUNDATION SCRIPTURE: 1 Chronicles 16 v 11**

**Seek the LORD and his strength, seek his presence continually! (RSV)**

Just like we need physical food for physical strength, we need spiritual food for spiritual strength. Ephesians 6 v 10 -17

The Bible describes itself as spiritual food - the water, milk, bread and meat of our spiritual lives. 1 Peter 2 v 2

The Word is everything you need for sustenance. Psalm 34:8-10

You are ***not*** going to have much success in winning spiritual battles you face if you are starving yourself to death.

**That's why we need to feed on the Word of God.**

The Bible says in Colossians 3 v 16a, "Let the message of Christ dwell among you richly"(NIV). Paul is telling us to let the Bible take up residence in our lives in a rich, profound, and life-giving way.

So how do we feed ourselves on the Word of God and allow that to happen?

**Receive the Word with your ears. Commit yourself to go to church and listen to God's Word being preached. Heb 10 v 23-25**

- Read the Word with your eyes. Having a Bible in your house is not going to bless your life. You have to have the Bible in your heart. Proverbs 4 v 20-21
- Research the Word with your hands and mouth. When studying the Word of God, keep a pencil in your hand. Write down what God teaches. Talk about what you're discovering with other believers in a small-group environment. Hab 2 v 2
- Reflect on the Word with your mind. Joshua 1 v 8 (Meditate)

**Talk it over:**

What changes do you need to make in your life, so that you are spiritually nourished?

Do you write down what God teaches you?