



Berean Christian Fellowship

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Feasting on the WORD of God

**“Give us this day our daily bread”
(Matthew 6:11).**

You’ve probably heard it said, “You are what you eat.” Similarly, each of us takes in spiritual sustenance to give energy to our thoughts and actions, so it is important to examine what we are “feasting” on. What are you relying on for strength and energy in your interaction with the world? What sustains you through the daily trials and challenges of life? Is it harmful or healthy?

From the beginning, *“the Lord saw that the wickedness of man was great on the earth, and that every intent of the thoughts of his heart was only evil continually”* (Gen. 6:5), and he said, *“‘My thoughts are not your thoughts, Nor are your ways My ways”* (Isa. 55:8a), for *“the things that proceed out of the mouth come from the heart, and those defile the man. For out of the heart come evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders. These are the things which defile [Gr. pollute, desecrate], the man”* (Matt. 15:18-20a). But the things that proceed from God’s Spirit sanctify man [Gr. make holy, purify]. Yes, *“the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control”* (Gal. 5:22-23a).

When you were saved by Christ’s work, God put His Spirit in you, and all these things were made available to you for sustenance to purify your thoughts and actions. God feeds His children good food: *“Now suppose one of you fathers is asked by his son for a fish; he will not give him a snake instead of a fish, will he?...how much more will your heavenly Father give the Holy Spirit to those who ask Him?”* (Lk. 11:11-13). The Spirit fills and nourishes God’s children with the fruit of the Spirit, so perhaps we ought to ask our Heav-

enly Father daily for the “food” we’ll need to sustain us through the trials and difficulties of that day, for *“it is written, ‘Man shall not live on bread alone, but on every word that proceeds out of the mouth of God’”* (Matt. 4:4).

Ezekiel had a vision where God commanded him to eat a scroll containing His Word, so he would only speak and do God’s will: *“Then I ate it, and it was sweet as honey in my mouth...He said to me, ‘Son of man, take into your heart all My words’”* (Ez. 3:3b; 10a). May our hearts be so nourished with God’s Word that we can say, ***“You have put gladness in my heart, More than when their grain and new wine abound”*** (Ps. 4:7). *“O Lord, You have heard the desire of the humble; You will strengthen their heart”* (Ps. 10:17a). *“The precepts of the Lord are right, rejoicing the heart”* (Ps. 19:8a). Yes, and *“blessed are those who hunger and thirst for righteousness, for they shall be satisfied”* (Matt. 5:6).

Jesus is the “bread” that gives life to the world—even eternal life. He said, *“I am the bread of life; he who comes to Me will not hunger, and he who believes in Me will never thirst”* (John 6:35). He sustains us. If Christ is our daily bread—what enlivens us—we will *“grow up in all aspects into Him”* (Eph. 4:15a). *“Jesus then said to them, ‘Truly, truly, I say to you, it is not Moses who has given you the bread out of heaven, but it is My Father who gives you the true bread out of heaven. For the bread of God is that which comes down out of heaven, and gives life to the world...For I have come down from heaven, not to do My own will, but the will of Him who sent Me. This is the will of Him who sent Me, that of all that He has given Me I lose nothing, but raise it up on the last day. For this is the will of My Father, that everyone who beholds the Son and believes in Him will have eternal life, and I Myself will raise him up on the last day’”* (John 6:32-33, 38-40). Even so, Amen.

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