

Food for Life

*In him was **life** and the **life** was the light of men.*

John 1.4

Word of Life

What is the **Word of Life** to you?

Rule Book *(Ex 20.1-21)*

Power Source *(Rom 15.13)*

Owner's Manual *(2 Chron 7.14)*

Tool Box *(Prov 1.2-7)*

To Do List *(Gal 5.22-24)*

Wisdom *(2 Chron 1.7-12)*

Evidence *(Jn 20.30-31)*

Confessional *(Ps 51.1-3)*

Love Letter *(1 John 4.7-11)*

Anchor *(1 Pet 2.2-3)*

Word of Life

What is the **Word of Life** to God?

Sword (*Eph 6.17, Heb 4.12-13*)

Shield (*Ps 119.114, Prov 30.5*)

Water (*Ps 1.2-3, Eph 5.26*)

Rock (*Lk 6.46-49*)

Seed (*Mt 13.18-23, 1 Pet 1.23*)

Food (*Ps 119.103, 1 Pet 2.2-3, Jn 6.47-69*)

Food for Life

“My taste buds were having
a party on my tongue.”

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Food for Life



Food for Life



Food for Life



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Food for Life

It's complicated...

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You are what you eat...

vs.

You are what you digest.

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2 Peter 1.16-21

For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we were eyewitnesses of his majesty.

For when he received honor and glory from God the Father, and the voice was borne to him by the Majestic Glory, “This is my beloved Son, with whom I am well pleased,” we ourselves heard this very voice borne from heaven, for we were with him on the holy mountain.

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2 Peter 1.16-21

And we have the prophetic word more fully confirmed, to which you will do well to pay attention as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts, knowing this first of all, that no prophecy of Scripture comes from someone's own interpretation. For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit.

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Why is it that I am consistently hearing
God's Word but I'm not changed by it?

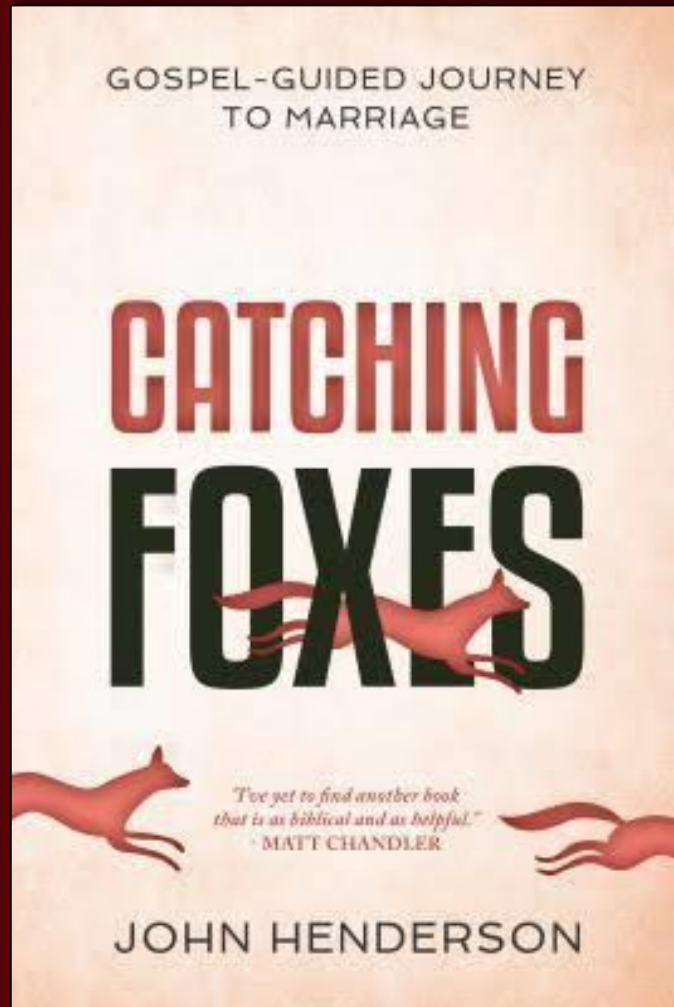
Eating but not digesting?

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Brisket story

Food for Life



Catching Foxes

John Henderson

Gospel-Guided Journey
to Marriage

Food for Life

Catching Foxes – *John Henderson*

“The Spirit of God and Word of God work together.
So when I say that we must abide in the Word of
God, I am saying that we must be filled with His
Spirit and constantly feeding on the Word of God so
that it will take deep and lasting root in our souls.”

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Catching Foxes – *John Henderson*

“Colossians 3.16 says, ‘Let the Word of Christ richly dwell within you.’ The Word of God is the raw material that His Spirit uses to bring hope, healing, and transformation to our souls. It is our spiritual food. God uses His Word to nourish and transform us.”

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Catching Foxes – *John Henderson*

“Like all of us, they [a couple married for a month] struggled to bring the living truth of Scripture into the painful realities of each day in order to gain fresh wisdom for the moment.

The Word of God did not seem near and rich to them; it seemed distant and frail.”

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Catching Foxes – *John Henderson*

“If you have ever seen pictures of men, women, and children on the brink of starvation, then the images are probably seared into your mind. The skin pulled tightly to the bones, the hollow eyes, and all the other features of gross malnourishment are striking and sobering.

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Catching Foxes – *John Henderson*

Bodies require food and water in order to survive. A lack of proper nourishment leads to weakness, sickness, and eventual death. When we refuse to feed on God's Word and drink on His promises, we actually starve our souls of the resources necessary for their health and vitality.”

Food for Life

Catching Foxes – *John Henderson*

“Our souls require food just as our bodies require food. We cannot survive without the nutrition of God’s Word.

So imagine this for a moment: If you could see a physical picture of your soul, what do you think it would look like?”

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We know all this
and yet...

Food for Life

What are we feeding on?

Food for Life

It's complicated...

Food for Life

The drug dealer

Readily Available

Prescription

Illicit

Food for Life

Readily Available Drugs

Alcohol

Nicotine

Pornography

Social Media

Food for Life

The drug dealer

Readily Available

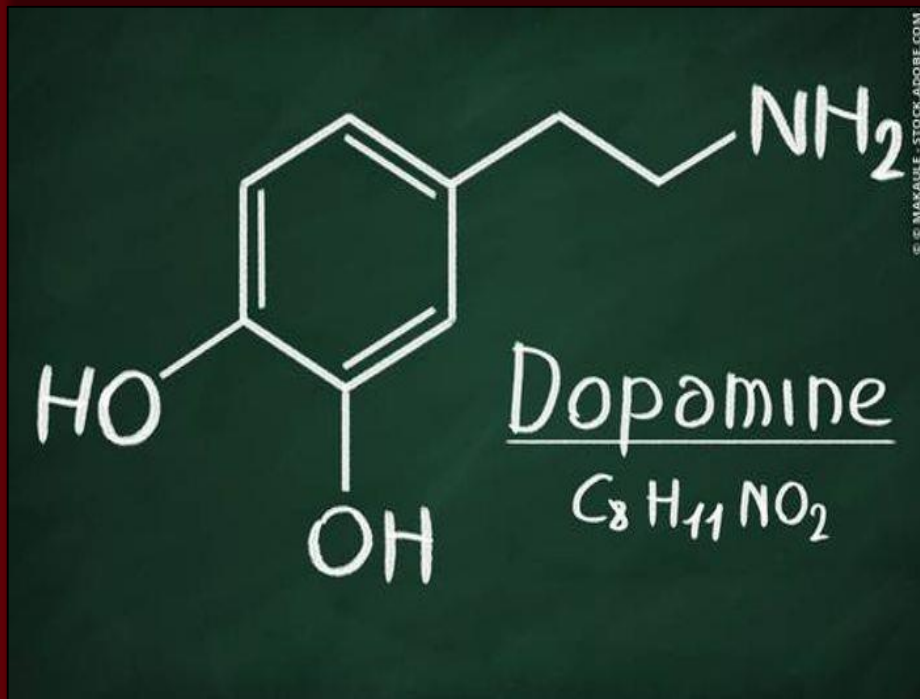
Prescription

Illicit

Internal

Food for Life

Feeding on Dopamine



“Feeling of being high is due to the dopamine release during rewarding experiences, and if one seeks out those pleasurable experiences regularly, that’s an addiction.”

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Feeding on Dopamine

The pleasure of dopamine should be a surprise...not a demand or a right.

(It's not designed to be forced.)

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Feeding on Dopamine

When we feed on _____, **we artificially force excessively high dopamine levels**, but the brain adjusts - so we need higher and higher levels to get the same pleasurable response.

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Feeding on Stress

“I work better under stress.”

(But our bodies/souls are not designed to feed on it long term.)

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Primary Stress Hormones:

Adrenaline

Norepinephrine

Cortisol

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Feeding on
God's Promises

Food for Life

Variety is the spice of life

Read the Word

Meditate on the Word

Listen to the Word

Memorize the Word

Think about the Word

Sing the Word

Apply the Word

Journal the Word

Pray the Word

Drama — act out the Word

Food for Life



CHRIST
FORMED IN YOU

The Power of the Gospel for Personal Change

BRIAN G. HEDGES

Christ Formed in You

Brian Hedges

The Power of the Gospel for
Personal Change

Food for Life

1. “Our Lord finds our desires not too strong, but too weak.” (p.174)

~C.S. Lewis

2. “As I perpetually feast on Christ and all of His blessings found in the gospel, I find my hunger for sin diminishes hence, to the degree that I am full, I am free.” (p.178) ~Milton Vincent

3. “The only way to dispossess the heart of an old affection is by the expulsive power of a new one.” (p.177) ~Thomas Chalmers

4. “Ulysses may have survived the sounds of the sirens.
But only Jason triumphed over them.” (p.182) ~Sam Storms

Food for Life

How to feed yourself
(with more time)

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Psalm 119.17, 25...

Deal bountifully with your servant,
that I may live and keep your **word**.

My soul clings to the dust;
give me life according to your **word**!

Food for Life

Psalm 119

Word: 9, 11, 17, 25, 28, 42, 49, 57, 65, 67, 74, 81, 89, 101, 103, 105, 107, 114, 130, 139, 147, 160, 161, 162, 169, 170, 172

Law: 1, 18, 29, 34, 44, 51, 53, 55, 61, 70, 72, 77, 85, 92, 97, 109, 113, 126, 136, 142, 150, 153, 163, 165, 174

Testimonies: 2, 14, 22, 24, 31, 36, 46, 59, 79, 88, 95, 99, 111, 119, 125, 129, 138, 144, 146, 152, 157, 167, 168

Commandments: 6, 10, 19, 21, 32, 35, 47, 48, 60, 66, 73, 86, 96, 98, 115, 127, 131, 143, 151, 158, 166, 172, 176

Statutes: 5, 8, 12, 16, 23, 26, 33, 48, 54, 64, 68, 71, 80, 83, 112, 117, 118, 124, 135, 145, 155, 171

Precepts: 4, 15, 27, 40, 45, 56, 63, 69, 78, 87, 93, 94, 100, 104, 110, 128, 134, 141, 159, 168, 173

Rules: 7, 13, 20, 30, 39, 43, 52, 62, 75, 102, 106, 108, 137, 156, 160, 164, 175

Promise: 38, 41, 50, 58, 76, 82, 116, 123, 133, 140, 148, 154

Ways, Judgments, Justice, Pledge: 3, 15, 37, 84, 120, 121, 122, 132, 149

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Psalm 119

Word: 9, 11, 17, 25, 28, 42, 49, 57, 65, 67, 74, 81, 89, 101, 103, 105, 107, 114, 130, 139, 147, 160, 161, 162, 169, 170, 172

Law: 1, 18, 29, 34, 44, 51, 53, 55, 61, 70, 72, 77, 85, 92, 97, 109, 113, 126, 136, 142, 150, 153, 163, 165, 174

T
C
S
P
R
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W

Each of these terms expresses a different aspect of the same eternal truth:

the Word is to be **treasured** as life-sustaining, soul-satisfying, spiritual nourishment.

Food for Life

Psalm 119

Word: What God has spoken...
the announcement of His revealed will.

Law: What God instructs as a rule of
conduct.

Testimonies: What God solemnly
testifies to be his will.

Commandments: What God has
commanded.

Statutes: What the divine Lawgiver
has laid down.

Precepts: What God has appointed to
be done.

Rules: What the divine judge has ruled
to be right.

Promise: What God assures will
happen.

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>103</i> : How sweet are your <u>words</u> to my taste, sweeter than honey to my mouth.			

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>103</i> : How sweet are your <u>words</u> to my taste, sweeter than honey to my mouth.	Hunger		

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>103</i> : How sweet are your <u>words</u> to my taste, sweeter than honey to my mouth.	Hunger	Taste	

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>103</i> : How sweet are your <u>words</u> to my taste, sweeter than honey to my mouth.	Hunger	Taste	Satisfaction

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>41-42</i> : Let your steadfast love come to me O Lord, your salvation according to your <u>promise</u> ; then shall I have an answer for him who taunts me, for I trust in your <u>word</u> .			

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>41-42</i> : Let your steadfast love come to me O Lord, your salvation according to your <u>promise</u> ; then shall I have an answer for him who taunts me, for I trust in your <u>word</u> .	Bullied		

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>41-42</i> : Let your steadfast love come to me O Lord, your salvation according to your <u>promise</u> ; then shall I have an answer for him who taunts me, for I trust in your <u>word</u> .	Bullied	Be loved	

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>41-42</i> : Let your steadfast love come to me O Lord, your salvation according to your <u>promise</u> ; then shall I have an answer for him who taunts me, for I trust in your <u>word</u> .	Bullied	Be loved	Answer

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Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<p>50: This is my comfort in my affliction, that your <u>promise</u> gives me life.</p> <p>71: It is good for me that I was afflicted, that I might learn your <u>statutes</u>.</p>			

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<p>50: This is my comfort in my affliction, that your <u>promise</u> gives me life.</p> <p>71: It is good for me that I was afflicted, that I might learn your <u>statutes</u>.</p>	Affliction		

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Psalm 119

Feeding our Souls

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<p><i>50</i>: This is my comfort in my affliction, that your <u>promise</u> gives me life.</p> <p><i>71</i>: It is good for me that I was afflicted, that I might learn your <u>statutes</u>.</p>	Affliction	Viewpoint	

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<p><i>50</i>: This is my comfort in my affliction, that your <u>promise</u> gives me life.</p> <p><i>71</i>: It is good for me that I was afflicted, that I might learn your <u>statutes</u>.</p>	Affliction	Viewpoint	Comfort

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>116</i> : Uphold me according to your <u>promise</u> , that I may live, and let me not be put to shame in my hope!			

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>116</i> : Uphold me according to your <u>promise</u> , that I may live, and let me not be put to shame in my hope!	Shame		

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>116</i> : Uphold me according to your <u>promise</u> , that I may live, and let me not be put to shame in my hope!	Shame	Hope	

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>116</i> : Uphold me according to your <u>promise</u> , that I may live, and let me not be put to shame in my hope!	Shame	Hope	Courage

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>132-133</i> : Turn to me and be gracious to me, as is your way with those who love your name. Keep steady my steps according to your <u>promise</u> , and let no iniquity get dominion over me.			

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>132-133</i> : Turn to me and be gracious to me, as is your way with those who love your name. Keep steady my steps according to your <u>promise</u> , and let no iniquity get dominion over me.	Iniquity		

Food for Life

Psalm 119

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<i>132-133</i> : Turn to me and be gracious to me, as is your way with those who love your name. Keep steady my steps according to your <u>promise</u> , and let no iniquity get dominion over me.	Iniquity	Grace	

Food for Life

Psalm 119

Feeding our Souls

Verse	Malady	Prescription	Result
<i>132-133</i> : Turn to me and be gracious to me, as is your way with those who love your name. Keep steady my steps according to your <u>promise</u> , and let no iniquity get dominion over me.	Iniquity	Grace	Steady Steps

Food for Life

How to feed yourself
(with less time)

Food for Life

Ephesians 5.20

Giving thanks *always* and *for everything*
to God the Father
in the name of our Lord Jesus Christ.

Food for Life

1 Thessalonians 5.16-18

Rejoice always, pray without ceasing,

give thanks in *all circumstances*;

for this is the will of God

in Christ Jesus for you.

Food for Life

Activity on
Thankfulness

Food for Life

Thankfulness

Good

Christ

Cynthia

Children

Friends

Ministry

Bad

Sleep Issues

Bumped Cup

Criticism

Fatigue

Failure

Ugly

Pride/Self-reliance

Self-centeredness

Anger/Impatience

Lust/Greed/Heart

Unbelief

Food for Life

Question for discussion:

Do you have a plan for how to
nourish you soul with the Word...
and is there **variety** and **vitality**?