

Maintaining a balanced “Spiritual” Diet

A. A *Diet* consisting of the Nourishment of God’s word

The law of the LORD is **perfect, restoring the soul**;

the testimony of the LORD is **sure, making wise the simple**.

The precepts of the LORD are **right, rejoicing the heart**;

the commandment of the LORD is **pure, enlightening the eyes...**

They are more desirable than **gold**, yes, than much **fine gold**;
sweeter also than **honey** and the drippings of the **honeycomb**.
(Psalm 19:7-8, 10)

...like **newborn babes**, long for the **pure milk** of the word,
so that by it you may **grow** in respect to **salvation**,
(I Peter 2:2)

Be diligent to present yourself **approved to God**
as a **workman** who does not need to be ashamed,
accurately handling the word of truth...

All scripture is **inspired by God** and profitable for **teaching**,
for **reproof**, for **correction**, for **training in righteousness**;
so that the **man of God** may be **adequate**,
equipped for every **good work**.
(II Timothy 2:15; 3:16-17)

B. A *Diet* of consistent Prayer

Be **gracious** to me, **O Lord**,
for to **You I cry** all day long.

Make **glad** the **soul** of **Your servant**,
for to **You, O Lord, I lift up** my **soul**.

For **You, Lord**, are **good**, and ready to **forgive**,
and abundant in **lovingkindness** to all who call upon **You**.

Give ear, O LORD, to my prayer;
and **give heed** to the voice of my supplications!

In the day of **my trouble** I shall **call** upon You,
for **You will answer me.**
(Psalm 86:3-7)

The **LORD** is **near** to all who **call** upon Him,
to all who **call upon Him in truth.**
(Psalm 145:18)

Now **He (Messiah)** was telling them a **parable** to show that
at **all times** they ought to **pray** and not to **lose heart**,...
(Luke 18:1)

Be **anxious for nothing**,
but **in everything by prayer** and **supplication**
with **thanksgiving** let your **requests** be made known to **God.**

And the **peace of God**, which surpasses all **comprehension**,
will **guard** your **hearts** and your **minds** in **Jesus the Messiah.**
(Philippians 4:6-7)

C. A *Diet* that consists of **Spiritual Fellowship**

Behold, how **good** and how **pleasant** it is
for brothers to **dwelt together** in **unity!**
(Psalm 133:1)

Iron sharpens iron,
So one man sharpens another.
(Proverbs 27:17)

They (the **believers**) were continually **devoting themselves**
to the **apostles' teaching**
and to **fellowship**, to the **breaking of bread** and to **prayer**...

And all who had believed were **together**
and had all things **in common**..

Day by day continuing with **one mind** in the **temple**,
and **breaking bread** from **house** to **house**, they were
taking their **meals together** with **gladness** and **sincerity of heart**,..
(Acts 2:42, 44, 46)

As **Believers** it is **vital** for **Spiritual Growth** that
we have **Spiritual Fellowship**.

Consider the numerous **“one another”** commands
given to the **“body”** of believers that require
personal interaction

Love *one another* (John 13:34; Romans 13:8)

Be devoted to *one another* (Romans 12:10a)

Build up *one another* (Romans 14:19)

Admonish *one another* (Romans 15:14)

Greet *one another* (Romans 16:16)

Have the **same care** for *one another* (I Corinthians 12:25)

Serve *one another* (Galatians 5:13)

Bear *one another's* burdens (Galatians 6:2)

Be kind to *one another* (Ephesians 4:32)

Forgive *one another* (Colossians 3:13)

Pray for *one another* (James 5:16)

...and let us consider how to **stimulate one another**
to **love and good deeds**,
not forsaking our own **assembling together**,...
but **encouraging one another**,
and all the more as you see **the day** drawing near.
(Hebrews 10:24-25)

D. A *Diet* that consists of **Outreach**

Restore to me the **joy** of **Your salvation**
and sustain me with a **willing spirit**.
Then I will **teach transgressors Your ways**
and **sinner**s will be **converted to You**.
(Psalm 51:12-13)

Jesus said to **them (His disciples)**,
“**My food** is to **do** the **will of Him** who sent **Me**
and to **accomplish His work**. Do you not say,
'There are yet **four months**, and then comes the **harvest**'?”

Behold, I say to you, lift up your eyes
and look on the **fields**,
that they are **white** for **harvest**.

Already he **who reaps** is receiving **wages**
and is **gathering fruit** for **life eternal**;

so that he who **sows** and he who **reaps** may **rejoice together.**"
(John 4:32-36)

He (Jesus) said to them (**His disciples**)
...but you will receive **power**
when the **Holy Spirit** has come upon you;
and you shall be **My witnesses** both in **Jerusalem**,
and in all **Judea** and **Samaria**,
and even to the **remotest part of the earth.**"
(Acts 1:8)

So, for my part, I am **eager**
to **preach the gospel** to you also who are in Rome.

For I am **not ashamed** of the **gospel**,
for it is the **power of God** for **salvation** to **everyone** who **believes**,
to the **Jew first** and also to the **Greek**.
(Romans 1:15-16)

...but **sanctify Messiah as Lord** in **your hearts**,
always *being* ready to **make a defense** to everyone who **asks you**
to give an account of **the hope** that is **in you**,
yet with **gentleness** and **reverence**;
(I Peter 3:15)

Closing Comments

Like most “**diets,**” maintaining a
balanced “spiritual diet” takes *Discipline*;

→ *Discipline* to **maintain** a study of **God’s Word**

→ *Discipline* to **maintain** a consistent time in **Prayer**

→ *Discipline* to **partake** in **Spiritual Fellowship**

→ *Discipline* to share the **Gospel** with the **Lost**

but a **vibrant spiritual life** has **great reward**
in *this life*, as well as the **life to come**

For **momentary, light affliction** is **producing** for us
an **eternal weight of glory** far beyond **all comparison**,
(II Corinthians 4:17)