

**MSM Continuous Training**  
**Lesson One**  
**Eating the Lord Jesus—Taking the Lord into Us**

Scripture Reading:

Hymn: E1146, E811

*John 6:63 It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life.*

*John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; And the bread which I will give is My flesh, given for the life of the world.*

*John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.*

*1 Peter 2:2 As newborn babes, long for the guileless milk of the word in order that by it you may grow unto salvation,*

*Jeremiah 15:16a Your words were found and I ate them, /And Your word became to me / The gladness and joy of my heart...*

*John 4:14 But whoever drinks of the water that I will give him shall by no means thirst forever; but the water that I will give him will become in him a fountain of water gushing up into eternal life.*

*John 7:37b-39a ...If anyone thirsts, let him come to Me and drink. He who believes into Me, as the Scripture said, out of his innermost being shall flow rivers of living water. But this He said concerning the Spirit, whom those who believed into Him were about to receive...*

**I. Eating, drinking, and breathing the Lord as the Spirit through the Word are the most essential life practices for taking Him into us:**

- A. In this lesson, we refer to all three practices together as “eating the Lord” or “taking the Lord into us.”
- B. The Lord is the Spirit embodied in the Word; therefore, we must exercise our spirit to contact the Spirit through the Word.

*Revelation 2:4-5a But I have one thing against you, that you have left your first love. Remember therefore where you have fallen from and repent and do the first works...*

**II. We need to recover our first love for the Lord:**

- A. If we don't love Him, we will not eat Him.
- B. The simple way to recover our first love is to repent whenever we realize that we are distracted by other people, matters, or things.

*Romans 12:1 I exhort you therefore, brothers, through the compassions of God to present your bodies a living sacrifice, holy, well pleasing to God, which is your reasonable service.*

**III. We also need to consecrate ourselves absolutely to the Lord:**

- A. Without consecration, we will not have time for eating Him.
- B. Every one of us is given 24 hours a day by God. We need to set apart some time to eat Him.

*Romans 10:12-13 For there is no distinction between Jew and Greek, for the same Lord is Lord of all and rich to all who call upon Him; For “whoever calls upon the name of the Lord shall be saved.*

**IV. The simplest way to take Him in is to call on His name:**

A. He is now the life-giving Spirit. When we call on His name, we take Him in.

*John 21:22 And when He had said this, He breathed into them and said to them, Receive the Holy Spirit.*

*Psalms. 119:147 I anticipated the dawn and cried out; I hoped in Your words.*

B. We should call on His name as soon as we get up and continue throughout the day. This is like breathing Him in.

*1 Thessalonians. 5:17 Unceasingly pray.*

*Ephesians 6:17-18 And receive the helmet of salvation and the sword of the Spirit, which Spirit is the word of God, By means of all prayer and petition, praying at every time in spirit and watching unto this in all perseverance and petition concerning all the saints.*

*Joshua 1:8 This book of the law shall not depart from your mouth, but you shall muse upon it day and night so that you may be certain to do according to all that is written in it. For then you will make your way prosperous and then you will have success.*

**V. A more solid way is to pray-read His Word:**

A. The life-giving Spirit is embodied in the Word. We must receive the Spirit by prayer to eat the Lord through His word.

B. Pray-reading is not a formality but to pray with the word that we read so that we may touch the Lord and receive His Spirit into us.

*1 Timothy 4:15 Practice these things; be in them, that your progress may be manifest to all.*