



Main Text: John 4:5-8, 32-35—(5) Then cometh he to a city of Samaria, which is called Sychar, near to the parcel of ground that Jacob gave to his son Joseph. (6) Now Jacob's well was there. Jesus therefore, being wearied with his journey, sat thus on the well: and it was about the sixth hour. ⁷ There cometh a woman of Samaria to draw water: Jesus saith unto her, Give me to drink.⁸ (For his disciples were gone away unto the city to buy meat.) (31) In the mean while his disciples prayed him, saying, Master, eat. (32) But he said unto them, I have meat to eat that ye know not of. (33) Therefore said the disciples one to another, Hath any man brought him ought to eat? (34) Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work.

Introduction: Who does not like food? Not only does food satisfy hunger, but it is also essential for life! Without food, our energy wanes over time, leaving us feeling lethargic and run down. If we go without food too long, we will die. But the Bible teaches that humankind should not live by natural food alone, but by “every word that proceedeth out of the mouth of God.” The word of God does for the spiritual man what natural food does for the natural man—keeps us alive! But while we are often selective about the natural food we eat, we should consume “every word” that comes from God! God’s word is more important than the natural food we consume. Jesus made this truth clear to His disciples when they insisted He eat something. Even though Jesus was tired and most likely hungry, witnessing to the woman at the well superseded His desire for natural food! When His disciples begged Him to eat, Jesus said, “I have meat to eat that ye know not of... My meat is to do the will of him that sent me, and to finish his work” (John 4:32 & 34). Jesus’s reply to His disciples revealed the secret to sustained spiritual power; staying full of God’s will and His purpose.

God’s Work Meant Everything to Jesus:

Luke 2:48-49--And when they saw him, they were amazed: and his mother said unto him, Son, why hast thou thus dealt with us? behold, thy father and I have sought thee sorrowing. (49) And he said unto them, How is it that ye sought me? wist ye not that I must be about my Father's business?

John 4:31-34—(31) In the mean while his disciples prayed him, saying, Master, eat. (32) But he said unto them, I have meat to eat that ye know not of. (33) Therefore said the disciples one to another, Hath any man brought him ought to eat? (34) Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work.

Note: Even as a child, Jesus was filled with a sense of God’s work. God’s work took priority over everything else in His life, including being with his parents, extended family, and friends! His appetite for God’s work moved Him to leave his family’s caravan and go back to the synagogue in Jerusalem. Three days later, Mary and Joseph found Him in the synagogue questioning the doctors of the law. When his mother scolded him for disappearing without permission, Jesus asked Mary, “wist ye not that I must be about my Father’s business?” In other words, ‘I didn’t leave you to be mischievous, but

to get busy doing what I was sent to do.” Time was precious and limited! Therefore, everything Jesus did centered around fulfilling God’s purpose for His life. Jesus’s visit to Sychar was not social. He was there to ensure the Samaritans received the “right food”—the word of God. Although He was tired and could have eaten, the desire to fulfill God’s purpose strengthened and energized Him. When the disciples returned with food and pleaded with Jesus to eat, He said, “my meat is to do the will of Him that sent me, and to finish his work.” (John 4:34). Jesus said that His “meat” was to do the will of God. The Greek word for meat, “brosis” means food. Food to our bodies is like gasoline to an automobile. We will not go anywhere without it! Jesus was saying that doing God’s will was His source of energy! Even though He was physically tired, doing God’s work gave Him spiritual strength. What should we learn from Jesus’s example? The most important meat is God’s work being conducted in our lives. Being full of passion for God’s work is the key to sustained spiritual power.

How to Obtain the Right Food

- **First, We Need a Well—of Living Water:** John 7:37-39

John 7:37-39—(37) In the last day, that great day of the feast, Jesus stood and cried, saying, If any man thirst, let him come unto me, and drink. (38) He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water. (39) (But this spake he of the Spirit, which they that believe on him should receive: for the Holy Ghost was not yet *given*; because that Jesus was not yet glorified.)

Note: Food and water go together. But naturally speaking, we can go without food longer periods than we can without water. Water is the most essential element to life! Going without water for a few days can be detrimental. The same is true in the spiritual sense. To eat right, we need spiritual water as part of our diet! Jesus is that spiritual water. As God in flesh, He received the Spirit without measure, which enables Him to quench the thirst of all who come to Him. Jesus promised that the Holy Ghost would be a “well of water springing up into everlasting life” in those who received it. As natural water is essential for natural life, the Holy Ghost is essential for spiritual life! If we believe in Jesus Christ as the scriptures teach, out of our belly will “flow rivers of living water.” Jesus promised it would be a well of water! A well is a reservoir which holds an abundant supply of water. Jesus came so that all who believe in Him could receive the Holy Ghost and become an abundant source of spiritual water for a dry and thirsty world. But first, we must get that water for ourselves. We must receive the Holy Ghost; the most essential portion of our spiritual diet.

- **God’s Word Must Become our Food!**

Ezek. 3:1-3—(1) Moreover he said unto me, Son of man, eat that thou findest; eat this roll, and go speak unto the house of Israel. (2) So I opened my mouth, and he caused me to eat that roll. (3) And he said unto me, Son of man, cause thy belly to eat, and fill thy bowels with this roll that I give thee. Then did I eat *it*; and it was in my mouth as honey for sweetness.

John 6:51—I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

1 Pet. 2:2-3—(2) As newborn babes, desire the sincere milk of the word, that ye may grow thereby: (3) If so be ye have tasted that the Lord is gracious.

Note: If the Holy Ghost is our supply of spiritual water, the word of God is our spiritual food. God commanded Ezekiel, “eat this roll.” The roll was the Word of God! “Eat this roll” meant committing the revelation of the word to the heart and mind. Ezekiel was not simply to taste the Word, but to ponder the Word; chew on it, digest it, and be filled with it! The Word was to be the “meat” that would nourish,

strengthen, and sustain Ezekiel as he carried God's word to the rebellious, hard-hearted people of Israel. Today, born again believers have a similar charge from God. We are called to go into all the world and make disciples (Matt. 28:19-20). To fulfill our call, God's word must become our "meat." We must consume Jesus, the living bread and the living word which came from heaven (John 1:14). When God's word becomes our food, we will be filled with the Spirit of Christ (Rom. 8:9), adopt the mind of Christ (Phil. 2:5-8), and follow in the steps of Christ (Luke 9:23, 1 Pet. 2:21). We will have discovered the secret to sustained spiritual power.

What Happens When We Eat Right?

- **God's Work Would Become Our Priority:**

Matt. 6:33-- But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Note: When we eat the right natural food, our entire attitude changes. We begin to feel better, sleep better, and exercise more. Most importantly, our natural health becomes our priority. The same occurs when we eat the right spiritual food! Our appetite for the things of God shifts into focus. We begin to feel a sense of urgency that Jesus felt for God's work. Our will submits to God's will, and God's work becomes our top priority. One of the best ways to determine the quality of our diet is to analyze our appetite. If we care more about satisfying our natural taste buds than our spiritual taste buds, we should change our diet. Jesus said seek the kingdom of God and his righteousness first, and natural things would be added to us! One of the primary reasons many have not discovered the secret to sustained spiritual power is that we are too eager to care for the natural man, while neglecting the spiritual man. The greater need is to equip the spiritual man first! If Christians sought the kingdom of God first, God would bless us with money enough, time enough, and food enough to take care of all our other needs.

- **We Can Overcome Loneliness.**

John 8:29—And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him.

2 Cor. 4:16—(16) For which cause we faint not; but though our outward man perish, yet the inward *man* is renewed day by day.

Heb. 13:5-- Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

Note: Loneliness is one of the most debilitating conditions experienced by human beings today. Thousands of people are treated for loneliness each year. But Jesus had a cure for loneliness—an insatiable appetite for the things of God. Jesus was both divine and human. He "...was in all points tempted like as *we are*, yet without sin" (Heb. 4:15). There is no doubt in my mind that Jesus experienced loneliness! However, Jesus knew God was with Him and He was with God! He [God] is with me Jesus said, "for I do always those things that please Him" (John 8:29). When we actively engage our talents, abilities, skills, and passions for God's work of the kingdom, we are pleasing Him, and He dwells with us! Knowing that God is with us comforts us in times of loneliness. The apostle Paul said that while his outward man perished, his inner man was renewed day by day. Our flesh will become lonely at times. Everyone gets sick on occasion. That is the outer man. But even in those discomfiting moments, the inner man, the spiritual man, is being renewed through the Holy Ghost and the word of God! Paul admonished the saints to be content, and not covetous. Contentment is the result of being satisfied with who we are on the inside, not from what we have on the outside!

When doing the will of God is our priority, we find contentment in God and comfort in knowing that He is with us and will never leave nor forsake us. This is the secret to sustained spiritual power!

- **We Would Experience Joy and Rejoicing**

Jer. 15:16—(16) Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.

Note: Jeremiah was known as the weeping prophet, because he was tender-hearted, passionate about his people, and heart-broken over their sin against God. More than once, Jeremiah resigned to give up his calling, but the word of God affected him too deeply! Then, something miraculous happened! Amongst the gloomy message he preached to his people, Jeremiah found the word of God for himself! When he found the Word, he did not criticize or ignore the Word, he ate it! The result was joy and rejoicing! God's word is food to a discouraged heart, and joy and rejoicing to the wounded heart. We will overflow with delight because we are called by His name! It is impossible to be full of God's word and void of joy and rejoicing. Therein lies a powerful secret. When living for God and winning the lost seems overwhelming and we want to give up, finding and feasting on the word of God will nourish and refresh us so that we can continue the work of the Lord!

- **We Would “See” How to Walk in This World:** Psa. 119:105-106, Psa. 119:130

Psa. 119:105-106—Thy word is a lamp unto my feet, and a light unto my path. (106) I have sworn, and I will perform it, that I will keep thy righteous judgments.

Psa. 119:130—(130) The entrance of thy words giveth light; it giveth understanding unto the simple.

Note: Doesn't it seem that when you put gas in a car it suddenly runs better? Likewise, when you fill up on the Word of God, things instantly appear better. That is because God's word disperses the spiritual darkness around us. As the smallest ray of light illuminates a dark room, a morsel of God's word infuses light into our spirit! David said the word of the Lord is a lamp to the feet and a light to the path. If a tiny light helps to illuminate our way, think how we could benefit from much light! Since the entrance of God's word gives light, we should consume as much of God's word as we can! The more we feast on His word, the greater the light, the clearer our spiritual vision, and the stronger our spiritual power.

Summary: Both food and water are essential for natural life. But humanity should not live by natural food alone, but by “every word that proceedeth out of the mouth of God.” As natural food sustains the flesh, the Holy Ghost and the Word of God sustains the spirit. Jesus went to Samaria; not just for the woman at the well, but to teach His disciples the secret to sustained spiritual power. The secret is to stay full of God's will and His purpose; to drink from the abundant supply of the Holy Ghost and feast from the rich word of God. To receive that living water is to receive the baptism of the Holy Ghost. To eat the word of God is to give ourselves to reading, studying, and meditating on the Word (1 Tim. 4:13). If Christians today intend to fulfill the work of God's kingdom, we must consume Jesus, the living bread and the living water which came from heaven (John 6:51, 7:37). Only then will we have the proper diet and discover the secret to sustained spiritual power.