

## What Are You Eating?

As the Brooklyn Tabernacle Sang, Lord I Pray:

*“God is moving- By His Spirit, Moving in All the Earth.*

*Signs and Wonders-When God Moveth-*

*Move Oh, Lord in me.” Amen.*

I know what you are thinking...”Here comes someone like my doctor telling me that I am not eating what I am supposed to eat.” Telling you-“*you too big; you need to lose weight!*

Or they are saying: “the reason your legs are swelling is cause you eat too much salt-So don’t eat any salt at all!” *Yeah, right!*

Let me say here clearly here, these people are nagging at you to **stay alive.**

Trust me, you need to listen to them and do your best to create for yourself- and follow- a regiment to make your life **PHYSICALLY - HEALTHIER.**

What I am really asking you about your eating habits- has nothing to do with the food you put in your mouth, chew and swallow. No Sir-No Ma’am. **Not at ALL!**

The real question.?

Are you getting your supply of Spiritual Foods Daily?

Review: The Physical Foods...You know that food pyramid. We are aware -and have been taught- about the physical foods...You know that food pyramid. The U.S. Department of Agriculture suggests that we eat a healthy diet.

This diet is based on six separate groups and recommends the number of daily servings for each.

- Physical Food Group 1 - Fats -Oils-Sweets
- Physical Food Group 2 - Dairy Products
- Physical Food Group 3 - Meats -Poultry-Fish
- Physical Food Group 4 - Vegetables
- Physical Food Group 5- Fruits (remember tomato is a fruit, I just learned that last week)
- Physical Food Group 6 -Bread-Cereal-Rice- Pasta

- ✓ Are you burning the candle at both ends trying to support your family and your personal life while trying to minister to the needs of others?

- ✓ Are you looking for answers, trying to make decisions, feeling lost and confused about what to do in your life?
- ✓ Are you depressed and down, do you feel empty and unable to get motivated about anything?

**You need to review your recommended daily requirements of Spiritual Foods!**

*These foods are provided in your Bible and continually direct your steps- while feeding your Soul.*

*These foods are ALL provided by Jesus Christ through His Spirit, who is our righteousness*

While there are 6 Food Groups for our physical beings,

There are 4 Food Groups for our Spiritual beings

*Spiritual Food Group #1 - “The Bread of Life”*

*Spiritual Food Group #2 - “The Living Water”*

*Spiritual Food Group #3 - “The Light of the World” AND*

*Spiritual Food Group #4 - “The Blood”*

*Spiritual Food Group #1 - “The Bread of Life”*

We must at once acknowledge that we eat the *Bread of Life Daily*. The Holy Bible is *the Bread of our lives*. When we partake of this Bread we are eating directly from the *Hand of God*. It is *pleasing*, it is *fulfilling* and it is *totally nourishing!*

**Read John 6: 48-51**-See how Jesus Himself explained this Spiritual food:

*“I am the bread of life... If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world.”*

*Spiritual Food Group #2 - “The Living Water*

It amazes me how physically thirsty we become and how physically dehydrated we get in a short period of time.

As a matter of fact, I must stop now and drink my physical water, My mouth is dry.

It is scary to imagine how parched and dry our Spiritual lives are without a daily allotment of required **Living Water**.

How exciting it is to know that Jesus fulfills every requirement for the Spiritual need to **irrigate our lives**.

Read John 4 (Entire Chapter)

“...<sup>13</sup> Jesus answered and said to her, *‘Whosoever drinks of this water will thirst again,<sup>14</sup> but whoever drinks of the water that I shall give him will never thirst.’*”

It is the first encounter of Jesus with anyone where He confirmed that He was, (might I say IS) the Messiah

### **Spiritual Food Group #3 - “The Light of the World”**

Have you ever been in a dark place? So dark that you can’t see your hand in front of your face? Have you ever stood on the East Coast just before sunrise and see the difference that, the first Spring of Light- or should I say Dayspring (Look it Up!) gives to our world? That is what we need as the 3<sup>rd</sup> of our daily Spiritual requirements.

***The Light of the World!*** A lamp to guide our feet in the correct pathways of living!  
(Read Psalms 119:5)

All day every day we live in a world that is *physically* light, but dark to the Spiritual Light of our Lord Jesus the Christ.

**Read John 8:12**

“When Jesus spoke again to the people, he said, *‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.’*” (NIV)

**Everybody Repeat with me:**

† ***The LIGHT of GOD is mine to have.***

† ***He LIVES Light INTO MY SPIRIT-Person***

† ***I Can See even in my Darkest Moments!***

***Glory to Your Name, God!***

The last on our Spiritual Food Group Pyramid is the most important. No other religion has ever provided for man's salvation.

No other belief serves a Living Savior who is Still Alive, and might I add, *-sits on the Right Hand of God (In flesh and Blood) advocating for me and you right now!*

#### **Spiritual Food Group #4 – “The Blood”**

I look throughout the centuries as man has made innumerable attempts at redeeming and seeking forgiveness through the blood of animals. I know that we are soooo blessed to have a Redeemer who over 2000 years ago Loved us so much that He shed His blood for our sin. ***“But God demonstrates His Love for us in this: While we were yet sinners, Christ Died for us!”*** (Rom 5:8)

How Amazing it is, that we now are covered, by the **Blood of the Unblemished Lamb of God!**

How Wonderful that we can merely step up to the *Altar of God, through the Existence of THIS Blood, which will never lose its Power!*

I can see Jerusalem, in my mind's eye during the Passover time before Christ's sacrifice....**so many animals killed to be of atonement for sin. Blood was everywhere!**

Matt 26:27-29 (NKJV)(Paraphrased) says:

***“Then he (Jesus Christ) took the cup, gave thanks and offered it to them, saying, ‘Drink from it, all of you. This is My blood of the New Covenant ( or we can say, The New Testament), which is shed for many for the remission of sins. But I say to you, I will not drink of this fruit of the vine from now on until that day when I drink it new with you in My Father's kingdom.’”***

The Nugget for Living today is a question:

**Question: What Are You Eating?**

While your Physical Foods are Essential-**DON'T FORGET YOUR DAILY ALLOWANCE OF SPIRITUAL FOODS**

***“The Bread of Life”***

***“The Living Water”***

***“The Light of the World”***

***“The Blood”***