

What is Truth- part 2

Two Illustrations

Truth is like spiritual food for our spirit, heart and our spiritual mind.
We are to spiritually absorb it.

Intellectual knowledge is not spiritual food.

A properly spiritually trained mind can express the spiritual food\truths we have absorbed.
Jesus Christ is our spiritual food.

Two illustrations about spiritual food.

[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.

[John 6:54](#)

The one who **eats my flesh** and drinks **my** blood has eternal life, and I will raise him up on the last day.

[John 6:56](#)

The one who **eats my flesh** and drinks **my** blood resides in me, and I in him.