

The Christian Bible is our Spiritual Food

Food is a vital part of our physical life.

Right from the moment of birth we need food of some sort in order to live, grow and remain healthy and strong.

Our spiritual life also depends on spiritual food in order to remain alive, grow and be healthy and strong.

Matthew 4:4 [NIV] *“Jesus answered, “It is written: ‘Man does not live on bread alone, but on every word that comes from the mouth of God.’”*

The Christian Bible is our source of spiritual food.

We need to imbibe and digest its contents on a regular basis in order to be a healthy, mature and strong Christian.

The Christian Bible is a unique book

2 Peter 1:20-21 [NIV] *“Above all, you must understand that no prophecy of Scripture came about by the prophet’s own interpretation. **For prophecy never had its origin in the will of man, but men spoke from God as they were carried along by the Holy Spirit.**”*

The Greek word translated “*prophecy*” – signifies the speaking forth of the mind and counsel of God.

Spiritual understanding.

The declaration of that which cannot be known by any natural human means.

Human beings wrote down the words as they were inspired by the Holy Spirit.

2 Timothy 3:16-17 [NIV] *“**All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.**”*

The words recorded in the Christian Bible are **not** what human beings have discovered by themselves.

The Christian Bible is God’s own message to all human beings.

Hebrews 4:12-13 [NIV] *“**For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.**”*

The Christian Bible is living and actively life-changing.

This God-given Christian Bible is truly for the life of all humans, whenever or wherever they may live.

The principles expressed in these God-given words are **not** confined to any human culture, they are universal in application.

The Christian Bible is God's Word for every human being

John 1:1-2 [NIV] *“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning.”*

This is where we should start to read the Christian Bible which is the Word of God.

The Greek translated as “word” in English is “logos” denotes the expression of thought **not** a mere name of an object.

John 1:14 [NIV] *“The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the One and Only, who came from the Father, full of grace and truth.”*

This tells us Who the “logos”, the word is and what He revealed to us about the mind of God.

John 14:6-7 [NIV] *“Jesus answered, “I am the way and the truth and the life. No-one comes to the Father except through me. If you really knew me, you would know my Father as well. From now on, you do know him and have seen him.”*

Jesus Christ is the truth, the Word from God that we can rely on.

John 14:8-10 [NIV] *“Philip said, “Lord, show us the Father and that will be enough for us.” Jesus answered: “Don’t you know me, Philip, even after I have been among you such a long time? **Anyone who has seen me has seen the Father.** How can you say, ‘Show us the Father’? Don’t you believe that I am in the Father, and that the Father is in me? **The words I say to you are not just my own. Rather, it is the Father, living in me, who is doing his work.**”*

The words that Jesus Christ spoke were the words of God the Father.

Both Jesus Christ and the Father are One, both God.

To a human finite mind this is a concept we cannot really understand because we are limited to a physical world.

John 4:24 [NIV] *“God is spirit, and his worshippers must worship in spirit and in truth.”*

God being spirit dwells in a state that is **not** limited by anything physical.

What God is doing in the Christian Bible, the Word of God, is revealing His thoughts, what He is like.

God is revealing as much about Himself as our finite human minds can understand.

God is revealing to human beings, in Jesus Christ, what He is like so that we can be moulded into His likeness [character] by the indwelling of the Holy Spirit, who is also God.

God tells us in His Word, what He likes and what He hates.

God tells us in the bad news about our rebellion and where we end up if we do not change, repent.

God tells us the Good news of what He has done for all humanity by sending His Son Jesus to be our Saviour.

2 Corinthians 5:17-19 [NIV] *“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come! **All this is from God, who reconciled us to himself through Christ** and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting men’s sins against them. And he has committed to us the message of reconciliation.”*

God is showing us in His Word the way back to an intimate relationship with Him that Adam and Eve, the first humans had, before the sin of rebellion entered into their lives.

The Christian Bible is a very personal book

As we personally read, study and meditate on the words in the Christian Bible, God wants to speak His personal message to each of us.

As we read the Christian Bible, the Christian Bible is reading us.

The Christian Bible can help us in many ways.

Some parts of the Christian Bible will teach us new truths about God that He wants us to know, that will help us to worship Him in spirit and in truth.

These are truths that we could never discovered for ourselves, for they are only revealed by God's Word.

Other parts of the Christian Bible will warn us about ways of life we must avoid and **not** follow.

Other parts of the Christian Bible will show us where others have failed to submit to God's way of life and what happened to them.

Other parts of the Christian Bible will show us how to "*get back on track*" when we have not, in our weakness, followed God's way of life and ended up deep in sin.

Psalms 119:105 [NIV] "*Your word is a lamp to my feet and a light for my path.*"

The Christian Bible is a lamp to guide us through life so that we avoid stumbling into sin and hurting ourselves.

We are in a dark and dangerous world and we all need the light that God's Word gives us.

John 8:12 [NIV] "*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."*

We all need to follow Jesus Christ who will light our way in life, and keep us free from the darkness of ignorance and Satan's deception that plagues most human beings, [**John 8:44; 2 Corinthians 4:4; Revelation 12:9**].

The Christian Bible helps us to grow spiritually

1 Peter 2:2-3 [King James] "*As newborn babes, desire the sincere milk of the word, that ye may grow thereby: If so be ye have tasted that the Lord is gracious.*"

We all know how new born babies cry out for milk, we all should have this great desire for spiritual milk, God's Word.

Hebrews 5:11-14 [NIV] "*We have much to say about this, but it is hard to explain because you are slow to learn. In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! **Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness.** But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.*"

As babies in Christ we have to start with the basic, simple truths in God's Word.

But we must **not** remain on "*spiritual milk*".

Just as babies need to begin to digest solid food, we too have to progress to deeper concepts that are found in God's Word, real "*meaty*" things, that will help us to mature.

We must never stop growing in our understanding of God's Word, for as a living thing that is spiritual, it will always be revealing new truths or deeper understanding of previous revealed truths.

Study of God's Word is exciting and fulfilling, as nothing else can ever be.

John 17:3 [NIV] "*Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent.*"

Having a yet deeper more intimate understanding of who and what God is will continue for each of us eternally.

Through God's Word which is spiritual, thus eternal, we will develop an ever closer relationship with our Creator.

Just as we need food daily to remain strong and grow, so we need to imbibe spiritual food on a daily basis.

Why do we need the Holy Spirit to study the Word of God, the Christian Bible?

1 Corinthians 2:1-5 [NIV] "*When I came to you, brothers, I did not come with eloquence or superior wisdom as I proclaimed to you the testimony about God. For I resolved to know nothing while I was with you except Jesus Christ and him crucified. I came to you in weakness and fear, and with much trembling. My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, so that your faith might not rest on men's wisdom, but on God's power.*"

Just like the great apostle Paul, every Christian teacher must point towards God's Word, the Christian Bible, the written word, and Jesus Christ God's Word personified.

Every statement or principle that I may make is always backed up by and grounded on the inspired scriptures found in the Christian Bible.

I merely offer the words to you, it is the work of the Holy Spirit, **not** me, to persuade you that they are true.

John 16:13 [NIV] "*But when he, the Spirit of truth, comes, he will guide you into all truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.*"

It is the Holy Spirit Who leads us into all that is true, **not** human preachers.

1 Corinthians 2:6-10 [NIV] "*We do, however, speak a message of wisdom among the mature, but not the wisdom of this age or of the rulers of this age, who are coming to nothing. No, we speak of God's secret wisdom, a wisdom that has been hidden and that God destined for our glory before time began. None of the rulers of this age understood it, for if they had, they would not have crucified the Lord of glory. However, as it is written: "No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him", but God has revealed it to us by his Spirit. The Spirit searches all things, even the deep things of God.*"

We **cannot** obtain God's wisdom and truth by our own intellect, it is only revealed by the Holy Spirit.

1 Corinthians 2:11-14 [NIV] *“For who among men knows the thoughts of a man except the man's spirit within him? **In the same way no-one knows the thoughts of God except the Spirit of God.** We have not received the spirit of the world but the Spirit who is from God, that we may understand what God has freely given us. This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, expressing spiritual truths in spiritual words. The man without the Spirit does not accept the things that come from the Spirit of God, for they are foolishness to him, and he cannot understand them, because they are spiritually discerned.”*

Just as the human spirit in us gives us intellect [**Job 32:8; Proverbs 20:27**].

In the same way spiritual truths are only perceived and accepted by the indwelling Holy Spirit who reaches us through our human spirit.

Without the Holy Spirit dwelling in you all that you read in these articles will only seem foolishness.