

Bible Calorie Intake

Matthew 4:1-4

Ladies' Tea Talk

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Saturday, May 9, 2015, 10am at Living Hope Church of Roselle, Illinois

Please pray with me:

- mutually beneficial
- to honor the Father, the Son, and the Holy Spirit

Your Pattern of Eating (Illustration)

How would you describe your diet, your pattern of eating? Would you say it's like the average American? Three times a day, maybe a snack or two thrown in. Would you say you're the small breakfast, fast lunch, and big dinner kinda gal? Perhaps you're a calorie counter? Or you're gluten-free? Are you a raw foods only eater? Are you a strict paleo eater? Or maybe you eat whatever you want, whenever you want?

Motivation for Diet

Now think about WHY. Why do you eat like you do? Doctors orders? Are you well-trained in the food pyramid? Do you find you feel better eating a particular way? Do you want to wear a particular size dress and therefore eat with that in mind?

Mrs. Steiber

I remember years ago, when I was teaching, I would marvel at this other teacher during our lunch break. Mrs. Steiber. She would drive into Jersey from New York every workday. What a character! She would come into the teacher's lounge and literally unload her lunch from a big bag or small picnic basket. She was set! Had her china, silverware, healthy, colorful lunch, and, I even believe (but could be wrong) she had a cloth napkin to boot!

Time and Effort

My point in this is – we put a tremendous TIME and EFFORT into food. We plan the meals, buy the food, prepare the food, eat the food, clean up after we've eaten the food. And, we generally will not skip meals and if we do, we sure like to catch up on the next one and make up for the loss!

But, could it be that we, us ladies in particular, are well-fed, possibly over-fed but really, really malnourished?

Jesus' Example

Jesus, when He was being tempted by Satan, having fasted for 40 days and 40 nights was REALLY hungry. Let's read that if you have a Bible with you. Matthew 4 beginning in verse 1. Can you imagine the hunger Jesus was experiencing? And yet His first words recorded are from Scripture. He quotes Deuteronomy 8:3 but we'll first check out what's recorded in Matthew.

MATTHEW 4:1- 4

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written,

"Man shall not live by bread alone,
but by every word that comes from
the mouth of God."

Again, "Man shall not live by bread alone, but by every word that comes from the mouth of God."

Do we truly believe that? Are we living that way? Are we putting the Word of God before it all?

What's Your Caloric Bible Intake?

I'll ask again, what is your diet like? Or maybe I could rephrase it, "What's your caloric Bible intake?"

1 Timothy 4:7-8 – "Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds the promise for the present life and also for the life to come."

What are you filling yourself with? Again, what is your Bible caloric intake?

- Are you satisfied with a devotional book that has a Scripture or two and a fellow sinner who expounds on it?
- Are you satisfied with reading a verse for the day and meditating on just that?
- Are you satisfied with only a Proverb a day and waiting for Sunday to be fed?
- Do you believe the lie that you don't have time?
- Do you believe the lie that it doesn't matter?
- Do you believe the lie that you've reached your max in Bible reading?

2 Timothy 3:14-17, "But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and training in righteousness, that the man of God may be competent, equipped for every good work."

The Whole Counsel of God

Sisters, we need the WHOLE counsel of God. We need to be in His Word increasingly. Let me give you just three reasons why you need to be reading the Holy Bible daily... and dare I say... multiple times during the day.

Why Do We Need God's Word Every Day?

Now, in thinking about beginning or increasing your Bible intake, you must be clear on WHY. Why you and I need the whole counsel of God every single day. Sometimes

we can approach reading our Bibles like we do other tasks. I get it. I know the temptation to want to just cross it off your to-do list. But, ladies, we cannot approach reading God's inerrant Word like that. If you love the Lord you God, you need to spend time with Him. And quite honestly, there's no better place to hear Him more clearly than right here (hold up Bible).

To answer the 'why' we must start with the indicatives. The indicatives MUST come first. The indicatives are the doctrines found in Scripture, the truths and promises. The indicatives (doctrines) can't be skipped because our beliefs flow out of them. In the book of Ephesians indicatives are what the Bible indicates about who I am in Christ specifically. The first three chapters of Ephesians are indicatives telling me *who I am* in Christ and the last three chapters are imperatives, telling me because of who I am, this is what I am commanded to do.

What you believe determines how you live? How you live is based on what you believe. You need to be sold on WHY you should be ever increasingly in God's Word.

I. **He chose us!** , Ephesians 1:3-5 (though we could read on!)

Ephesians 1:3-5, "Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as **he chose us** in him before the foundation of the world, that we should be holy and blameless before him. In love he predestined us for adoption through Jesus Christ, according to the purpose of his will."

John 6:37, "All that the Father gives me will come to me, and whoever comes to me I will never cast out."

We Belong to Jesus

He chose you! If you are in Christ, the Father has given you to Jesus, and in Him we have every spiritual blessing. His love for us determined before time that we should be saved by Jesus.

This means that we fully belong to Him – our body, soul, and heart. You are not your own. You've been bought with a price. I'm not my own. I've been bought with a price. This precious truth helps me remember that every area of my life must conform to God's kingly rule. It also shows me God's personal love and care for me as His daughter.

We Read the Bible to Know Christ Better

Why does this truth, that God chose us, compel us to read His Word, to feed on His Word? This makes reading His Word no mere task, friends. Reading His Word is a joy! Why is it a joy? Reading His Word is the way we know Him!

- In the Word, He reveals what He's done in the past for His people.
- In the Word, He shows us His character.
- In the Word, He gives us promises for all eternity.

Because He chose us and demonstrated His love toward us, I can only do what I've been created to do: Worship Him by feeding on his written manna!

Moving to point two, let's look at an imperative. Imperatives are the commands found in Scripture. We won't rightly embrace the imperatives, the commands, if we don't fully believe the indicatives, the doctrines. So, please, don't jump to the commands if you aren't believing God's promises. We must believe His promises to rightly obey His commands.

II. He commands it, Mt. 28:19-20, Deut. 8:1-3

Matthew 28:19-20, "Go therefore and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you."

Let's also check out Deuteronomy 8:1-3 that I mentioned earlier as well because it's important to see and know that the Old and New Testaments agree.

Deuteronomy 8:1-3, "The whole commandment that I command you today you shall be careful to do, that you may live and multiply, and go in and possess the land that the LORD swore to give your fathers. And you shall remember the whole way that the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. And he humbled you and fed you with manna, which you did not know, nor did your fathers know, that He might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD."

We are Commanded to Get Into His Word

The whole commandment He tells us to keep. If you know He's chosen you, He also commands you to get in His Word. How will you be able to observe ALL that He has commanded you unless you've got a healthy intake of the Scriptures? God has preserved His Word for us with the intention of His people reading it.

When we read God's Word it honors Him because we are taking time to hear what He has to say.

Those two reasons should be enough of a motivator to thirst for His precious Word but I'll throw in one more because it's one I need to hear.

III. We can't live the Christian life without the Word!

Psalm 119:9-10

- You and I need it to keep our way pure - Psalm 119:9-10
- You and I need it to light our way and give us understanding – Psalm 119:130
- You and I need it to revive our souls and to rejoice our hearts – Psalm 19:8
- We need it so we don't labor for food that perishes – John 6:27

- We need to be constantly in the Word because we are prone to wonder – Jeremiah 14:7-10
- Others need us to proclaim it because they remain lost without it.

If we are not in His Word, His Word won't be coming out of us and we cannot keep the Gospel to ourselves. There is a dying world out there. We need to be in His Word because His Word brings life.

Personal Illustration

Recently, I realized I was not in the Word enough when sharing my testimony with Pastor Black. He looked me in the eyes and said, "What's a Bible verse that's meaningful to you?" Oh! Talk about sweating! I thought of a lot when he was talking to my kids but as soon as he turned to me, it was like my brain was dead and my eyes were useless. Even fumbling through my Bible was difficult. I need to be in His Word more so that His Word FLOWS out of me, seasoning my kids, perfuming my husband, fighting the "bully" inside of me and the Enemy lurking behind.

So, do you agree that you need God's Word like you need food? If so, are getting enough...everyday? If so, Praise God for His Grace! Now go back for some dessert! Have seconds! If not, I encourage you to seek the Lord and take some steps to be fed.

Think Outside the Box

Think outside the box. We have been given 24-hours a day in which to steward! Let's increase our Bible caloric intake. May we get fat off of His delectable Word! Let's redeem that time for His glory and our mutual good!

Close in Prayer

May we all allow the Word of God to do in each of us that it was meant accomplish. Yes, may we willingly yield, submit, humble ourselves under the mighty hand of God...