

Topic: Built up by the word of his grace (1)

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From the examples of John and Jesus in the following texts Luke 1:80 and Luke 2:40, we see the need or the expectation for spiritual growth. We should be to analyze spiritual growth on both an individual and corporate level (as a church). Acts 20:32 says *and now, brethren, I commend you to God, and to the word of his grace, which is able to build you up, and to give you an inheritance among all them which are sanctified.* No matter the stage we are in our walk with God, there is always provision for growth, the above text draws our attention to a specific thing "the word of his grace" which is like prescribing a diet for growth. In other words, anything outside this diet cannot profit us spiritually.

The word of his grace is given by the holy spirit. Heb 10:29 describes the holy spirit as the spirit of grace. The spirit and the word go together, and we shouldn't dwell on either extreme. Spiritual things are only engaged when they are revealed (1 Corinthians 2:10). The truth of word of his grace is revealed by the spirit both to individuals and the church through vessels. In Ephesians 4:12 we see the effectiveness of vessels in the church in the form of the five-fold from building us up from being babes who are carnally minded to a state of maturity of which the measuring stick is Jesus. The church is grounded on truth. 1 Tim 3:15 *But if I tarry long, that thou mayest know how thou oughtest to behave thyself in the house of God, which is the church of the living God, the pillar and ground of the truth.* This gives us a platform for our reality to swallow up the lies the enemy trapped us in while we were unbelievers.

The Nature of Spiritual Food

Spiritual food is revealed truth, it is the only thing the spirit in man responds to. The treasure in our earthen vessel only comes to full view when the light of the word shines on it.

It is the building block of a believer and just as a human can't digest cellulose in grass, the spirit can not digest any other thing apart from spiritual food which we gain benefits from by rehearsing and practicing it. We only see what we eat (Exodus 24:11). 2 Cor 3: 18 says *but we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.* Therefore, the renewal of our minds comes by the revealed word of God in our spirit. Feasting on truth has the effect of destroying lies and mindsets that are covering casts (Isaiah 25:6-7). The most sustainable form of deliverance is revealed truth. For example, fear which

is reinforced by a lack of truth is a lie of the devil, this reinforces the need for truth and eating of spiritual food.

The Effect of Eating Spiritual Food

1. Our faith grows from one level to another
2. We have more ability to hold on to hope; which is the unseen.
3. To have more love for God and brethren

Practical applications of Spiritual food

Taking a look at the brain and the heart which are the most vital organs in the human body, we can have a practical appreciation for spiritual food. Exercise and food strengthens both organs, which are a representation of the mind and spirit (the core of man) which are also strengthened by spiritual food and exercises.

We can effectively gain from spiritual food by waiting on the word of God through meditation effected by the confessing of the word. We also gain from spiritual food by listening to prepared and articulated messages which especially helps in times when one is down.