

Topic: Built up by the word of his grace (2)

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In our meditation today, we will be continuing from where we stopped last time by explaining the types of spiritual food. Our main text will be taken from Isaiah 55:1-2 which says *"Come, all you who are thirsty, come to the **waters**; and you who have no money, come, buy and eat! Come, buy **wine** and **milk** without money and without cost. Why spend money on what is not **bread**, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare"*. We see the first thing mentioned is waters, second is wine, then milk and bread. The last one is honey which is not mentioned here. These are all the types which we will look at in greater detail.

Types of Spiritual Food

1. Waters: John 4: 13-14, Ephesians 5:26. The effect of water has a refreshing ability; that is to rejuvenate and bring back life when down. Proverbs 25:25 *" As cold waters to a thirsty soul, so is good news from a far country"*.
2. Wine: This wine here speaks of aged(fermented) wine, it has a unique taste and speaks of the deep things of the word and mysteries of the kingdom of God. Matt 13:11, 1 Cor 2:10. It has an intoxicating effect that changes your reality.
3. Milk: 1 Peter 2:1-2, Heb 5:13, 1 Cor 3:1-3 It speaks of the foundational doctrines of Christ. We desire it but we don't dwell on it.
4. Bread: It is the provision for spiritual strength and our transformation. John 6:48-58, Rev 2:17
5. Honey: Proverbs 24:13-14 *"My son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste: Know also that wisdom is like **honey** for you: If you find it, there is a future hope for you, and your hope will not be cut off"*. The honey of the word is spiritual wisdom which is profitable to direct and as we grow it helps us to learn between good and evil. It is also instructive wisdom from the word of God to enlighten us (1st Samuel 14:27) and it comes by sound doctrine. In the body of Christ today, they are many excesses in doctrine and prophecy and it is important to be built up by the word by exposure to sound doctrine to discern that which is of God. Isaiah 7:15-16 says *"Butter and honey*

shall he eat, that he may know to refuse the evil, and choose the good. For before the child shall know to refuse the evil, and choose the good, the land that thou abhorrest shall be forsaken of both her kings”.

The lord feeds us according to our need and readiness; he will not force food. He will introduce us to new level of food with an experience or dealing or a question in our heart.

We will then see two fundamental categories of the word in terms of spiritual food and readiness: Milk and Strong meat(solid food) Hebrews 5:12-13 *“ For when for the time ye ought to be teachers, ye have need that one teach you again which be the first principles of the oracles of God; and are become such as have need of milk, and not of strong meat. For everyone that useth milk is unskilful in the word of righteousness: for he is a babe”.*

Milk: it is very needful but as we established earlier, we don't dwell on it as it is a foundation and belongs to babes who are carnal Christians and cannot bear the burdens of the kingdom. It doesn't have the capacity to make us spiritual. But as we feed, we are enlarged, and the lord can graduate us to the next level.

Solid Food: Unlike milk, it has the capacity to make us spiritual and brings certain demands to make of us to drop certain things that hinders growth. The perfection in Heb 6:1 speaks of spiritual maturity.

We see we begin to mature as a church when we start displaying love. Strong meat thus enables us to first love God and then others. To love God, demands will be made on the flesh and the more we love God the more the flesh is put aside; we thereby diminish in carnality and increase in spirituality.

The message of the cross is a good example of spiritual food. It is not popular but its important because it gives you responsibilities and makes you a son on earth as you begin to align yourself with the will of God and his kingdom. Matthew 16:24 *“Then said Jesus unto his disciples, if any man will come after me, let him deny himself, and take up his cross, and follow me”.*

Traits of a growing believer

1. Ability to discern between good and evil
2. The bearing of fruits and not just gifts
3. Trusting him more and depending on his will
4. A heavenly affection and priority for the kingdom.

