

Food!

KJV Matthew 4:3-4 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.

4 But he answered and said, *It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.*

➤ Food is defined as nourishment or fuel!

Any nutritious substance that people or animals eat or drink to maintain life and growth.

Jesus had been in the wilderness fasting and praying for 40 days, His body was weak and need **food**; it needed fuel for the journey and nourishment for growth.

But Jesus wasn't just a physical man, He was a spiritual man who understood He wasn't just living from the food He gave His body.

It's true we need to eat to sustain life—but man is a triune being made of spirit, soul and body.

- The body needs physical food to sustain it physically!
- The soul needs soulish food to sustain it!
- The spirit needs spiritual food to strengthen and sustain it!

KJV John 4:32 But he said unto them, *I have meat to eat that ye know not of.*

Jesus had fed His spirit though He was tired and hungry from the journey (John 4:6) the disciples had gone to the city to buy food (4:8).

KJV Luke 1:80 And the child grew, and waxed strong in spirit, and was in the deserts till the day of his shewing unto Israel.

The Bible says John The Baptist **grew in all three areas of his life!**

His physical, emotional/mental state developed in synch with his spiritual development!

It's possible to **grow physically** and remain under developed mentally!

It's also possible to **grow mentally** and remain under developed spiritually!

It's also possible to **grow physically** and mentally but be emotionally retarded.

Forgiveness is critical to emotional well-being as well as our spiritual maturity!

ESV Proverbs 15:13 A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.

Sorrow of heart is having an injured soul! This comes from not letting go of past hurts, even those we caused on ourselves.

➤ **Sometimes the hardest person to forgive is ourselves!**

When we hold on to hurts, pain and disappointment it retards our spirits!

KJV Psalm 127:2 It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.

He bread of sorrows is spending most of our time working hard thinking that making a better life for yourself and your family will ease the pain of past failures and disappointments.

Notice it's **bread** (food) but it only leads to more sorrow and anxiety!

This is why John had to remain in the **deserts** (plural) lonely, solitary places until God was ready to use him.

John's diet while he was in the deserts prepared him for his time in the cities!

God trained him to live off **different foods** physically, mentally and spiritually so when he came to the city he would have **no appetite for the sins** of the city!

KJV Luke 2:40 And the child grew, and waxed strong in spirit, filled with wisdom: and the grace of God was upon him.

This scripture is talking about Jesus! He was born a child, had to grow physically, mentally, emotionally and spiritually to fulfill His purpose & destiny!

He like John had to **grow strong in spirit** to handle the things that came up against him.

KJV Proverbs 18:14 The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?

Notice it is not our physical strength that sustains us when the enemy comes!

It is not mental toughness that sustains us when the enemy of sickness comes!

It is being **strong in spirit** that gets us the victory over the enemy!

Notice what Job says! **The man who endured more pain and suffering than anyone other than Christ!**

KJV Job 23:12 Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary food.

❖ **Job placed The Word of God above physical food in his life!**

What is higher and more serious than necessary? **Urgent and critical!**

This is why we practice the spiritual discipline of fasting and prayer!

To strengthen our spirits and give us the power to overcome weaknesses of every kind!

Because **Job was strong in spirit he was able to endure great suffering and wait on God to bring him out!**

KJV Job 13:15 Though he slay me, yet will I trust in him!

As much pain as Job was in losing his family, friends and reputation he could still say this—Job was strong in spirit!

Job like John The Baptist and Christ Jesus were strong in spirit because they what was urgent and critical in their lives.