

Food for the Soul

When God made man, He made us to have appetites. While most of us may like our burger and fries, not all people groups and cultures eat the same things. Consider a few of these options from the international menu: In Korea, octopus tentacles are eaten while they are still wiggling on the plate. You need to be careful though, the tentacles still have a sucking power to latch onto your face or throat for that matter. You can probably figure out the problem with that. Tarantulas are eaten in Cambodia, slightly grilled for that extra crunch. In Japan, fish eyeballs can be found on your dinner plate, goat brains in India and maggot cheese in Sardinia, Italy. Once the eggs open and the larvae start feeding, the cheese is eaten while the larvae is still alive. Frog legs are eaten in many parts of the world, the largest consumer being France. And coconut worms are a delicacy in Vietnam.

When the Apostle Peter wrote to the Christians of the 1st century, he spoke not of our physical appetite but our spiritual appetite when he said: ‘Like newborn babes, long for the pure milk of the word, that by it you may grow in respect to salvation.’ [I Peter 2:2] The Christian is called to regularly take time to feed his soul with the spiritual food which God has provided – the Bible. There is no other reality that can have the kind of impact upon one’s life than the decision to read the Bible in faith and put it into practice in one’s life. Consider 4 benefits:

You might get saved reading the Bible. II Tim. 3:15 – ‘and that from childhood you have known the sacred writings which are able to give you the wisdom that leads to salvation through faith which is in Christ Jesus.’ God’s Word also is key to holy living and sanctification - Psalm 119:11 – ‘Thy Word have I hid in mine heart that I might not sin against Thee.’ God’s Word is the curriculum for discipleship to Jesus as we are to be taught to observe all that Jesus commanded - [Matthew 28:19, 20]. Where can one find the commands and teachings of Jesus? In the Bible. And lastly, Peter reminds us that spiritual growth flows directly from reading the Bible in faith - [I Peter 2:2]. For all these reasons and more, we need to stop and take time to feed the soul. The soul is nourished and strengthened on the pure milk of the Word of God. So, don’t stop with burger and fries. Jesus said man shall not live on bread alone but on every word that proceeds from the mouth of God. [Matt. 4:4]