



Building Spiritual Strength: The Secrets of Developing a Strong Spirit Lesson 2: Nourishment for the Spirit

1. As a Christian, it is possible to be “out of shape” spiritually.

1 Timothy 4:6, 7 – Amplified Bible

If you lay all these instructions before the brethren, you will be a worthy steward and a good minister of Christ Jesus, ever nourishing your own self on the truths of the faith and of the good [Christian] instruction which you have closely followed.

But refuse and avoid irreverent legends (profane and impure and godless fictions, mere grandmothers' tales) and silly myths, and express your disapproval of them. Train yourself toward godliness (piety), [keeping yourself spiritually fit].

It is possible to be “out of shape” spiritually. But that also mean it is possible to be spiritually fit.

1 Timothy 4:8, 9 – Amplified Bible

For physical training is of some value (useful for a little), but godliness (spiritual training) is useful and of value in everything and in every way, for it holds promise for the present life and also for the life which is to come.

This saying is reliable and worthy of complete acceptance by everybody.

These verses talk about being spiritually fit and developing in godliness.

Two important things are mentioned here:

- _____
- _____

These two things are important for getting yourself in good physical shape.

You have to eat right and exercise the right way.

If you do these two things consistently you will develop and see results.

The two keys for the physical body are the same two keys needed for developing your spirit.

- You need to eat the right things and enough of them on a regular basis.
- You need to exercise correctly.

If you do these things you will develop and become stronger spiritually – nourishment and exercise.

In this lesson we are going to look at nourishment for the spirit.

2. Just like you eat physically, you need to eat spiritually.

You can eat _____ just like you eat physically.

A major problem in the church is that many do not know or understand that they have a spirit.

If you don't know that you have one, you are not going to feed it.

However, we understand that a spirit is not something you *have*, it is what you *are*.

You are a spirit.

You have to _____

There are millions of people who feed their dogs, cats, goldfish, their own bodies, and their children, but they do not feed their own spirit.

The result is _____

You must feed your spirit if your spirit is going to be strong.

Matthew 4:4

1 Peter 2:2

Jeremiah 15:16

_____ is nourishment for the inner man.

3. The Word of God is to your spirit, what food is to your body.

Your spirit, like your body, has an _____

In the natural, hunger is a sign of health. When people do not want to eat, that is often a sign of sickness and weakness.

Spiritually it is the same. When you are doing well spiritually, you will have a good appetite for the Word of God.

When you do not desire to read your Bible or hear good preaching and teaching, it is a sign of a poor spiritual condition.

God's Word feeds your spirit, just like natural food feeds your body.

Act 20:32

What is able to build you up? – _____

Can you sit in church for twenty years listening to the Word of God and never really grow?

Answer: _____

4. Passing time does not mean you are maturing spiritually.

It is not just a matter of time going by in church that causes you to grow.

Hebrews 5:11-13

Hebrews 5:12 *For though by this time you ought to be teachers . . .*

What is the writer of Hebrews saying? – _____

He saying – “For the length of time you have been in the kingdom you are here, but you should be over there.”

They should be developed to the point where they can teach others, but they are not. They are still babies.

_____ does not mean you are spiritually maturing.

Also, if you are hearing teaching from the Word you are not necessarily growing.

How is that possible? – It is possible to go to a church and not learn much, because the people teaching you do not know much.

5. In order to be nourished and be spiritually strong you must feed on the Word of God daily.

John 6:63

The Word _____

In order to be nourished and be spiritually strong you must _____

You have to eat food on a regular basis to be physically strong.

It is the same spiritually. If you do not eat the Word of God, you get weaker and weaker.

Many Christians do not have the revelation that they need to feed on the Word of God every day.

They never miss a natural meal. But they do not see the importance of feeding their spirits.

In reality, if you must choose to miss a meal, which meal should you miss? - _____

Have you ever been hungry and someone starts talking about food? Maybe they talk about a certain kind of food that you like. What happens?

You get excited and interested about eating!

If you are doing well spiritually you get excited and interested about eating the Word of God.

You have a good appetite if you are doing well spiritually.

People who are not hungry for the Word of God _____

6. How to eat spiritually

We know we need to eat spiritually. Now let's look at some good instruction on how to eat spiritually.

Hebrews 5:11-14

This verse is talking about _____

We could say, instead of discernment, _____

The ability to taste the difference in what you are eating helps us to eat the right things.

When people are babies they don't have much discernment in their taste. Some children will eat dirt.

Why? – _____

Also, babies have a compulsion to stick everything in their mouths.

Spiritual babies are the same way. They will eat anything.

There are preachers who can get large crowds to listen to almost anything. Because so many Christians in North America are babies – spiritually.

You just tell them and they swallow it. _____

The tragic thing is some babies die because they get poisoned.

The same thing is true spiritually. There are things that can poison you spiritually.

Your enemy, the devil, is committed to do two things concerning your spiritual diet:

- _____
- _____

He is always trying to accomplish one of those things.

If he can starve you, you will get weak. You will not have any faith or ability to stand strong.

As you grow up in God, your taste is developed to know the difference between good and bad spiritual food.

What do babies need to help them, so that they don't eat the wrong thing? – _____

How about spiritual babies? – They need more mature brothers and sisters in the church, their pastor, and other leaders.

Spiritually there is a difference in food, just like there is naturally.

_____ are what we feed on spiritually.

There are no better “words” for us to feed on than the Bible – God's Word.