

PROVIDING SPIRITUAL FOOD

The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life. (John 6:63)

Jesus emphasized the importance of spiritual food when He was tempted by Satan: Jesus answered, “*Man shall not live on bread alone, but on every word that comes from the mouth of God.*” (Matthew 4:4)

Food is vital for sustaining life. Without proper nourishment, the human body becomes weak and cannot function properly. People must take care of their bodies through eating right and consuming key nutrients, so they not only live but thrive in healthiness. The same principle applies to one’s spiritual life. A proper diet of spiritual food is needed so Christians do not become weak and weary, but rather thrive spiritually in their relationship with God. Regular nourishment for the soul is vital for the Christian life, just as physical food is for the body.

We need spiritual food—that is to say we need the Word of God, we need to do the will of God, and we need Jesus Himself.

On a couple occasions, Jesus spoke of another type of spiritual food. After Jesus spoke to the Samaritan woman at the well, the disciples brought Him some food from town. But He did not partake, saying, “I have food to eat that you know nothing about” (John 4:32). This puzzled the disciples, whose minds were stuck on physical food, and Jesus explained: “My food is to do the will of him who sent me and to accomplish his work” (verse 34, ESV).

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