

Feasting on the Bread of Life of Jesus

Just as improper dieting or under-eating results in an unhealthy body, so inadequate in-take of the Bread of Life results in an unhealthy Christian life with an unhealthy mind. One day, without your noticing, serious problems may arise due to malnutrition. Try eating constantly for a year until you are very fat, then stop eating for two months. What will happen to you? The answer is obvious, we will be at your funeral. There are many people here who have been believers for a long time and have been good followers of the Lord. What would happen if they think that they have been fed for many years and now they can continue to survive without food? Their spirits will also die.

What does it mean to be a follower of Jesus? What does the Bible teach us about being a true follower of Jesus? Jesus was a very busy man. Because there were so many demands on His life and time, He had to pour out His life continually for others. What is the secret of His life? What was it in Him that enabled Him to persevere and not wither away? Why did He not collapse?

As I experience the life of Jesus, I discover that one of the reasons He would never wither is because He was constantly nurturing His life. He was always giving, but He was also constantly drawing, so He would never dry up. This principle is very simple, but very important. Jesus continued to intake nourishments. There are at least three kinds of food that Jesus would take. Let us look at these three kinds of food:

1. The Word of God

Matthew 4:3-4 – The Word of God is the prime bread for our lives.

What does it mean to feast on God's word? It is to meditate on the Word of God. Meditation means thinking about it day and night, digesting it, and making it a part of our lives.

Proverbs states that we become what we repeatedly think about. If you think about it often, it will become a part of your life. This is true not only of the Word of God, but of voice of the world and of Satan as well.

- Many people dwell on the people they hate and wasting a lot of time planning how to get revenge. This is also true of many Hong Kong films.
- Many people focus only on money. They even measure relationships in terms of money.

- Many people often think that others want to hurt them. This may be because they have been hurt in the past, so they have this abnormal thought. Everyone tries to hurt people, they cannot trust others, and they end up becoming mentally unstable.

If you meditate more on God's Word, it will become a part of your life. How can you spend time meditating on God's Word?

2. Walking with God

Matthew 26:26, John 6:35 – The second kind of bread is Jesus Himself, who said He is the bread of life.

We all need to be fed on and draw from the life of Jesus.

- We need to draw strength from God
- We need to draw wisdom from God
- We need to draw love from God so that we can love others
- We need to draw life from God so that we can have vitality
- We need to draw passion and enthusiasm from God
- We need to draw grace from God

How can you be connected to Christ? How can we draw upon His life?

3. God's Will

John 4:32-34 – The third kind of food is to do the will of God.

Jesus said that His life was nourished when He did the will of God. What did Jesus mean? This is another secret of Jesus: the life of God is poured out in our lives when we do His will. The more we do God's will, the more strength He will provide us to support our lives. When you give, you receive. It is no wonder that Jesus was so powerful and His life was so filled with God. In the Garden of Gethsemane, Jesus said something very important: "Not my will, but yours be done." Jesus taught us to pray, "Your kingdom come. Your will be done on earth as it is in heaven."

How can you obey God's will better?

How can these three kinds of food help make your spiritual life healthier?