

Daily Bread: Setting a Healthy Diet – Martin Bull – 25/06/17

Introduction

New Summer series – Daily Bread. Passages that have spoken to people personally.

“Man shall not live on bread alone, but on every word that comes from the mouth of God.” (Matt 4:4)

- We need to select the right diet for life – healthy, daily diet of Scripture – the Word of God feeds us.

Today – 3 different examples of Scripture that has spoken to me recently.

1. The Day of Salvation (2 Cor 6:1-2)

“As God’s fellow workers we urge you not to receive God’s grace in vain. For he says, ‘In the time of my favour I heard you & in the day of salvation I helped you.’ I tell you, now is the time of God’s favour...the day of salvation.”

- Read this on the morning of the first day of the conference in Malawi. That same evening I would be preaching from 2 Corinthians 5:18 on the ministry of reconciliation. Excited to see what God would do because, *“...now is the day of salvation.”* (2 Cor 6:2)

“All Scripture is God-breathed, useful for teaching, rebuking, correcting & training in righteousness.” (2 Time 3:16)

- Scripture is eternal and timeless – all important
- Holy Spirit sometimes leads us to certain passages on certain days.

God encourages us with timeless truths and often will helpful applications for our current situations.

2. Equality is the Aim (2 Cor 8:13-15)

“Our desire is not that others might be relieved while you are hard pressed, but that there might be equality. At the present time your plenty will supply what they need, so that in turn their plenty will supply what you need. The goal is equality, as it is written: ‘The one who gathered much did not have too much, and the one who gathered little did not have too little.’”

- Read this a few days later when Booker was thanking us for the money we’d sent in their time of hunger.
- This passage spoke directly into the situation – the generosity of the Corinthian church has supplied believers elsewhere at a time of hardship. Our aim is equality, not control or hierarchy.

God encourages us with truths to settle our hearts and sometimes the hearts of others.

3. Genesis

Do I get something prophetic from Scripture every day – No!

Those are 2 examples which complement my daily bread; the regular reading that keeps me healthy.

Reading though Genesis at the moment – some very tough and uninspiring characters at the moment, yet as I look back at the whole picture I see:

- the creative power of God at work – Builds faith that God can break in.
- a story of God working through flawed people to fulfil his promises – Gives me hope.
- the story of the bible in miniature – Waiting for Joseph, like waiting for Jesus our permanent Saviour.

God reminding us of timeless truths which come alive as we read it daily.

Conclusion

We’re taught to pray, “...give us today our daily bread.” All too easily our desire will stop at physical provision.

*“Be careful to follow every command I am giving you today, so that you may live and increase and may enter and possess the land that the Lord promised on oath to your ancestors...He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that **man does not live on bread alone but on every word that comes from the mouth of the Lord.**” (Deut 8:1-3)*

Q. Are you feeding yourself well?

If you’re not feeding on truth, you’re feeding on something else – subtle lies of the World, your own flesh?

Q. How will you ensure that you begin feeding yourself well? To have a healthy diet of daily food?