

## BE STRONG

### Eat Right

#### I. There is a hidden man of the heart, an inner man and he needs to be fed-1Pet3:4, 2Co4:16

- A. Matthew4:4-**AMP**-Man not only needs food for his body, but he needs food for his spirit
  - 1. Natural food alone is not enough to **sustain** the man; he needs spiritual food because man is not just natural, he is a spirit-being and he needs spiritual food
    - a. ERV-It's not just bread that keeps people alive. Their lives depend on what God says.
    - b. MSG-It takes more than bread to stay alive. It takes a steady stream of words from God's mouth.
  - 2. To be strong, full of vigor, fresh, active, and powerful man needs spiritual food
- B. The same things that make your body strong will make your spirit strong because your body is a pattern of your spirit (they both need to be fed, need rest, and exercise)
  - 1. The natural world has the same pattern as the spiritual world because the natural was created by the spiritual (They are not the same, but the pattern is the same and that means you'll see the same things on both sides; i.e. water, babies, children)
    - a. Natural rest is not the same thing as spiritual rest, natural exercise is not the same thing as spiritual exercise, and natural food is not the same thing as spiritual food
  - 2. Your body has to be fed there's food for it; your spirit has to be fed, there's food for it
  - 3. The **amount** and **type** of spiritual food you eat determines the strength of your spirit
- C. Hebrews 5:12-14-The word of God is spiritual food for your spirit (Milk & Meat)
  - 1. KJ-For when for the time ye ought to be teachers, ye have need that one teach you again which be the first principles of the oracles of God; and are become such as have need of milk, and not of strong meat. For every one that uses milk is unskillful in the word of righteousness: for he is a babe. But strong meat belongs to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.

#### II. The words you spend time with are key in determining the strength of your spirit-1 Tim 4:6

- A. **Nourished up**-You have to support your spirit with the Word of God, the way you have to support your body with natural food
  - 1. If a person were to be born in the Earth and not feed their natural body it will not function properly it; If a person gets born again and doesn't feed their spirit it won't function properly
  - 2. Galatians 5:22-Spiritual malnutrition shuts down your spiritual organs-fruit of your spirit
    - a. When you don't feed your spirit properly those spiritual organs will shut down
    - b. If your body is fed right you don't have to tell your organs to work, they just work; If your spirit is fed properly you don't have to tell your spiritual organs to work, they just work; if your body or spirit is not fed right, you don't have to tell them not work, they just won't work

- B. The way natural food is key to the nourishment of your body is the way words are a key to the nourishment of your spirit
  - 1. All words are spiritual food---**EAT THIS, NOT THAT**-Refuse those wrong wrongs
  - 2. Words of faith (agree with God's) and good teaching nourish your spirit
    - a. EX: Words that don't agree with God's tear you down spiritually
  - 3. You can be hearing the word, but not learning-Proverb 4:7-Get understanding
    - a. You can sit at a spiritual table and not eat (not receiving, engaged, attention)
    - b. Luke 14:23-If you don't have to time to eat spiritually, then you're too busy
- C. If the right words would strengthen you, then the wrong words would make you weak
  - 1. EX: An M&M diet would make you weak; your body will tell you give me something good; your spirit is the same way (you got no joy, no peace that's your spirit saying hey I need something to eat); If we made you eat right naturally you'd be surprised how good you felt; same spiritually
  - 2. Wrong words aren't neutral in their impact, they have a negative impact
    - a. They aren't doing nothing, they're not doing anything good, but they're not doing nothing
  - 3. The condition of your spirit gets worse as you listen to the wrong words
  - 4. Like unhealthy food hurts your body, wrong words hurt your spirit
    - a. People get saved and their so downtrodden and heavy and fearful because of the wrong diet

### III. When you feed on God's word it strengthens your spirit and makes you strong

- A. To keep the commandment "Be strong" I have to spend time daily eating the Word
  - 1. A lot of people are weak spiritually because they don't eat
  - 2. You pray for strength and God says "Eat!"
  - 3. If you'd eat you wouldn't have to ask for strength; it's built inside the Word
- B. God's word is spiritual food that will make you strong; Satan's word will make you weak
  - 1. Jeremiah 15:16-When he \*ate the Word of God\* it made his inner man strong
    - a. The Word had a positive effect on his heart-Inner man; it provided strength
    - b. You have to find it and eat it; finding is not eating; knowing is not eating; too many people find it or maybe know it, but that's not eating it
  - 2. Jeremiah 49:23-24-Bad words make you weak
    - a. Evil tidings are the opposite of the gospel (good news)
    - b. They're weak because they fed on the wrong food
    - c. Some people are weak spiritually because they've been eating wrong
      - 1) EX: Watching sitcoms, feeding on the evil report
      - 2) EX: M&Ms may taste good, but they don't help your body; and that spiritual food might taste good and be funny going down, but when it gets down there is it doing what you need to get done

3. \*Proverbs 16:24-Good words are pleasing, sweet to the inner man, they give you joy and strength; bad words are bitter to the inner man, rob you of joy, make you weak\*

C. Before Satan can defeat you, He has to get you to eat the wrong stuff

1. Proverbs 24:10-He can only defeat weak people
  - a. If Satan is going to get you weak, he's got to get you on the wrong diet
    - 1) James 4:7-When we are strong and resist, that's his cue
  - b. If Satan can get you eating the wrong words, they'll make you weak and in the day of adversity you'll faint because your strength is small
  - c. Psalm 127:2-Feeding on the bread of sorrows will make you weak
2. Numbers 13,14-He had to get the people to feed on the wrong stuff; the ones he couldn't get to eat wrong, he couldn't defeat
  - a. The enemy doesn't want them in the promise land and to keep them out he had to **infect** their spiritual diet with food that makes them weak
  - b. There's two meals for them (Eat this not that)
  - c. They want to go back to the Egypt: the wrong spiritual diet will always take you backwards to the place where you were in bondage
  - d. If Satan can infect your spiritual diet, he can keep you from the future God has for you
    - 1) If He can't get the wrong spiritual food in your mouth, he's got no chance in your life
  - e. To eat on higher level naturally, you have to eat on a higher level spiritually
    - 1) You can't go where you won't eat
    - 2) You can't go higher because you won't eat higher (Olympic athletes)

D. Isaiah 55:1-3-God is saying if you'll come and eat my word by hearing it, the result will be a strong, blessed, prosperous, rich inner man who is abounding in grace/strength

1. He's talking about eating, but he's talking about words
2. Your eating (hearing the Word) has an effect on your inner man; fat and happy

**IV. You eat natural food with your mouth, you eat spiritual food with your ears**

A. Job 34:3-The ear is to words the way the mouth is to food

1. Psalm 119:103-How sweet are your words to my taste! Yea sweeter than honey to my mouth
2. You taste words when you hear them they can be sweet
3. EX: That's delicious
4. Your spiritual ear is your attention

B. The Word of God is a **container** that **carries** the strength of God and as you put that word in your spirit it makes your spirit stronger

1. Food contains strength for your body, the Word contains strength for your spirit

- a. The way that you release the nutrients that are in the food to effect your body is that you put it in your mouth and chew it up; the way that you release the nutrients that are in the Word of God and make your spirit strong is put it in your ears and chew it up
- 2. Food that you're not putting in your mouth although it has the potential to give strength, cannot make a man strong who won't eat it
- 3. The Word of God that you don't put in your ears although it has the potential to give strength, cannot make a man strong who won't eat it
- C. People who are constantly chewing on the Word of God with their ears are going to be strong; The stronger they are the more they're going to win-Joshua 1:8, Psalm 1:1-3
  - 1. The way Joshua is going to be strong is by eating on this Word day and night
  - 2. EX: You can chew on the word all day
- D. 1 Peter 2:3-You grow and get stronger by and through the Word of God
  - 1. Psalm 119:28-KJ-Strengthen me according to your word-ERV-Say the Word and make me strong again-MSG-Build me up again by your word
  - 2. No word = No strength --- Little word = Little strength
  - 3. The level of your strength will not be measured in the amount of time you spend begging God for it, but in the amount of time you spend in his word-2 Cor 12:8-10

**V. Proverbs 15:4-A mouth that talks contrary to the Word weakens the spirit**

- A. When you speak words that contradict God's word it weakens your spirit
  - 1. John 17:17-The Word is truth and when you speak crosswise of it, it breaks your spirit
    - a. Proverbs 15:4-NIRV-A tongue that tells lies produces a broken spirit
  - 2. Satan has to get a hold of your mouth if he wants to break your spirit down
    - a. Because he is a deceiver he makes it seem like what you're saying is harmless
    - b. One of the main ways you feed on the Word is you say it out your mouth
- B. Ephesians 4:29-Every word matters because every word you speak carries the potential to either build your spirit up or break it down (**ERV**-Say the good things that people need-whatever will help them grow stronger; **NCV**-Do not say harmful things, but say what people need-word that will help others become stronger)
  - 1. Words spoken that contradict the God's work immediately to weaken your spirit
  - 2. People don't know how to talk and are damaging their own spirits and don't know it-John 8:26
- C. Words spoken that are contrary to God's will poison your spirit and make it weaker
  - 1. Your mouth is a dangerous thing and it is to be esteemed
    - a. Psalm 140:3-They have sharpened their tongues like a serpent; adders' poison is under their lips. Selah.

- b. Romans 3:13-14-The poison of asps *is* under their lips: Whose mouth *is* full of cursing and bitterness:
  - 2. You can literally poison your own spirit with your mouth-Matthew 12:34
    - a. Job 20:16-The viper's tongue shall slay him - That poison in your mouth can slay you
  - 3. Your tongue can poison your spirit or be the cure and strengthen it
    - a. James 3:8-But the tongue can no man tame; *it is* an unruly evil, full of deadly poison.
    - b. Pr 10:11-The mouth of a righteous *man is* a well of life
  - 4. You speak fear, death, and weakness and it's a poison and detriment to your own spirit; You speak faith, life, and strength and it builds your spirit up
    - a. "I can't believe that" "That just blows my mind" "I'm so nervous" "I'm so proud" "I'm sorry" "That's killing me" – Those are poison words and it's not wholesome
    - b. You know what I meant; in natural and spiritual courts of law your judgment is not based on what you meant, it's based on what you said
  - 5. 1 Samuel 30:6-David used his mouth to strengthen his spirit (Encouraged-Strengthen)
    - a. 6-It does not say so David cried and begged God to give Him strength
    - b. Job 16:5-*But* I would strengthen you with my mouth, and the moving of my lips should restrain *your grief.*
- D. James 3:2-5-A believer who is strong has set his mouth to speak the Word only
- 1. A lot of big fires in are being started by the mouth
    - a. It's no wonder so many are not strong to resist, when they've been poisoning their own spirits for the last 20 years
    - b. Those fires get so big that we can't even find the little thing that started it
  - 2. If you'll turn that wheel/helm over onto the word of God, that rudder will start plowing water and get you going in the direction where you are strong
  - 3. Every time you speak the Word your spirit just got a little bit stronger