

A STRONG SPIRIT

To Be Strong You Have To Eat Right

- I. **Man is not just physical, but rather he is a spirit and so natural food alone is not enough to sustain the man-**
Pr18:14-KJ-The spirit of a man will sustain his infirmity; but a wounded spirit who can bear?
 - A. The spirit of man needs to be fed spirit food for the spirit to be strong-*Mt4:4-Man shall not live by bread alone, but by every word that proceeds out of the mouth of God; MS-It takes more than bread to stay alive. It takes a steady stream of words from God's mouth*
 - B. The way your body needs to be fed your spirit needs to be fed-God made man's body in such a way that it needs to be fed to be strong and function properly and He made man's spirit in the same manner
- II. **Words are spirit food-***Jer15:16-Thy words were found, and I did eat them; and they word was unto me the joy and rejoicing of mine heart*
 - A. Your spirit eats words. the way your body eats natural food-*Jb34:3-For the ear tries words as the mouth taste meat*
 - B. God's word is likened to food-*Hb5:12-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.*
 - C. You can taste God's words with your spirit-*Ps119:103-How sweet are thy words unto my taste! Yea sweeter than honey to my mouth!*
- III. **The amount of spiritual food you eat and the type of spiritual food you eat determines the strength of your spirit**
 - A. All words are spirit food and therefore feeding on the wrong words can hurt and weaken your spirit-*2Tm2:16,17-Shun profane and vain babblings: for they will increase unto more ungodliness. 17 And their word will eat as doth a canker*
 - B. Feeding on God's words strengthens your spirit-*Jer15:16; Ps119:28-Strengthen me according to your word; 1Tm4:6-Thou shalt be a good minister of Jesus Christ, nourished up in the words of faith and good teaching*
 - C. The way food contains strength for your body. The Word of God contains strength for your spirit-The Word is a container that carries the strength of God and as you consume the Word it makes your spirit stronger
 1. The way that your release the nutrients that are in the food into your body is you consume the food-Food that you won't eat, although it has the potential to give you strength, cannot make a man strong who won't eat it
 2. The way Joshua is going to be strong is by eating on this Word day and night-*Js1:8*
- IV. **A person who refuses to take the time to feed on The Word of God will not be strong on the inside – You have to support your spirit with the Word of God, the way you have to support your body with natural food**