

## Food for thought

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November 29, 2020  
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### Introduction

1. Matthew 4:4
2. There are four basic food groups, we must eat of these groups to grow properly.
3. We are to partake of the Word of God in order to grow properly Matthew 5:6
4. What are the four basic food groups spiritually?

### II Discussion

1. The Bread of Life John 6:48, 35
  1. Contrast between physical and spiritual John 6:28
  2. We are to seek the true Bread of Life John 6:33, 37, 40
  3. If we partake of this Bread of Life we will live forever John 6:51, 53, 54
  4. We will live forever only if we do His will.
2. The Vine (fruit) John 15:1-6
  1. Christ is the true vine John 15:1; 1 Corinthians 3:9, 11; Acts 4:12
  2. We must abide in Him John 15:4,5, 6, 7, 10; Revelation 2:10; John 8:31
  3. We must bear fruit John 15:8; Galatians 5:22-23
  4. We can be lost and it is our own responsibility if we are John 15:6; 2 Corinthians 5:10; 1 Corinthians 9:27
3. Milk of the Word 1 Peter 2:2
  1. We must desire the milk to grow desire longingly
  2. This is for the new babes in Christ Romans 12:1 Reasonable, pure, sincere
  3. There are some subjects that are easier to master than others, faith, love, mercy, grace
4. Meat of the Word Hebrews 5:12-14
  1. This is maturity in the Gospel 2 Timothy 2:15; Proverbs 4:7
  2. Solomon asked for wisdom 2 Chronicles 1:7-12; James 1:5; 3:13-18
  3. We can reject wisdom from above Acts 28:25-27

### III Conclusion

1. We are to grow in the grace and knowledge of our Lord Jesus Christ 2 Peter 3:18
2. Failure to do so is to be disobedient to God
3. We must partake of all the food groups to grow properly, are you?
4. Have you been born again?
5. Now is the time!

Source: Sermon preached 1991; Olive tree app; Vine's Dictionary of New Testament Words; Word Study Greek English New Testament by Paul McReynolds