

What does it mean to feed my heart daily on God's words?

Why should I feed my heart daily on God's words?

The part of me that was born again was my spirit. Just like the physical part of me, this new spirit is not self sustaining, it can only be sustained and grow by daily feeding.

Matt 6:11 (Father of my spirit) **Give me this day my daily bread** (my daily food for my spirit).

Jer 15:16 (Father) **Your words were found, and I ate them** (with my heart), **And Your word was to me the joy and rejoicing of my heart** (my spirit);...

God's living word, when I eat it and it enters my heart, is in me:- Cleansing from sin, spiritual light, spiritual bread, the knowledge of God, spiritual strength, the love of God, truth, spiritual seed, the faith of Christ, sanctification, the righteousness of Christ, joy, wisdom, health to my body, spiritual life and the very nature of Jesus Christ.

John 6:48 (Jesus says) **I am the bread of life.**

John 6:57 (Jesus says) **he that eats me, even he shall live by me** (receives my life)

John 6:63 (Jesus says) **The words that I speak to you are spirit, and they are life.**

What if I don't want to feed my heart daily on God's words?

If I don't know how to feed my heart on God's word or choose not to feed on God's word, whether I recognize it or not I will still be feeding on something. Whatever thoughts I chew on and am preoccupied with during the course of a day, at a deeper than superficial level, I am actually allowing my heart to feed on. If I reflect deeply on worry thoughts, taking of offence thoughts, pride thoughts, lust and greed thoughts, self-pity thoughts, my heart is actually feeding on those thoughts and not feeding on God's thoughts. Whatever thoughts my heart feeds on I become like because my spirit assimilates the spiritual nature of those thoughts.

Prov 23:7 **For as he (a person) thinks in his heart, so is he...**

This is why Jesus said in Mat. 6:25 "Don't take (feed on) any (worry) thoughts over your life, what are you going to eat, drink or wear... or anything else, because worry will then become our nature. Instead, think about and feed on God's living words, that's how we keep (Isa.26:3) our thoughts stayed on God, and peace becomes our nature.

Who is the real feeder – who must feed my heart the word of God?

Only God our Father can feed us – even though it may be through another person. The prayer is "Father..(You) give me my daily bread. (Mat. 6:11). It is God who prepares a table of spiritual food for me (Psa. 23:5). It is God alone who satisfies the mouth of my

spirit with the good things of His word so that my spiritual youth is constantly being renewed (Psa. 103:5).

Remind me, what is the spiritual food my heart needs to eat daily?

Ps 73:26 ...**God is the strength of my heart and my portion** forever

John 1:1 **In the beginning was the Word (Christ), and the Word was with God, and the Word was God Himself (and still is).** AMP

Matt 4:4 (Jesus says) ... **Man shall live ...by (eating) every word that proceeds from the mouth of God** (that God speaks personally to me).

God Himself is my portion of food. God's word is God. Therefore I am to eat and live by (because they are now part of me) every living word God speaks to me from the Bible.

What part of me is to be fed with God's words?

Ps 51:6 **You (God) desire truth in the inward parts (my heart), And in the hidden part (my spirit) You will make me to know wisdom.**

2 Cor 4:16 ...**the inward man is being renewed** (with God's word) **day by day.**

Col 3:10 **And have put on the new man (my new spirit) who is renewed in knowledge (God's word) after the image of Him (Christ, God's word) who created him,**

And where in me, is this new inner, hidden, spiritual man of the heart? In the gut region

Philem 7 KJV ...**the bowels of the saints are refreshed by thee, brother.**

Philem 7 NKJV ...**the hearts of the saints have been refreshed by you, brother.**

When should I feed and in what condition should I be in to receive food?

Isa 26:9 ...**by my spirit (or heart) within me I will seek You (God) early;**

Ps 146:7 (God) ...**(God) who gives food to the (spiritually) hungry**

Heb. 3:7-8 ...**Today if you will hear His (God's) voice (His word speaking to you and feeding you) do not harden not your hearts** (through sin, so that you can't hear the voice of His word feeding you).

In our spiritual infancy much of our food, the milk of God's word by which we begin to grow spiritually, may come through hymns and songs, God's words set to music.

Receiving my daily bread

James 1:21 ...**Receive** (and keep on receiving) **with meekness** (a humble hearing and believing heart) **the implanted word , which is able to save** (progressively make free from any attachment, habit, desire, addiction or thought pattern) **your souls** (your will – to serve only God, which is a full salvation).

Thinking on these things

Psa 119:97 **Oh, how I love Your law** (that is Your word, since they are no longer law under the New Covenant) ! **It is my meditation all the day**.

And what is meditation? To think on deeply, chew on, reflect on, ponder, and eat.

Phil 4:8 ...**Whatever things are true, ..noble, ...just, ...pure, ...lovely, ...of good report**, (all references to God's words) **think** (meditate) **on these things**.

The role of my enemy - to stop my heart feeding on God's words

Ps 23:5 **You** (God) **prepare a table** (of spiritual food, your word, daily) **before me in the presence of my** (spiritual) **enemies;**

Matt 13:19 **When anyone hears the word of the kingdom, and does not understand it, then the wicked one comes and snatches away what was sown in his heart.**

If that doesn't work, the parable of the sower and the seed continues, Satan tries to use persecution and affliction to get me to be offended at the word. If that doesn't work, the parable continues, Satan attempts to sow evil seed in my heart alongside the word, such as worry thoughts, covetous thoughts and thoughts of trusting in possessions. All designed to choke and kill off God's word in me and make it useless. If I'm not feeding on God's words and instead entertain the enemies' thoughts, not only will I not be growing spiritually but I will be progressively losing whatever spiritual vitality I once had. This is why Jesus said I must insure His words remain or abide in me.

John 15:7 **If you abide in Me, and My words abide in you** (don't let them be stolen)

The role of the Holy Spirit - in feeding my heart on God's words

It is exclusively the Holy Spirit who: Guides me daily into God's word, who breathes life into an otherwise dead verse of God's word, who reveals to me, makes me to know and understand and teaches me, God's words, who writes the words on my heart so that they become part of me and who causes me to live in the light of God's words and do them. The quicker I come fully under the Holy Spirit's control, through the Baptism

with the Holy Spirit, the easier it becomes for God to feed me on a daily basis.

Evidence that my heart has been regularly eating God's words

While sometimes there may be an incubation period before the word that has been implanted by God in my heart begins to bear its divine fruit, eventually when the word continues to abide in me it will always result in: my behavior being modified, my thoughts, words and actions altered and my faith increased as a result of an additional portion of Jesus Christ's nature having been imparted to me through God's words. I can now walk on the water of those words and not sink. Having eaten those words and believed them with my heart I am now available for God to inspire me to speak them, with His authority, to others and sow them into their hearts:

2 Tim 2:6 **The husbandman that labors must be first partaker of the fruits.**

John 21:17 (Jesus asks) **Do you love Me?...Feed My sheep** (words you have eaten).

The commonest counterfeit to heart feeding on God's word – mental assent

Limiting God's words to my intellect and falsely assuming that mental agreement with scripture corresponds to heart belief – is a widespread counterfeit of faith. The living seed of God's word remains dormant and never springs to life unless it is firmly planted in the spiritual soil of a person's heart. Mental agreement with a scripture can never change me because there has not been any transfer to me of Christ's own nature. My brain can memorize and photograph a verse, but just as with natural food a photograph can't sustain my body, neither can a mental snapshot of spiritual food sustain my spirit.

Pro 3:5 **Trust in the Lord with all your heart, don't rely on your own understanding**

Eph 4:17 **...No longer live as the Gentiles do, in the futility of their (natural) minds.**

The Father joys in well fed sheep, those in whom His word lives, He can perform those

Jer 1:12 **Then said the Lord to me ...I am alert and active, watching over My word** (that is now in your heart) **to perform it.** AMP

If I stumble in some area of my life, but some of God's words remain in my heart, since those words are His nature, He will still watch over them to perform them – because he cannot deny Himself: But this works both ways, for He has said if I won't forgive, then I can't be forgiven. Similarly, if I attribute His works to Satan I can't be forgiven. Whatever words are in me God will remind me of them so I can obey them and be restored. If I won't Satan is already at work in my heart with his thoughts, so as to kill those words too.

2 Tim 2:13 **If we are faithless, He remains faithful; He cannot deny Himself.**

Have you fed on God's words today, even these about what it is your heart is feeding on?