

## Spiritual Food for Spiritual Growth

### Scripture

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” (Joshua 1:8 NKJV)

### Commentary

Parents love to tell their children to eat their vegetables so they will grow up big and strong. Watching my boy’s appetite for sweets validates this sage advice. Why do we not take our own advice when it comes to spiritual matters?

If we want to grow up big and strong in the Lord, we need to eat our spiritual vegetables. Of course I am talking about Bible study and meditation. As it is written, “. . . desire the pure milk of the word that you may grow thereby” (1 Peter 2:2 NKJV). A pup unable to feed on mom’s milk will soon perish without intervention. So too will your spiritual life if nourishment is withheld.

I want to encourage you to read Scripture every day. Then meditate on its meaning. As you meditate on the Scripture, ask, is there:

- a sin I should keep away from?
- a promise I can call my own?
- a command for me to obey?
- a blessing I can enjoy?
- a failure from which I can learn?
- a victory for me to win?
- a new thought about God, the Lord Jesus, the Holy Spirit, Satan, man?
- a truth in this passage that has greatly affected me? (from Online Bible)

Reading without contemplation is of little value. It is not without any value, but meditation is the way we take in nourishment for our souls. The above passage says, “Meditate in it day and night.”

I know you have heard this advice a lot, but are you following it?

### Prayer

Father, cause us to see the great need in our lives. Without you we can do nothing. Amen.