

Theological Musings from Dave's Laptop

June 13, 2017

I attended a training and worship event for the leadership of Volunteers of America, Chesapeake last week, for which our own Sandra Gray is Chaplain. I was interested that the program had **"Come Be Fed"** in large letters on the cover, which I'll bet Sandra got right here at CBF.



I think the "Come Be Fed" idea originated with Robin Brodtkin as a way to talk about CBF, and I've found myself thinking about being spiritually fed this week—especially since we considered "the feeding of the 5,000" on Sunday.

What do you think it means to be "fed by God"? How might you answer that question? What did Jesus mean when He told His disciples, *"I have a kind of food you know nothing about."* (John 4:32).

More than this, how well-nourished would a physician of the spirit say you are these days? Would you be evaluated as anemic? Starved? Fat on (spiritual) junk food? Or lean and strong, ready for anything?



It seems as though nearly everyone has a *FitBit* or some sort of step counter these days (and I do, too). If there were a device that recorded your spiritual "steps" and "heart rate" throughout a typical day, what might those graphs show?

There are many, many ways in which to "be fed" spiritually. Some of the more common include corporate worship, solitude, prayer and prayerful reading of Scripture, journaling, and meditating on classic devotional guides.

For today, though, I just want to invite you to ponder what your "FitBit Graphs" might look like to God, and then to reflect on a few passages of Scripture that speak to this general idea

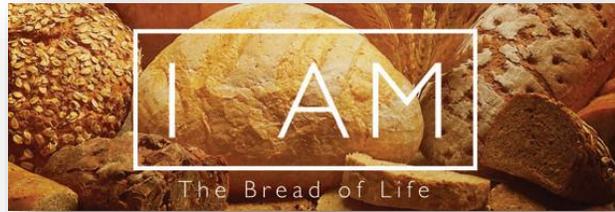
May your nourishment increase!

Dave



John 6:35, 58

³⁵ Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty. . . . ⁵⁸ I am the true bread that came down from heaven. Anyone who eats this bread will not die as your ancestors did (even though they ate the manna) but will live forever."



1 Peter 2:2-3

² Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, ³ now that you have tasted that the Lord is good.



1 Corinthians 3:1-3

¹ Dear brothers and sisters, when I was with you I couldn't talk to you as I would to spiritual people. I had to talk as though you belonged to this world or as though you were infants in the Christian life. ² I had to feed you with milk, not with solid food, because you weren't ready for anything stronger. And you still aren't ready, ³ for you are still controlled by your sinful nature. You are jealous of one another and quarrel with each other. Doesn't that prove you are controlled by your sinful nature? Aren't you living like people of the world?

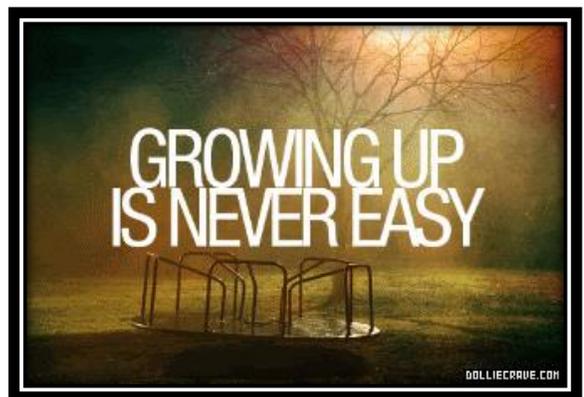
Hebrews 5:11-14

¹¹ There is much more we would like to say about this, but it is difficult to explain, especially since you are spiritually dull and don't seem to listen. ¹² You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God's word. You are like babies who need milk and cannot eat solid food. ¹³ For someone who lives on milk is still an infant and doesn't know how to do what is right. ¹⁴ Solid food is for those who are mature, who through training have the skill to recognize the difference between right and wrong.

2 Peter 1:3-8

³ By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. ⁴ And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world's corruption caused by human desires.

⁵ In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, ⁶ and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, ⁷ and godliness with brotherly affection, and brotherly affection with love for everyone. ⁸ The more you grow like this, the more productive and useful you will be in your knowledge of our Lord Jesus Christ.





Ephesians 3:14-19

- ¹⁴ When I think of all this, I fall to my knees and pray to the Father,
¹⁵ the Creator of everything in heaven and on earth.
¹⁶ I pray that from his glorious, unlimited resources
he will empower you with inner strength through his Spirit.
¹⁷ Then Christ will make his home in your hearts as you trust in him.
Your roots will grow down into God's love and keep you strong.
¹⁸ And may you have the power to understand, as all God's people should,
how wide, how long, how high, and how deep his love is.
¹⁹ May you experience the love of Christ, though it is too great to understand fully.
Then you will be made complete with all the fullness of life and power that comes from God.*

