



THE LORD'S FLOCK GROWTH DIGEST

PASTORAL GROWTH SERIES

Heart Food

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Heart Food refers to the Word of God that is active, quick and powerful (Heb. 4:12), and every Christian must have knowledge on it. Christians use it to defend themselves against the attack of the enemy, to nourish their lives while on earth (Hos. 4:6). Moreover, the Word of God must be rooted into our lives or else Satan will snatch it away (Mt. 13:4). Either it nourishes or condemns us, it is the truth that guides us to eternal life. The Word of God guards our heart and removes anxiety, low self-esteem, and depression; subsequently, it turns our hearts into rejoicing and walking peacefully with Christ.

Our directions to God's words are to

- 1 **Attend to His Words.** We should set an appointment time for the Lord, and focus our mind to Him. We must invest in dictionaries and other materials to fully understand the written words in the Bible and let the words penetrate our minds and hearts. The words of God have to be accepted and received by our hearts. We should not harden our hearts (Mt. 13), rather welcome Him if we hear His voice (Ps. 95:8).
- 2 **Incline our ears to the Lord.** We should focus on the Good News, His word. Humility is required when we decide to focus on God and not on worldly and trivial things. It also means giving our priorities to God and always seeking His counsel. Surely, Satan will distract our thoughts daily; therefore, our decision to listen to God will straighten our way.
- 3 **Let them (God's words) not depart from our eyes.** No matter what problems we are facing,

nor doubts that divide our attention against God, we must focus on God's promises through His words. A double minded man is unstable in his ways (Jas. 1:8), so fix your eyes on Jesus (Heb. 12:1).

- 4 **Meditate on God's Words.** The word of God must be meditated daily as a guide for the true success in life (Jos. 1:8). Our meditation must be in our hearts (Ps. 19:14), and let God's word be a delight in our life (Ps. 1:1-3).
- 5 **Digest the Word like a cow that chew its cud.** A cow feeds on grass, chews, swallows, regurgitates it for second chewing; It is also called faithful chewing. Christians must continually feed themselves on the words of God, repeatedly reading God's promises, commandments, gospels and Psalms, in order to have the best diet of a sanctified life.

Conclusion:

"All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness" (2Tm. 3:16), and it is our source for living a good relationship with God. It is only by opening our hearts and fully receiving the Words of God that perfection will work in our lives as guided by the Holy Spirit.

Reflection:

1. What is your daily regimen in reading the Bible?
2. How do you keep away from distraction and focus only on Jesus Christ?
3. What are your ways in meditating the words of God?

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