

My Diet in God's Word

But solid food is for the mature...Therefore, let us press on to maturity, (Heb 5:13ff)

Long for the pure milk of the word, so that by it you may grow in respect to salvation (1Peter 2:2)

You are responsible for your spiritual growth. Not your pastor, not your wife, not your Bible study leader. **You!** Learning to feed yourself a healthy spiritual meal is a practice that marks your spiritual maturing. Sermons, blogs, podcasts, books, commentaries or Christian radio can all be helpful. But, in all of these, the Bible content is delivered to us pre-digested. Someone else has done the hard work of choosing from the menu, preparing, chewing and digesting God's truth to make it easy for you. Instead of relying on them, let's get in the habit of feeding ourselves. Start by asking, "*What diet in God's Word will help me grow best in this season?*" Consider some of the following scenarios to help you understand what diet from God's truth you might need to grow strong in Him.

I need to understand the Big Picture of the Bible. → Read the **Bible in a Year**.

I need to slow down and chew on what God is saying to me? → **Read shorter chunks** of scripture and **journal longer**.

I am in a particular life-season (i.e. parenting, stress, health issues, financial questions, relational problems, etc) where I'm asking, "What does God say about this?" → **Find and read passages that speak to your life situation**. Use a concordance and your Grip Team to help.

I want to master a particular message from a classic Bible passage, chapter or whole Bible book? → Read this **same scripture everyday** for a couple of weeks, journaling and **memorizing key verses**.

I heard some teaching on a topic that impacts me and I'm hungry for more. I want to make sure it is Biblical. → **Study the verses** taking advantage of various **Bible helps**.

I have been faithfully reading, but don't feel like I'm connecting with God? → **Read shorter portions repetitively** and listen and pray more.

I'm receiving too many truth units each week to apply (sermon, Sunday School, Men's Forum, small group, spiritual book, Christian radio, Grip, daily quiet time and podcast)! → Say "**no**" to a couple of these

good inputs to create some mental and emotional margin to actually **apply**. Arrange my devotions around the Bible content from one or two these inputs.

You're getting the idea. Your spiritual growth requires customized decisions about the spiritual food you are consuming. Now, let's be clear. The scriptures say that God is the one who causes our growth (1Cor 3:7; Phil 1:6; Col 2:19). But He desires for us to take ownership of putting ourselves in front of His Word where He can grow us.

Assignment

You need to get used to asking and answering this question: "*What diet of Bible reading will help me grow the most this month*"? Take some time with your GRIP partner to think this through. For GRIP guys, this is an especially important practice in the months between GRIP seasons. Here are some ideas to help you:

- What scenario from above best describes you?
- The YouVersion Bible app has many short reading plans by topic. Maybe one of these is right for you.
- Perhaps both GRIP partners would benefit from choosing the same Bible passages. Or, maybe it would be good for you and your wife to be in the same place in the Word for a month.
- If you're wanting something topical, but aren't sure what passages might be good, ask guys on your GRIP team or some of the Focused Living staff.

Once you have the passages you would like to read, start reading and journaling☺ And enjoy your meal!



