

Soul Nutrition

Soulfull - Part 4

June 25, 2023

Many of us are in denial about how our soul works.

Your body needs nutrition.

Your soul needs nutrition too.

¹Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. ²For forty days and forty nights He fasted and became very hungry. ³During that time the devil came and said to Him, "If you are the Son of God, tell these stones to become loaves of bread." ⁴But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" Matthew 4:1-4 (NLT)

"Be careful to obey all the commands I am giving you today. Then you will live and multiply, and you will enter and occupy the land the Lord swore to give your ancestors. ²Remember how the Lord your God led you through the wilderness for these forty years, humbling you and testing you to prove your character, and to find out whether or not you would obey His commands. ³Yes, He humbled you by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors. He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the Lord. ⁴For all these forty years your clothes didn't wear out, and your feet didn't blister or swell. ⁵ Think about it: Just as a parent disciplines a child, the Lord your God disciplines you for your own good.

⁶So obey the commands of the Lord your God by walking in His ways and fearing Him. ⁷For the Lord your God is bringing you into a good land of flowing streams and pools of water, with fountains and springs that gush out in the valleys and hills. ⁸It is a land of wheat and barley; of grapevines, fig trees, and pomegranates; of olive oil and honey. ⁹It is a land where food is plentiful and nothing is lacking. It is a land where iron is as common as stone, and copper is abundant in the hills. ¹⁰When you have eaten your fill, be sure to praise the Lord your God for the good land He has given you.

¹¹But that is the time to be careful! Beware that in your plenty you do not forget the Lord your God and disobey His commands, regulations, and decrees that I am giving you today. ¹²For when you have become full and prosperous and have built fine homes to live in, ¹³and when your flocks and herds have become very large and your silver and gold have multiplied along with everything else, be careful! ¹⁴Do not become proud at that time and forget the Lord your God, who rescued you from slavery in the land of Egypt. ¹⁵Do not forget that He led you through the great and terrifying wilderness with its poisonous snakes and scorpions, where it was so hot and dry. He gave you water from the rock! ¹⁶He fed you with manna in the wilderness, a food unknown to your ancestors. He did this to humble you and test you for your own good. ¹⁷He did all this so you would never say to yourself, 'I have achieved this wealth with my own strength and energy.' ¹⁸Remember the Lord your God. He is the one who gives you power to be successful, in order to fulfill the covenant He confirmed to your ancestors with an oath.

¹⁹But I assure you of this: If you ever forget the Lord your God and follow other gods, worshiping and bowing down to them, you will certainly be destroyed. ²⁰Just as the Lord has destroyed other nations in your path, you also will be destroyed if you refuse to obey the Lord your God." Deuteronomy 8:1-20 (NLT)

²³Yes, He humbled you by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors. He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the Lord." Deuteronomy 8:3 (NLT)

**We don't just need physical food for our bodies.
We need spiritual food (God's Word) for our souls.**

⁷The instructions of the Lord are *perfect*,
reviving the *soul*.

The decrees of the Lord are *trustworthy*,
making *wise* the simple.

⁸The commandments of the Lord are *right*,
bringing *joy* to the heart.

The commands of the Lord are *clear*,
giving *insight* for living.

⁹Reverence for the Lord is *pure*,
lasting *forever*.

The laws of the Lord are *true*;
each one is *fair*.

¹⁰They are more desirable than gold,
even the finest gold.

They are sweeter than honey,
even honey dripping from the comb.

¹¹They are a *warning* to your servant,
a great *reward* for those who obey them." Psalm 19:7-11 (NLT)

God's Word feeds our soul and transforms our life.

Is your soul getting the daily nutrition it needs?

Your soul needs nutrition more than once a week.

God's Word is for God's people.

How to digest nutrition for your soul:

- **#1 - Use a translation you can understand (NLT, NIV, CSB, ESV, etc)**
- **#2 - Have a plan for what you're going to read and when**
- **#3 - Journal to HEAR from God**
 - **H - Highlight - What verse stuck out to you the most?**
 - **E - Explain - What did that verse mean then?**
 - **Recommended Study Bibles:**
 - **NLT Life Application Study Bible**
 - **ESV Study Bible**
 - **Recommended Commentaries:**
 - **Believer's Bible Commentary**
 - **The MacArthur Bible Commentary**
 - **A - Apply - What is God specifically telling me to do today?**
 - **R - Respond - What am I going to do about it?**

What does your future look like when your soul is getting the daily nutrition it needs?

"... The Scriptures say, 'People do not live by bread alone, but by *every word that comes from the mouth of God*.'" Matthew 4:4 (NLT)

“²⁸Come to me, all of you who are weary and burdened, and I will give you rest. ²⁹Take up My yoke and learn from Me, because I am lowly and humble in heart, and you will find rest for your souls.” Matthew 11:28-29 (NIV)