



SPIRITUAL NUTRITION

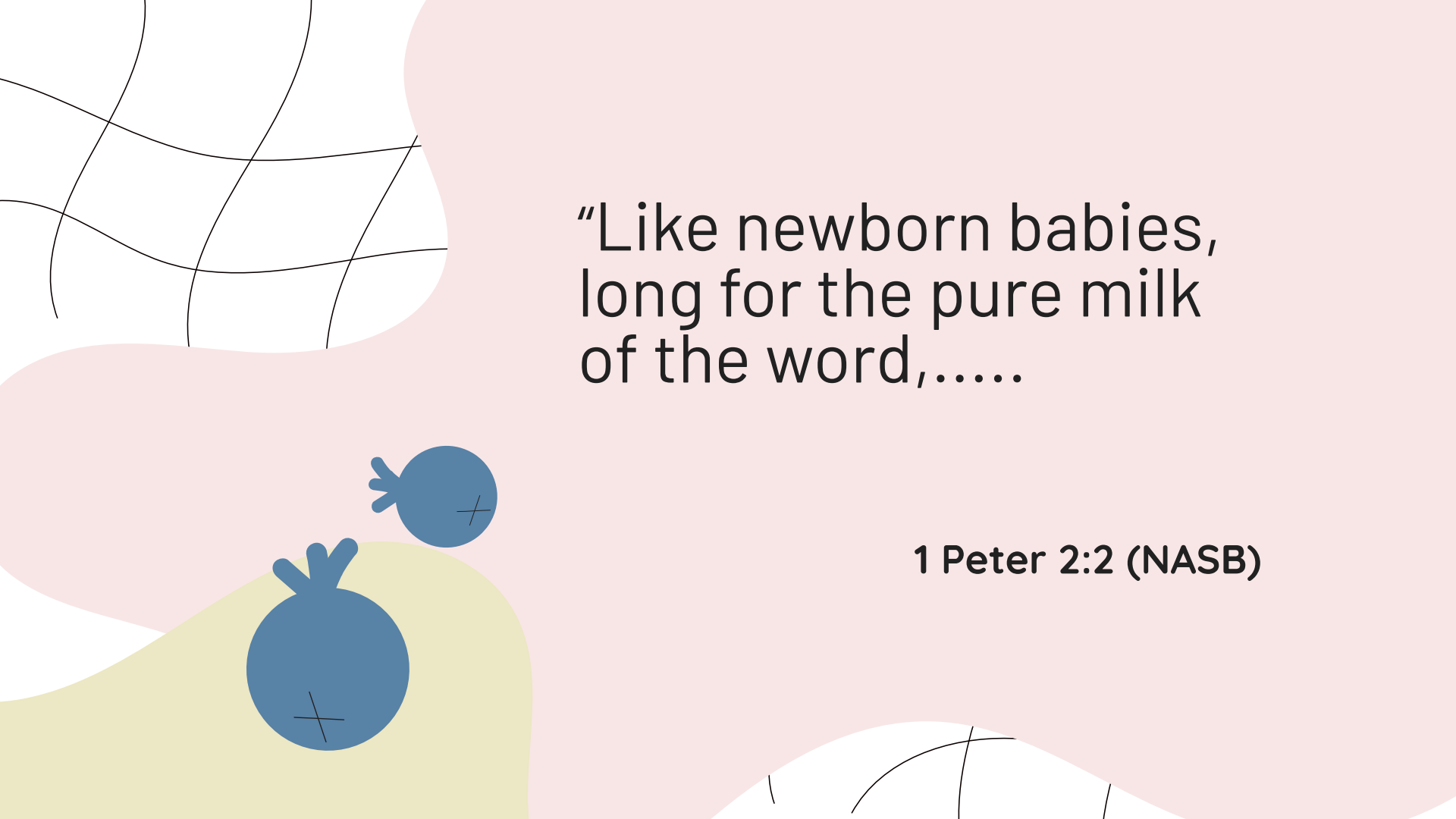
IDEAS FOR MAKING THE
MOST OF YOUR TIME IN
SCRIPTURE

...and a little bit about me...



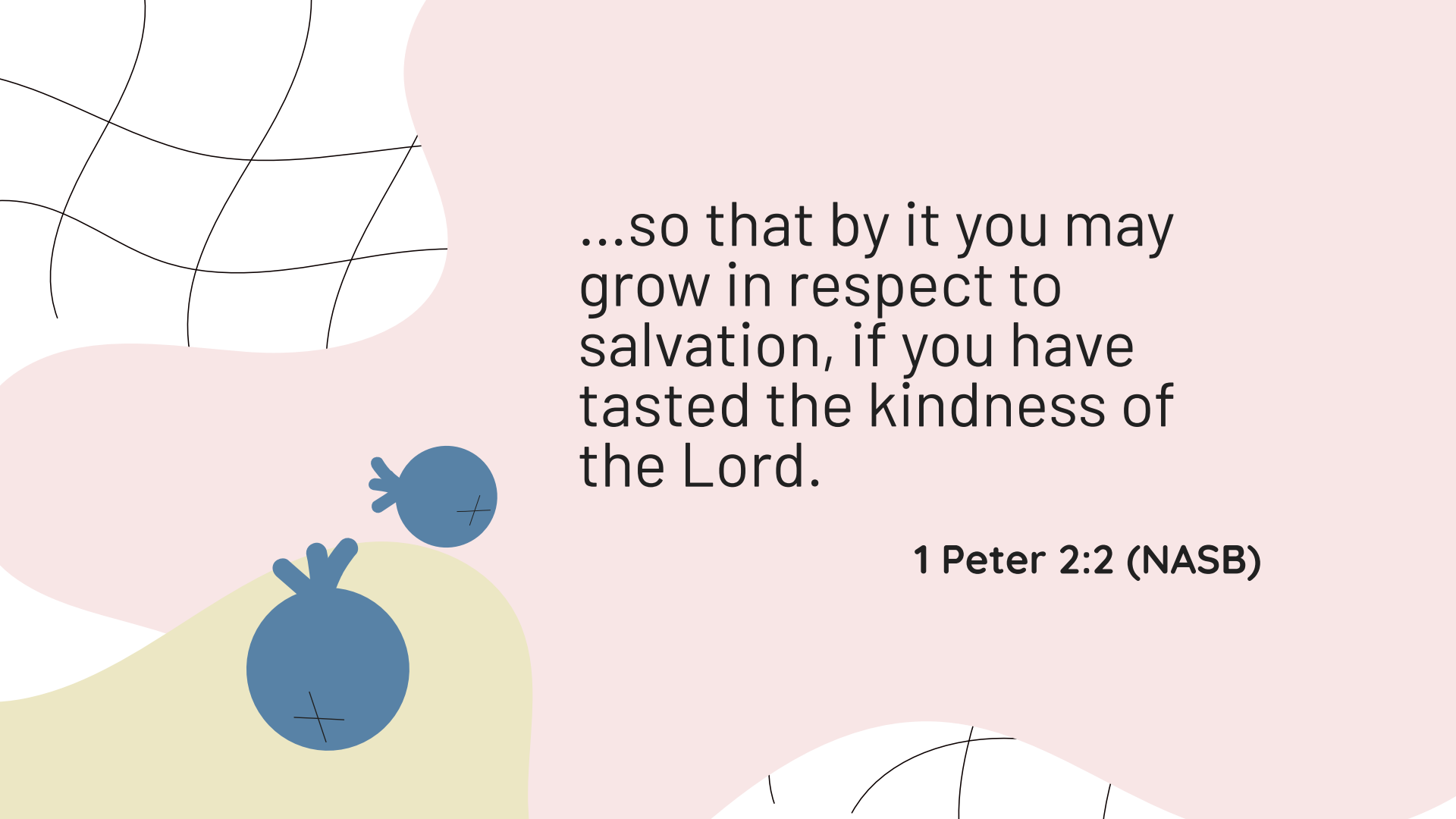
MY GOAL

AT THE END OF THIS TALK YOU WILL
KNOW MY TESTIMONY, AND YOU WILL BE
EQUIPPED WITH IDEAS AS TO HOW TO
INCREASE THE NUTRITIONAL CONTENT
OF YOUR TIME IN SCRIPTURE



“Like newborn babies,
long for the pure milk
of the word,.....

1 Peter 2:2 (NASB)

The background features a light pink color with abstract white shapes and black lines. On the left, there are two stylized blue tomatoes with green stems and a small cross on each. The top left has a white grid-like pattern, and the bottom right has a white curved shape with black lines.

...so that by it you may
grow in respect to
salvation, if you have
tasted the kindness of
the Lord.

1 Peter 2:2 (NASB)

ISAIAH 55:

8 For My thoughts are not your thoughts,
Nor are your ways My ways, declares the
Lord.

9 For as the heavens are higher than the
earth, so are My ways higher than your
ways and My thoughts than your thoughts

ISAIAH 55:

10 For as the rain and the snow come down
from heaven,
And do not return there without watering the
earth
And making it produce and sprout,
And providing seed to the sower and bread
to the eater;

ISAIAH 55:

;

11 So will My word be which goes out of My mouth;

It will not return to Me empty,
Without accomplishing what I desire,
And without succeeding *in the purpose* for
which I sent it.

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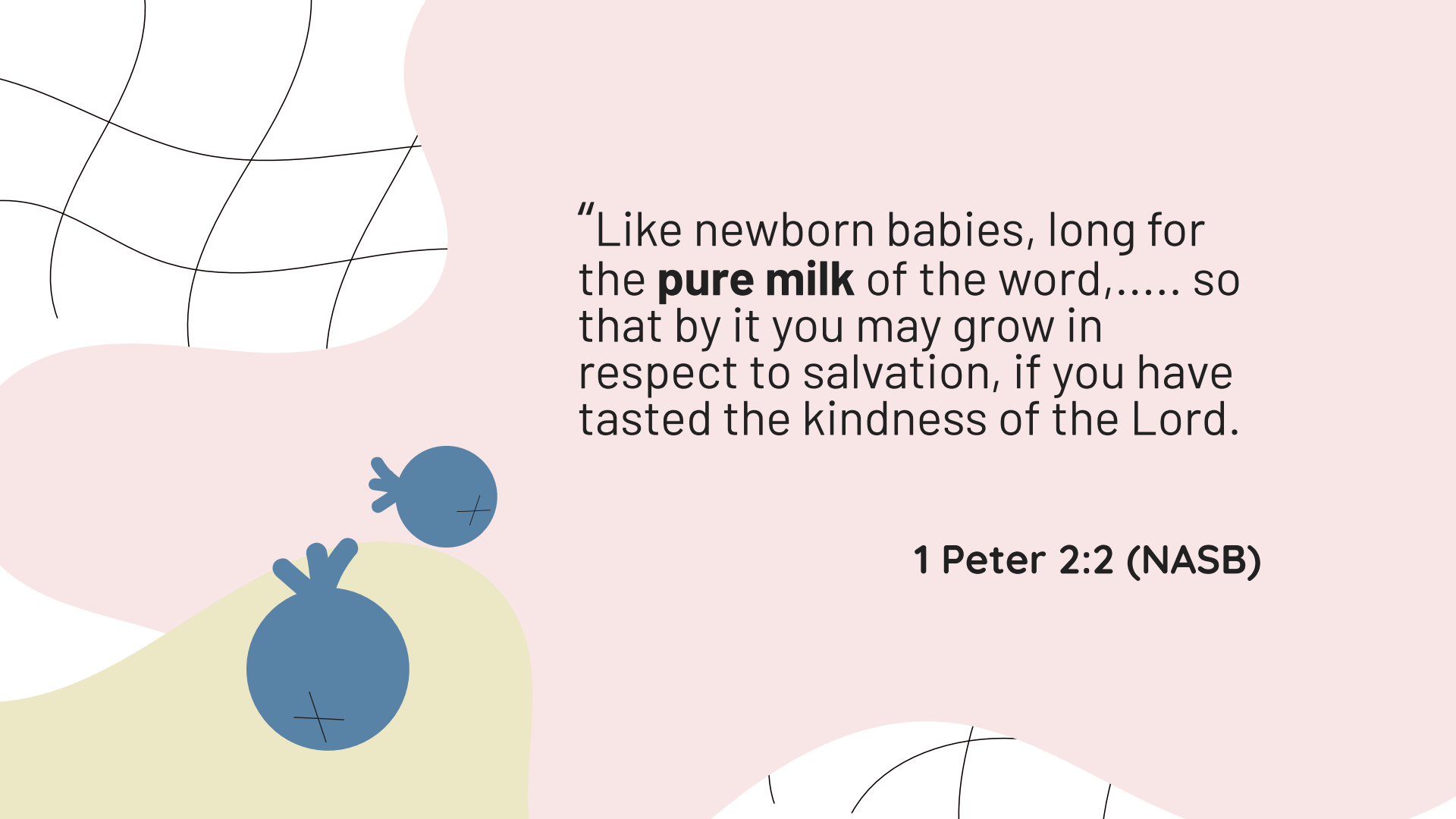
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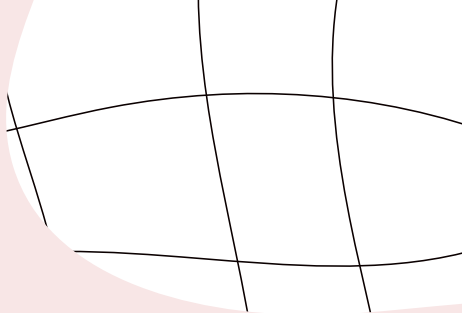

“Like newborn babies, long for the **pure milk** of the word,..... so that by it you may grow in respect to salvation, if you have tasted the kindness of the Lord.

1 Peter 2:2 (NASB)



2 COR 2:15-16

FOR WE ARE AN AROMA OF CHRIST TO GOD AMONG THOSE WHO ARE BEING SAVED AND THOSE WHO ARE PERISHING... TO ONE AN AROMA FROM DEATH TO DEATH, TO THE OTHER AN AROMA FROM LIFE TO LIFE. AND WHO IS ADEQUATE FOR THESE THINGS?





2 COR 2:15-16

FOR WE ARE AN **AROMA** OF CHRIST TO GOD AMONG THOSE WHO ARE BEING SAVED AND THOSE WHO ARE PERISHING... TO ONE AN AROMA FROM DEATH TO DEATH, TO THE OTHER AN AROMA FROM LIFE TO LIFE. AND WHO IS ADEQUATE FOR THESE THINGS?



Write the scripture.

Read it out loud.

Ask myself, What do I know about an aroma?

Write the answers in my notebook.





2 COR 2:15-16

FOR WE ARE AN AROMA OF CHRIST TO GOD AMONG **THOSE WHO ARE BEING SAVED** AND **THOSE WHO ARE PERISHING...** TO ONE AN AROMA FROM DEATH TO DEATH, TO THE OTHER AN AROMA FROM LIFE TO LIFE. AND WHO IS ADEQUATE FOR THESE THINGS?



Everyone can smell it! Some will love it and others will hate it.





2 COR 2:15-16

FOR WE ARE AN AROMA OF CHRIST TO GOD AMONG THOSE WHO ARE BEING SAVED AND THOSE WHO ARE PERISHING... TO ONE AN AROMA FROM DEATH TO DEATH, TO THE OTHER AN AROMA FROM LIFE TO LIFE. AND **WHO IS ADEQUATE FOR THESE THINGS?**



Answer: If I've been feeding myself, taking responsibility for meeting my nutritional needs, then I am adequate.



Choose to eat food in its purest form





TRY THIS AT HOME

Pray the Lord's
Prayer Out loud

Ask Him to feed you.





TRY THIS AT HOME

Read scripture out
loud as slowly as
you can

Take your time and chew every bite,
don't rush, make a point of getting
the most out of every morsel.



TRY THIS AT HOME

Copy scripture onto
paper, and write
notes/observations/
questions

This is to truly internalize His Word..
get each molecule and nutrient into
the innermost part of you



THANKS!