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## Finding Spiritual Nourishment in God's Word *(Real-life principles for a healthy diet to keep you in shape)*

### ***“You Are What You Eat”***

#### **2 Timothy 3:10-17**

<sup>10</sup> You, however, have followed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, <sup>11</sup> my persecutions and sufferings that happened to me at Antioch, at Iconium, and at Lystra—which persecutions I endured; yet from them all the Lord rescued me. <sup>12</sup> Indeed, all who desire to live a godly life in Christ Jesus will be persecuted, <sup>13</sup> while evil people and impostors will go on from bad to worse, deceiving and being deceived. <sup>14</sup> But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it <sup>15</sup> and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for salvation through faith in Christ Jesus. <sup>16</sup> All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, <sup>17</sup> that the man of God may be complete, equipped for every good work.

**The most important element to getting in shape (spiritually) is...**

*“...like newborn babes, long for the pure milk of the word, that by it you may grow in respect to salvation.”* (1 Peter 2:2, NAS)

#### **What's So Important About the Bible?**

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#### **1. Read \_\_\_\_\_.**

*“Now the Bereans...received the message with great eagerness and examined the Scripture every day...”* (Acts 17:11)

Real-life hints:     –

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#### **2. Reflect \_\_\_\_\_.**

*“Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”* (Joshua 1:8)

Real-life hints:     –

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#### **3. Remember \_\_\_\_\_.**

*“Pay attention and listen to the sayings of the wise; apply your heart to what I teach, for it is pleasing when you keep them in your heart and have all of them ready on your lips.”* (Proverbs 22:17-18)

Real-life hints:     –

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#### **4. Relate \_\_\_\_\_.**

*“But prove yourselves doers of the word, and not merely hearers who delude themselves.”* (James 1:22, NAS)

Real-life hints:     –

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