

Series: I Am Not Alright

Title: The Two Types of Food We All Need

Text: 1 Kings 19:1-18

Date: November 21, 2021, AM

Two type of food we all need...

1. PROPER INTAKE OF _____ FOOD

3 realities associated with physical food...

A. We are _____.

Genesis _____

B. _____ is needed.

Proverbs _____

C. Food can affect our _____.

Deuteronomy _____

Matthew _____

2. PROPER INTAKE OF _____ FOOD

Deuteronomy _____

Matthew _____

"We can ignore even pleasure. But pain insists upon being attended to. God whispers to us in our pleasures, speaks in our conscience, but shouts in our pains: it is his megaphone to rouse a deaf world." **C.S. Lewis**

James _____

Hebrews _____

Jeremiah _____

1 Peter _____

3 tips for getting your spiritual food...

A. _____.

B. Add some _____.

C. Make a _____.

"Within the Scripture there is a balm for every wound, a salve for every sore." **Charles Spurgeon**