

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 PHYSICAL FOOD

3 realities associated with physical food...

A. We are finite.

Genesis 2:8-9

B. Discipline is needed.

Proverbs 25:16

C. Food can affect our mood.

2. PROPER INTAKE OF SPIRITUAL FOOD

Deuteronomy 8:3

Matthew 4:4

"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 1:22

Hebrews 4:12-13

Jeremiah 23:9

1 Peter 2:1-3

3 tips for getting your spiritual food...

A. Erase.

B. Add some space.

C. Make a place.

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