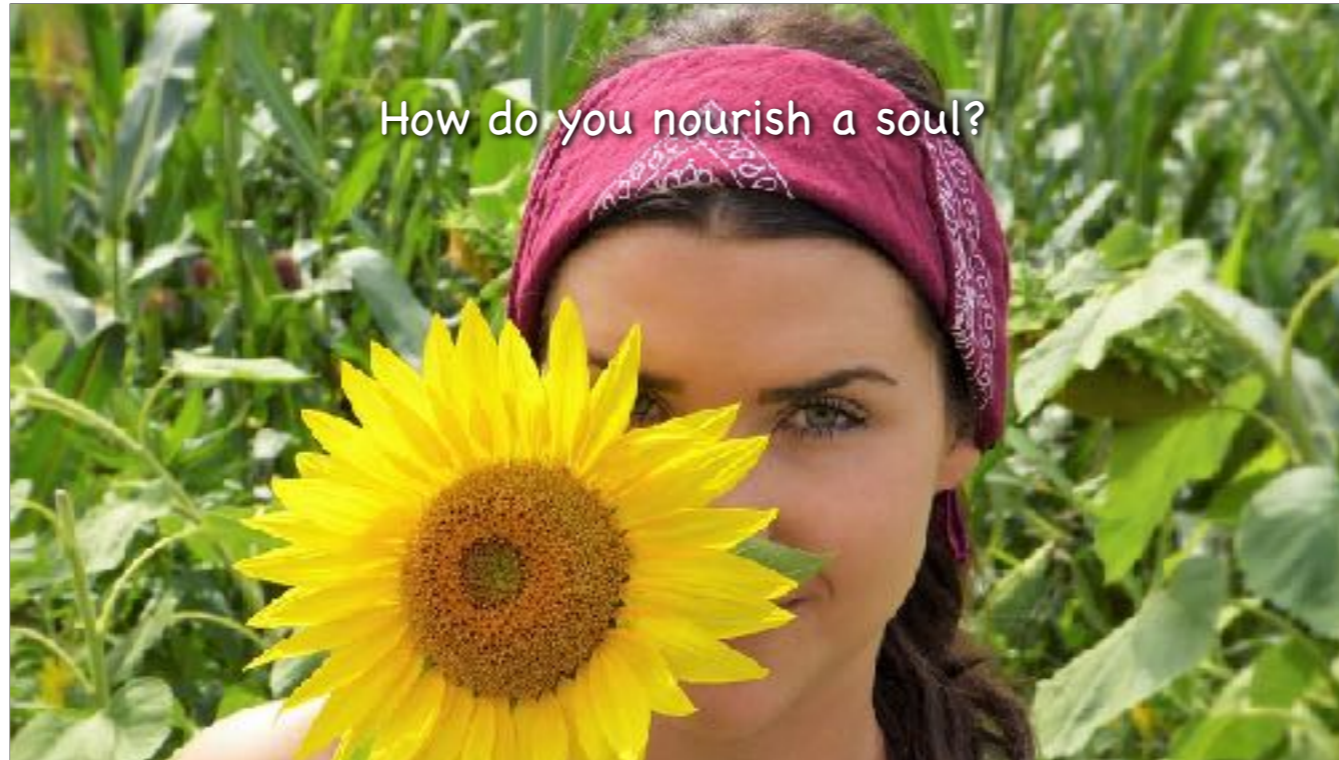
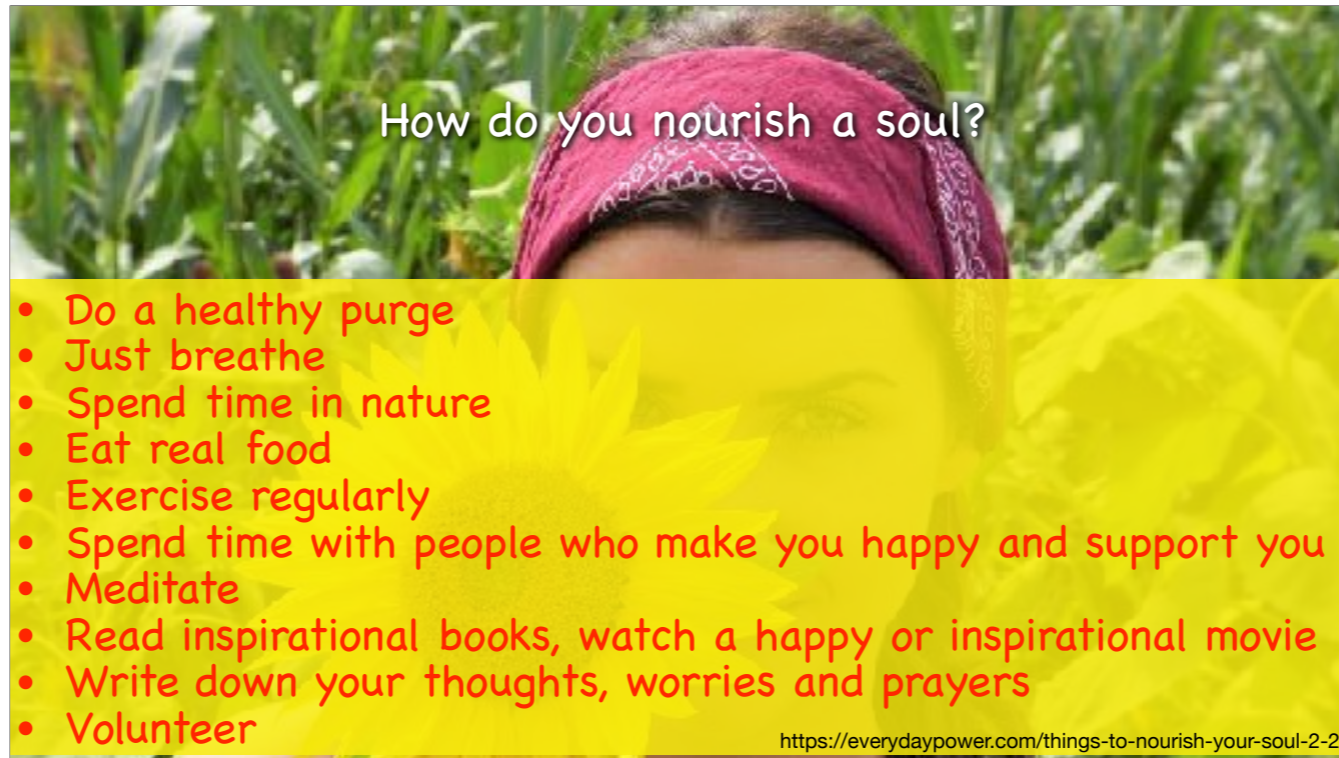




- How do you nourish a soul?



- How do you nourish a soul?
 - (ask google!)



How do you nourish a soul?

- Do a healthy purge
- Just breathe
- Spend time in nature
- Eat real food
- Exercise regularly
- Spend time with people who make you happy and support you
- Meditate
- Read inspirational books, watch a happy or inspirational movie
- Write down your thoughts, worries and prayers
- Volunteer

<https://everydaypower.com/things-to-nourish-your-soul-2-2/>

- Do a healthy purge (get rid of negative, or unuseful things)
- Just breathe
- Spend time in nature
- Eat real food
- Exercise regularly
- Spend time with people who make you happy and support you
- Meditate
- Read inspirational books, watch a happy or inspirational movie
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How do you r

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SUCCESS

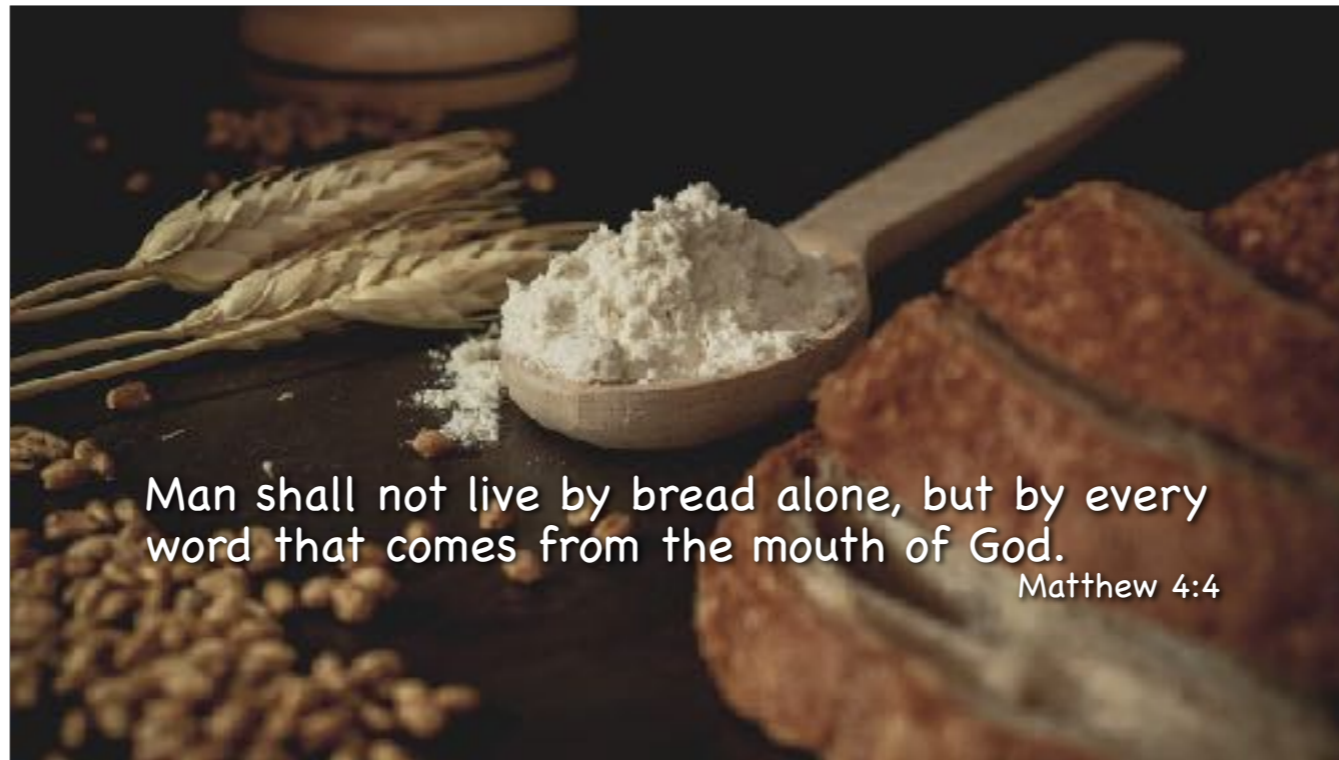
Topics Podcasts Comm

32. Gaze at the stars, maybe through a telescope.

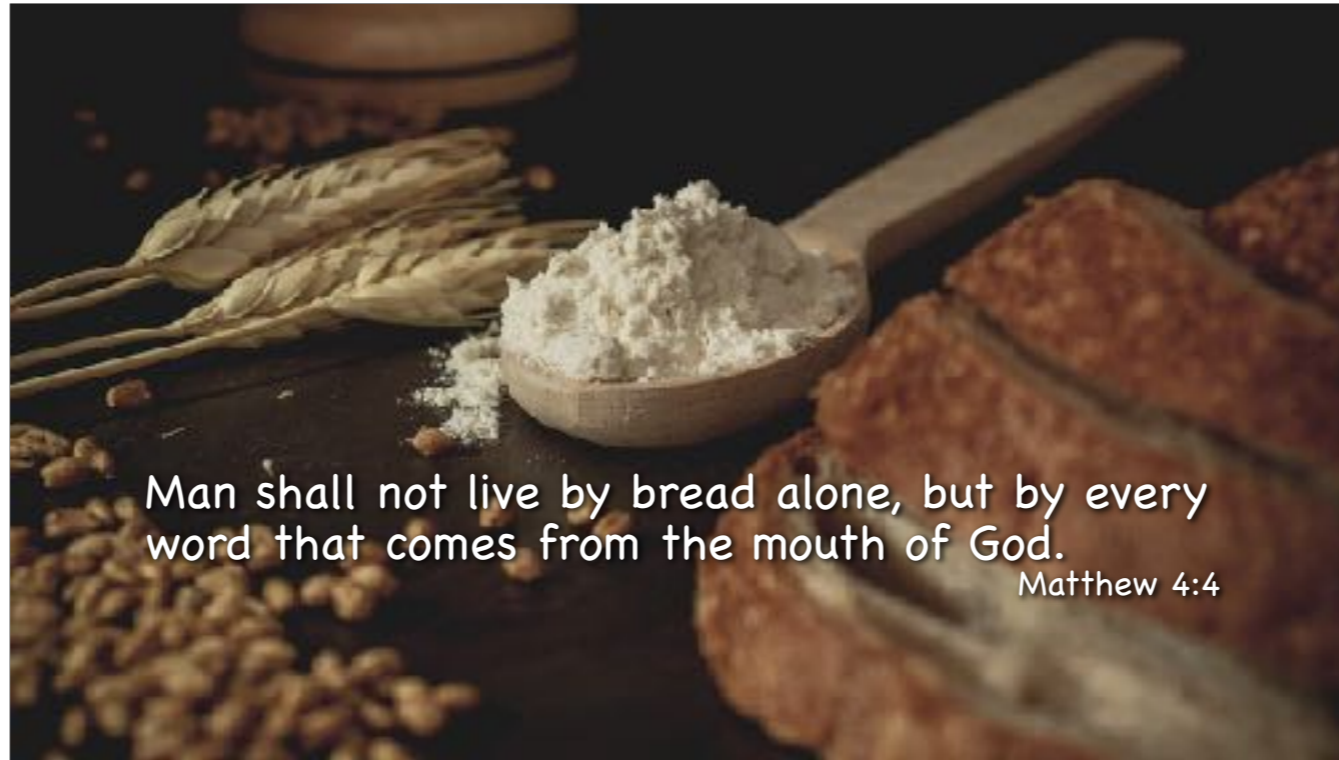
"When I look at the universe, I feel large, because I remind myself that not only are we living in this universe, the universe is living within us," astrophysicist Neil deGrasse Tyson said in a lecture. And ponder this point from Tyson: "There are more stars in the universe than grains of sand on any beach, more stars than seconds have passed since Earth formed, more stars than words and sounds ever uttered by all the humans who ever lived!"



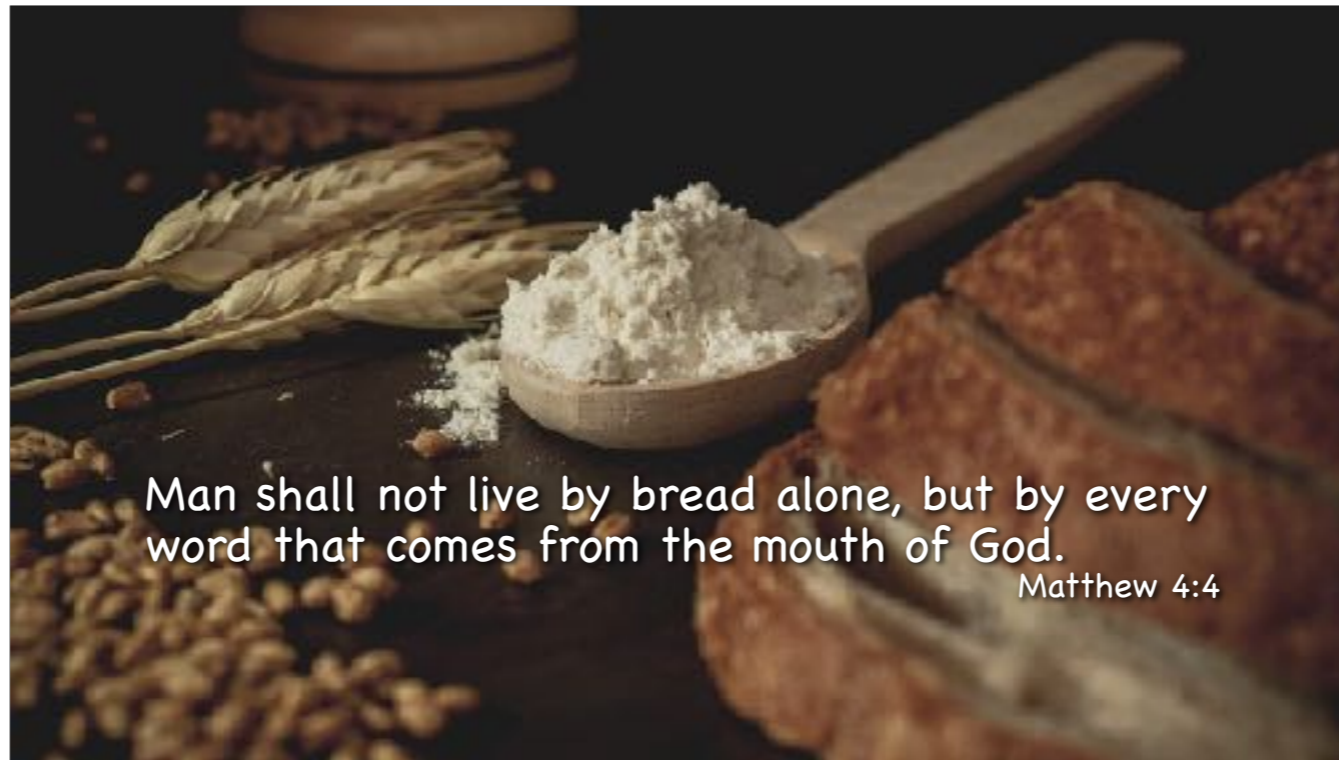
- Gaze at the stars
- It's not that these things are wrong
 - Easily make spiritual applications from each of them.



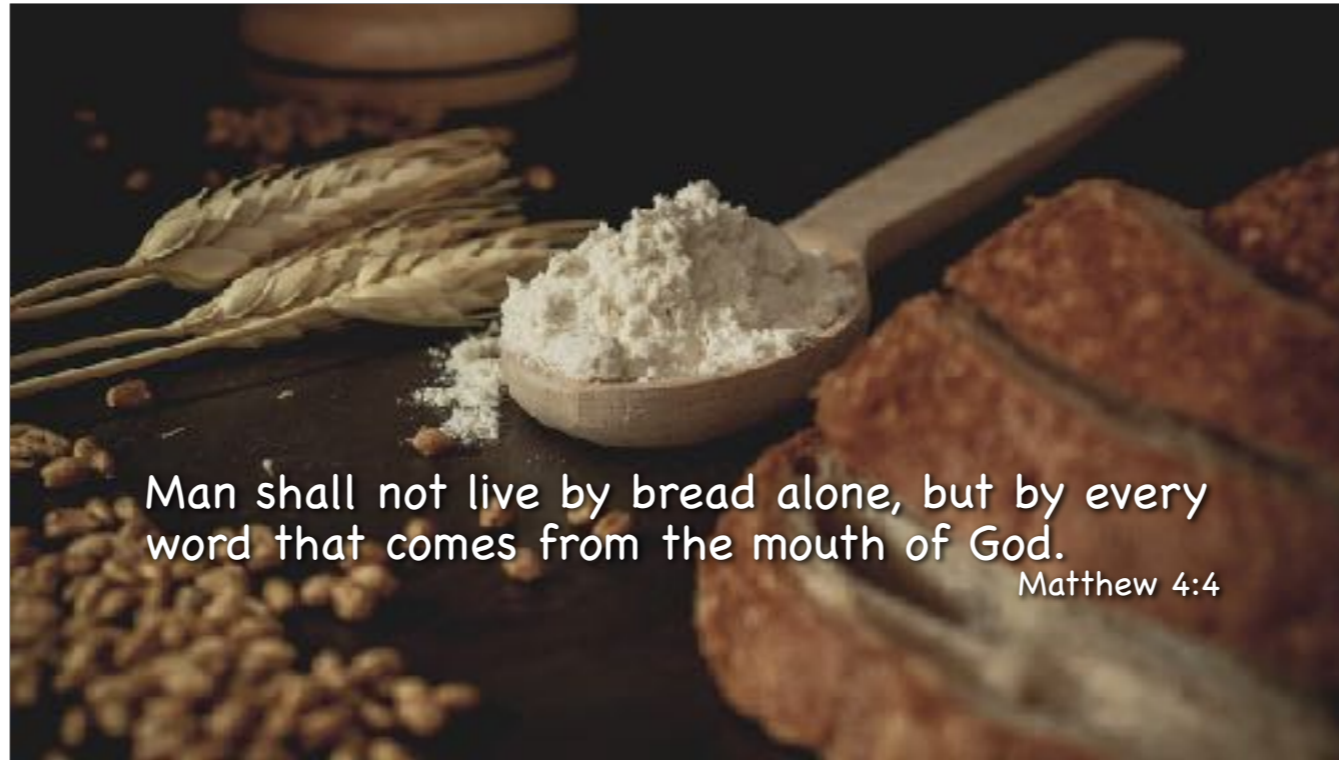
- Matthew 4:3-4 (ESV) 3 And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” 4 But he answered, “It is written, “‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’”
- Why this temptation?
 - Jesus had fasted for 40 days.
 - Surely he longed for food?
 - Food can be a very strong desire.
 - Jesus’ stronger desire, though, was for God’s word!
- Jesus’ reply takes us back to the Israelites in the wilderness.



- Exodus 16:1-4 (ESV) 1 They set out from Elim, and all the congregation of the people of Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had departed from the land of Egypt. 2 And the whole congregation of the people of Israel grumbled against Moses and Aaron in the wilderness, 3 and the people of Israel said to them, “Would that we had died by the hand of the LORD in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger.” 4 Then the LORD said to Moses, “Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day's portion every day, that I may test them, whether they will walk in my law or not.



- Numbers 11:4-9 (ESV) 4 Now the rabble that was among them had a strong craving. And the people of Israel also wept again and said, “Oh that we had meat to eat! 5 We remember the fish we ate in Egypt that cost nothing, the cucumbers, the melons, the leeks, the onions, and the garlic. 6 But now our strength is dried up, and there is nothing at all but this manna to look at.” 7 Now the manna was like coriander seed, and its appearance like that of bdellium. 8 The people went about and gathered it and ground it in handmills or beat it in mortars and boiled it in pots and made cakes of it. And the taste of it was like the taste of cakes baked with oil. 9 When the dew fell upon the camp in the night, the manna fell with it.

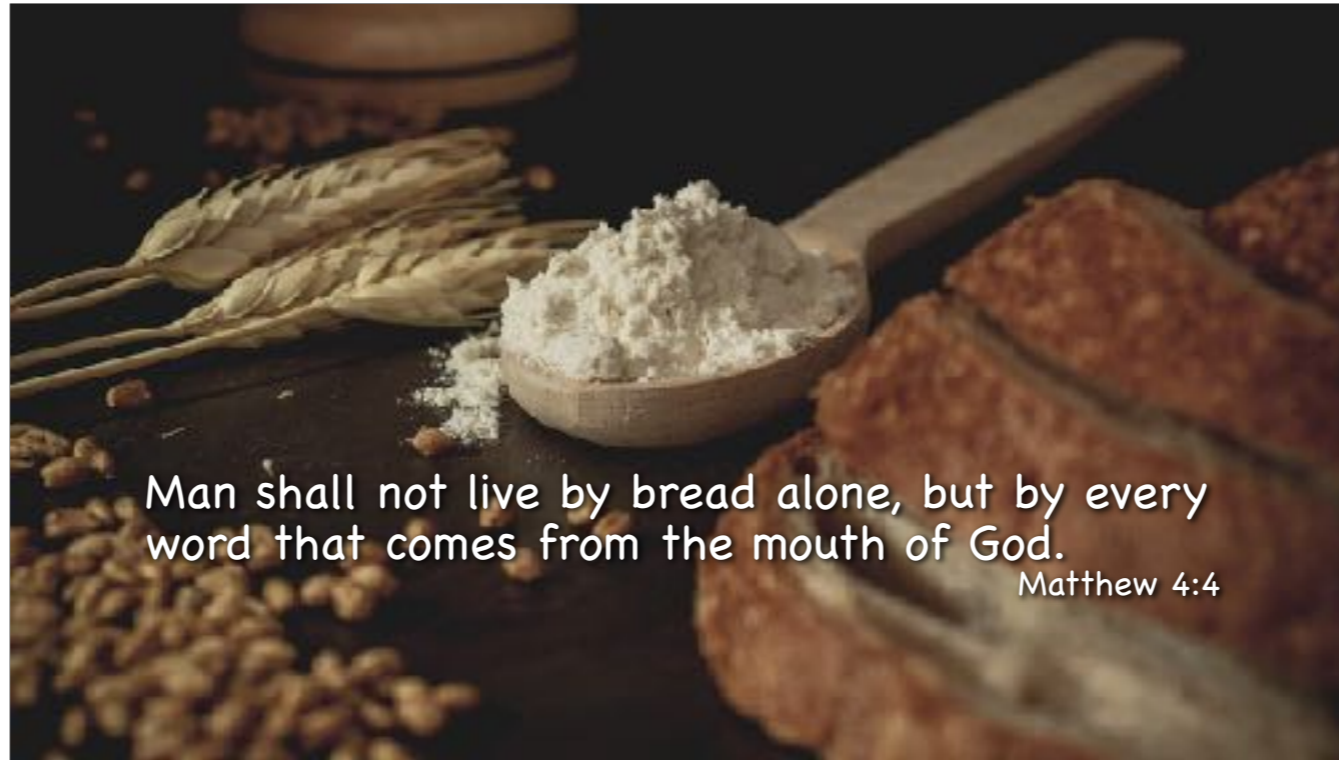


Man shall not live by bread alone, but by every
word that comes from the mouth of God.
Matthew 4:4

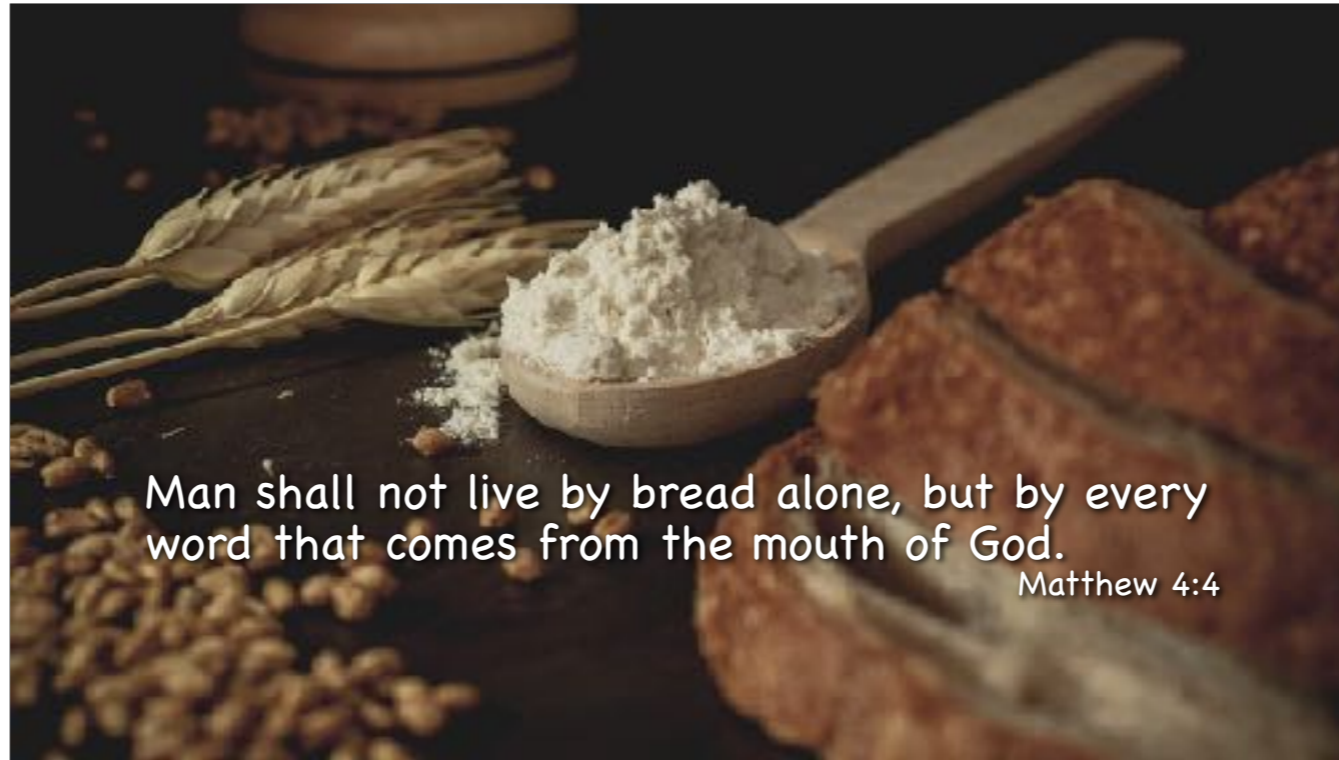
- Numbers 21:5 (ESV) 5 And the people spoke against God and against Moses, “Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we loathe this worthless food.”



- Deuteronomy 8:1-3 (ESV) 1 “The whole commandment that I command you today you shall be careful to do, that you may live and multiply, and go in and possess the land that the LORD swore to give to your fathers. 2 And you shall remember the whole way that the LORD your God has led you these forty years in the wilderness, **that he might humble you, testing you to know what was in your heart**, whether you would keep his commandments or not. 3 And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD.



- Deuteronomy 8:16 (ESV) 16 who fed you in the wilderness with manna that your fathers did not know, that he might humble you and test you, **to do you good in the end.**



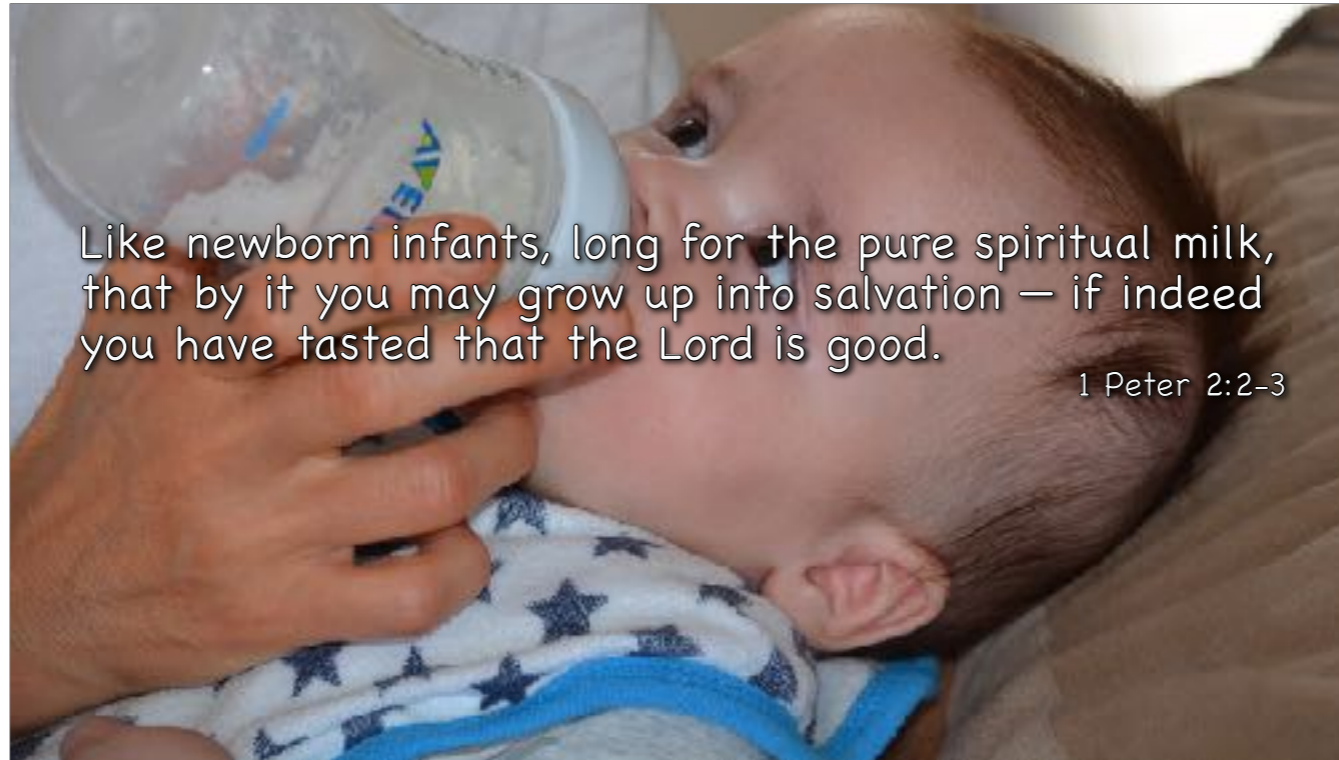
- Why was Jesus able to overcome his desire for bread and the temptation of Satan.
- He longed for something more than just food.
 - He had a greater joy
 - Hebrews 12:2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.
- Longing is a normal part of being us, God-given
 - Depending on the situation, not all longings are lawful, nor are they best for us, nor the most important.
 - But immediacy and urgency can be very distracting
 - Learning to prioritize the right longings at the right time.



Like newborn infants, long for the pure spiritual milk,
that by it you may grow up into salvation — if indeed
you have tasted that the Lord is good.

1 Peter 2:2-3

- 1 Peter 2:2-3 (ESV) 2 Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation— 3 if indeed you have tasted that the Lord is good.



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1 Peter 2:2-3

- Born Again
 - John 3:5 Jesus answered, “Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God.
 - Ephesians 4:24 and to put on the new self, created after the likeness of God in true righteousness and holiness.
 - Colossians 3:10 (ESV) 10 and have put on the new self, which is being renewed in knowledge after the image of its creator.
- But Peter’s point is not that we are infants ... his emphasis is on the way that infants long for their mother’s milk.
- And that because of that milk they are able to grow.



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1 Peter 2:2-3

- 1 Peter 1:9 obtaining the outcome of your faith, the salvation of your souls.
- 1 Peter 1:22 Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart,
- 1 Peter 1:23 since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God;



Like newborn infants, long for the pure spiritual milk,
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1 Peter 2:2-3

- 1 Peter 1:23-25 (ESV) 23 since you have been born again, not of perishable seed but of imperishable, through **the living and abiding word of God**; 24 for “All flesh is like grass and all its glory like the flower of grass. The grass withers, and the flower falls, 25 **but the word of the Lord remains forever.**” And this word is the good news that was preached to you. (Isaiah 40:6, 8)

Why we should LONG for the Word





- 1 Peter 1:23 since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God;
- The contrast is with the flesh, and the ideas of the flesh
- All the philosophies that men have developed over the ages
 - Striving to answer questions, seek out knowledge, ponder the unknown
 - No matter how noble or helpful.
 - The philosopher has died. Idea may still live on for a while.
 - Time, culture, attitudes, change



- God's Word is inherently different since it's source is different
 - From Deity, not man
 - From the Creator, not the creature
 - From the one who knows, not the one who is seeking knowledge
 - For all men of all times and cultures



- Pure
 - unmixed, unadulterated (nothing is added to it)
 - honest
- 2 Peter 1:16-21 (ESV) 16 For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we were eyewitnesses of his majesty. 17 For when he received honor and glory from God the Father, and the voice was borne to him by the Majestic Glory, "This is my beloved Son, with whom I am well pleased," 18 we ourselves heard this very voice borne from heaven, for we were with him on the holy mountain. 19 And we have the prophetic word more fully confirmed, to which you will do well to pay attention as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts, 20 knowing this first of all, that no prophecy of Scripture comes from someone's own interpretation. 21 For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit.



- Spiritual
 - Also used in Romans 12:1
 - reasonable, logical
 - “logical milk”
- God’s word is given so that it is helpful and understandable, makes sense and is useful
 - It doesn’t require a special degree or training
 - But don’t confuse that with saying it’s easy.
 - It does require that we read it carefully, and think about it carefully, find application.
- Deuteronomy 8:3 And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD.



- Grow Up into salvation
 - Increase, growth
- We are saved, but as we read earlier, we are to match the image of Jesus.
 - Takes time and effort and humility
- 1 Corinthians 3:6-7 (ESV) . 6 I planted, Apollos watered, but God gave the growth. 7 So neither he who plants nor he who waters is anything, but only God who gives the growth.
- Ephesians 4:15-16 (ESV) 15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 16 from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.



- Tasted that the Lord is good.
 - Good: more like kind; gentle
 - Luke 6:35 But love your enemies, and do good, and lend, expecting nothing in return, and your reward will be great, and you will be sons of the Most High, for he is kind to the ungrateful and the evil.



- Context seems to focus on our salvation.
 - Although we have broken our relationship with him, he has saved us.
 - Romans 11:22 Note then the kindness and the severity of God: severity toward those who have fallen, but God's kindness to you, provided you continue in his kindness. Otherwise you too will be cut off.



- Have you tasted that Jehovah is good to you?
 - Long for more of that kindness
 - Keep drinking it in as you learn more of his word
 - Know his character: forgives, loves, merciful

Psalm 19

- * Reviving the soul
- * Making wise the simple
- * Rejoicing the heart
- * Enlightening the eyes
- * Enduring forever
- * True and righteous

- Psalms 19:7-10 (ESV) 7 The law of the LORD is perfect, reviving the soul; the testimony of the LORD is sure, making wise the simple; 8 the precepts of the LORD are right, rejoicing the heart; the commandment of the LORD is pure, enlightening the eyes; 9 the fear of the LORD is clean, enduring forever; the rules of the LORD are true, and righteous altogether. 10 More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb.

A photograph of a vast field of sunflowers in full bloom, stretching towards the horizon. The sky above is a deep, dramatic purple and blue, suggesting a sunset or sunrise. The sunflowers are bright yellow with dark brown centers, and their green leaves are visible at the base of the stems. The overall mood is peaceful and vibrant.

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- Psalms 19:14 (ESV) 14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.

We implore you
on behalf of Christ,
be reconciled to God.

2 Corinthians 5:20

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Long for the Spiritual Milk

1 Peter 2:2

Synopsis: Peter reminds us that we need to be longing for God's Word since we have been saved by it and so that we can grow into our salvation. He reminds us that it is imperishable, pure, spiritual, we can grow up, and the Lord is good.

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“Let all that you do be done with love.”