



HOMEGROWN

Discipleship

Know, Do, Feel - 5/10/2020

OVERVIEW

When we look at pictures of ourselves, we tend to see the physical flaws. We wish that we looked a little thinner or maybe that we were in better shape. But pictures only show our physical body. God looks past the physical to see our spiritual health. There can be a big difference between our physical and spiritual fitness. The food we eat affects our body, but the scriptural food we feed ourselves is the nourishment to our souls. The Word of God is what fuels our spiritual life! Take a snapshot of your spiritual life. What do you need to do to improve your spiritual fitness?

Scripture (all scripture is ESV, unless noted): 1 Timothy 4:7b-9; 1 Peter 2:2 (NASB), Hebrews 5:11-14 (NLT); Romans 12:2; 2 Timothy 3:16-17

APPLICATION

- What is your favorite food? What is a food you dislike?
- In today's message we hear the comparison of God's Word to food for our souls. Using this comparison, are you spiritually hungry or spiritually nourished? Explain why.
- Read Hebrews 5:11-14. These verses talk about believers who are being fed with milk like an infant vs. mature believers who are eating solid food. What do you think is the milk and solid food mentioned in this passage? Paul is clearly saying there is a difference. What is the difference between the two? Give examples to help explain your response.
- Looking at your spiritual life, what is something you would like to change to help you become more mature in Him?
- The old adage says first we need to know something, then we need to feel something, and then we do it. But in the Upside-Down Kingdom, we need to know something, then we need to do it, and then the feelings will come. Don't worry about the feelings; they will come. What would you need to do to make the change you stated above?

HOMEWORK: This week begin to ask God to help you with the area where you are struggling. Begin searching the Bible for verses on that specific topic. This week's reading plan will be "Tony Evans Teaches on Bibliology." To join a Blue Ridge reading group, sign-up at www.blueridge.org/readingplan. We will continue to pray through Scripture and practice persistent praying. You can join a zoom prayer time Monday through Friday. To find out more information go to www.blueridge.org/prayertime.

