

**How's Your Spiritual Diet Going?**  
**Understanding True Nourishment**  
**11/12/2017 Sunday AM**

**Scripture: John 4:27-38**

**Introduction**

- Last week pastor Tim Long brought a great sermon out of **Isaiah 6:1-8**.
- That passage should speak volumes to all of us as we understand Isaiah's willingness to GO for the Lord.
- Isaiah understood who God was and when the opportunity was presented, he said "Here I am, Send me!"
- Isaiah's response in v. 8 is a perfect segue into what we will be looking at today.
- This morning I am asking **How's Your Spiritual Diet Going? Understanding True Nourishment**.
- Let's put aside our thoughts on physical food and nourishment and turn our attention to the spiritual.

**John 4:31-38**

<sup>31</sup>Meanwhile his disciples urged him, "Rabbi, eat something." <sup>32</sup>But he said to them, "I have food to eat that you know nothing about." <sup>33</sup>Then his disciples said to each other, "Could someone have brought him food?" <sup>34</sup>"My food," said Jesus, "is to do the will of him who sent me and to finish his work. <sup>35</sup>Do you not say, 'Four months more and then the harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest. <sup>36</sup>Even now the reaper draws his wages, even now he harvests the crop for eternal life, so that the sower and the reaper may be glad together. <sup>37</sup>Thus the saying 'One sows and another reaps' is true. <sup>38</sup>I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labor.

- For context purposes, Jesus has just finished talking with the Samaritan woman at the well and He revealed to her that He was the Messiah.
- This was an awkward meeting at first in the beginning of chapter 4 because Jews and Samaritans did not typically associate with one another.
- After King Solomon died the nation of Israel was divided into the Northern Kingdom of Israel and the Southern Kingdom of Judah.
- The Northern Kingdom's capital was Samaria and it was conquered by the Assyrians around 722BC.
- During this time the Assyrians began to intermarry with the Jews in Samaria creating the Samaritans.
- The Jews and the Samaritans
- So for about 750 years the Jews and the Samaritans hated one another and did not associate with one another.
- The Samaritans were not allowed to worship in the Temple at Jerusalem, so they made their own temple on Mount Gerizim.
- The Samaritans still considered themselves Jews, but the influence of the Assyrian culture around them influenced them greatly.
- So v. 31 is after this meeting with the Samaritan woman and the disciples have returned from buying food.
- They are urging Him to "eat something" because they have been traveling for a while.
- In v. 32 Jesus' response is powerful! "I have a food that you know nothing about."
- **What is this food that Jesus is speaking of?**
- This was a food that even the disciples did not know about.
- They thought in v. 33 that someone had "brought him food."
- Jesus was not talking about physical food, He was speaking of something that was far more nourishing.
- In v. 34 Jesus explains, "My food...is to do the will of him who sent me and to finish his work."
- Jesus' spiritual diet consisted of doing the will of the Father.
- **What does your spiritual diet consist of? What is the Father's will in your life?**
- Jesus was taking this time to teach His disciples about the difference between the things of this world that fade away and the things that last, which are spiritual.
- We focus a whole lot on the physical world and the things in it, but not so much on the spiritual.

- Jesus goes on in vv. 35-36 to explain the reaping of the harvest that is taking place “even now.”
- A part of your spiritual diet should be you “planting seeds” for the Lord.
- We often times will pass up opportunities to talk to people about Jesus Christ because of a variety of excuses.
- What we have to understand is that there is a continual harvest that is taking place and that we need to do what we can to ensure our friends and family are ready for harvest time.
- Vv.37-38 gives us that imagery of the one that sows and the one that reaps.
- An important point is made to the disciples that they are reaping what they have not sown.
- What Jesus was saying to them was that a lot of work had been done by others to prepare the people and the world for the time that they were living in.
- Just think today about all of the evangelizing and book writing that has taken place in our world to make the job of spreading the Good News a lot easier for you and me.
- That fact should spur you and me to “dine” more often on the spiritual food that God has prepared for us.
- **When I ask How’s Your Spiritual Diet Going? Are you finding yourself malnourished?**
- As Jesus was explaining to the disciples in vv.37-38, the harvest is plentiful, we just have to open our eyes and see it.
- Think about the ministry opportunities that you have at your home, work place, what about right here?
- If we will look around us intentionally, we will see a world that is starving spiritually and you and I have the food in our possession.
- We must follow Jesus’ example and we must begin to add daily to our diet the “food” He was mentioning.
- Our “daily bread” should consist of being about God’s business and doing His will.
- Spiritual nourishment can come from studying God’s Word, teaching people, witnessing, ministering to needs, praying, being there for the needy and broken hearted, and much more.
- You cannot understand true nourishment until you understand this “food” that Jesus was talking about.
- Physical food is only temporary, but Spiritual nourishment never ends.

## **Wednesday Night Adult Bible Study**

### **The Rewards of the Believers**

5 Crowns and Precious Stones

Matthew 25:21 and others.