



# Being Nourished by God

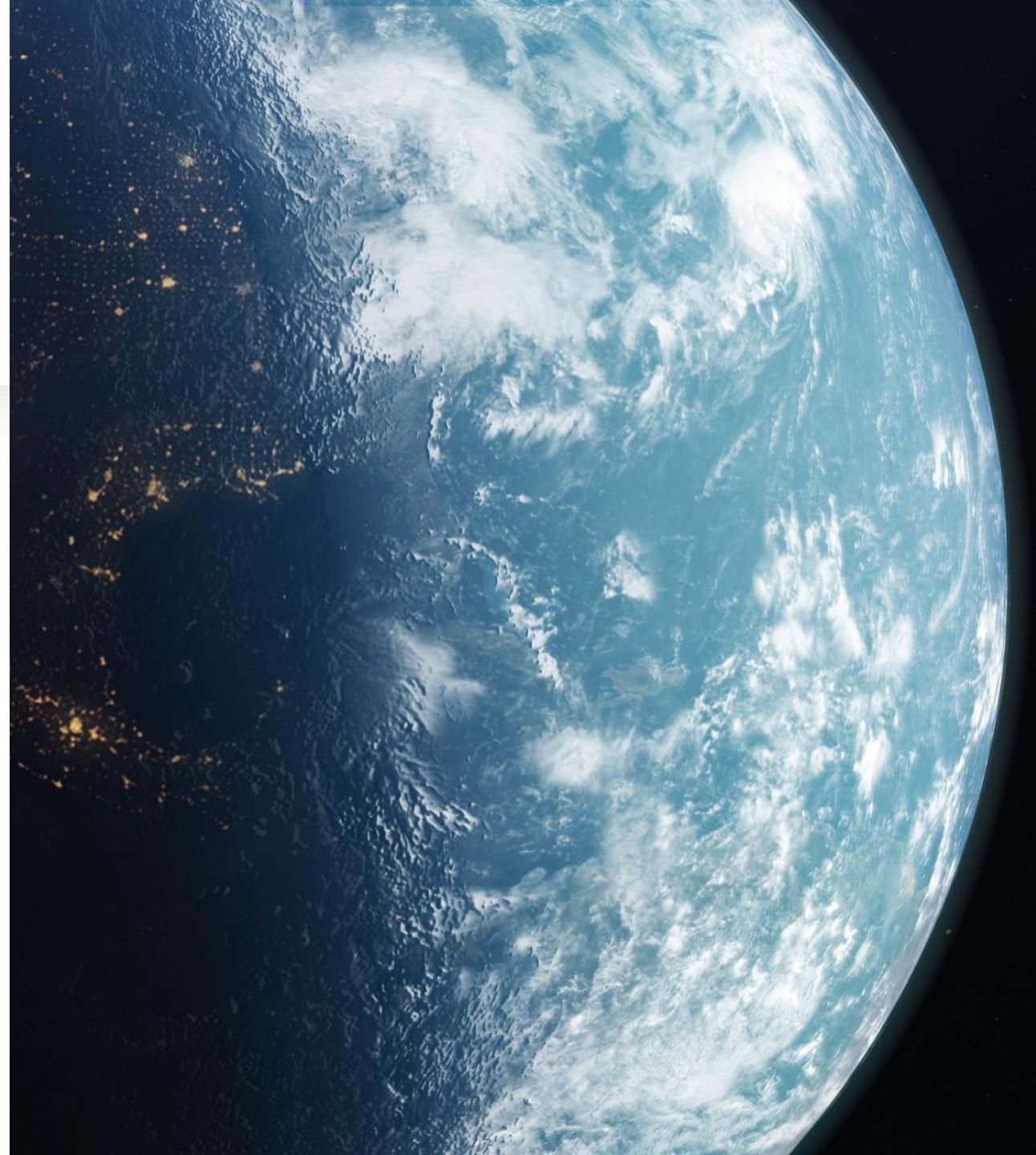
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“So they all ate and were filled...” – Luke 9:17



# Those nourished by the world

- “Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. 16 For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. 17 And the world is passing away, and the lust of it; but he who does the will of God abides forever.” (1 John 2:15-17)



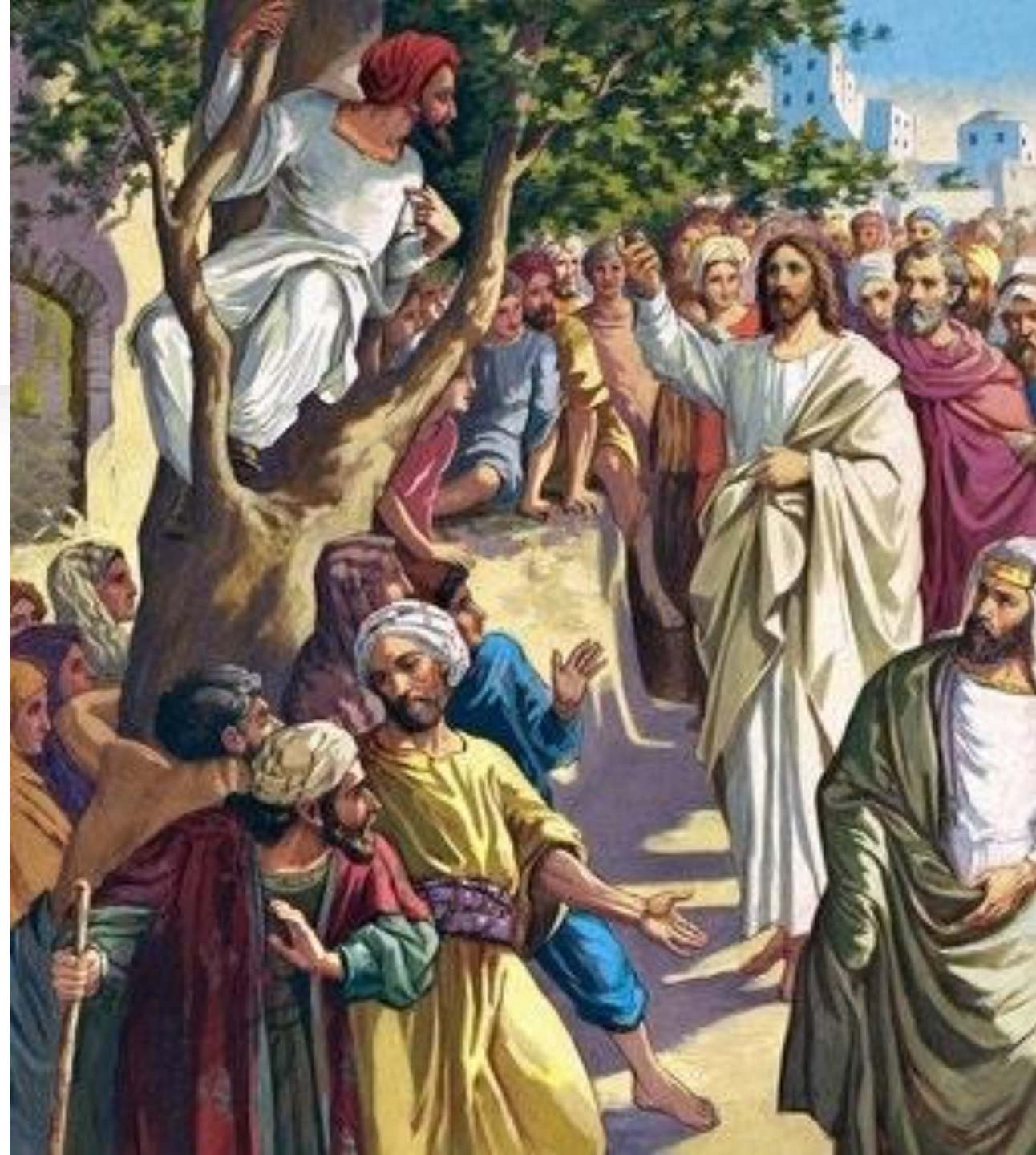
# Those nourished by the world

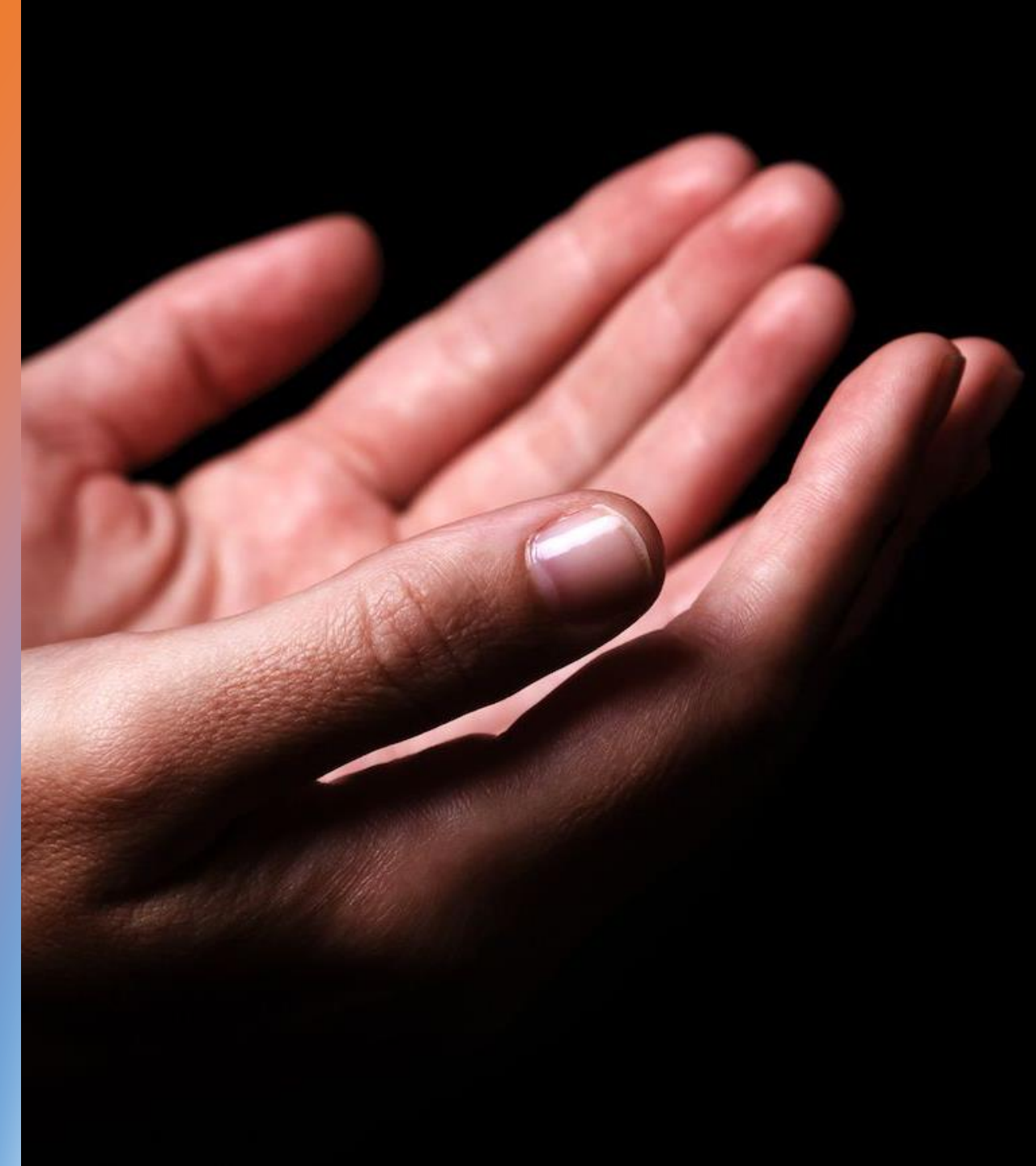
- *“The body directly receives food that is in essentials identical to the body. The body is of the earth, and food for the body is of the earth. This is why the body feels at home, among its own, in the world. But the soul suffers; it is crucified and suffers; it is disgusted and protests at having to receive food indirectly, and this a food not identical to itself. The soul therefore feels itself, in this world, to be in a foreign country, among strangers.”* (St. Nikolai Velimirovich, Eastern Orthodox Bishop)
- “God is Spirit, and those who worship Him must worship in spirit and truth.” (Jn. 4:24)



# How to be nourished by God?

- “I spread out my hands to You; My soul longs for You like a thirsty land. Answer me speedily, O Lord; My spirit fails!” (Ps. 142:6,7)
- We must be ready and willing to receive it.
- EX: Zacchaeus






## How to be nourished by God?

- “I spread out my hands to You; My soul longs for You like a thirsty land. Answer me speedily, O Lord; My spirit fails!” (Ps. 142:6,7)
- “longs,” expresses the desire to be nourished by Him alone
- “One thing I have asked of the Lord, this also I will seek, that I should dwell in the house of the Lord all the days of my life...” (Ps. 26:4)



A close-up photograph of a hand reaching upwards, palm facing up, against a bright, hazy background of a sun and a rainbow. The lighting is warm and golden, suggesting a sunrise or sunset. The hand is in the lower-left foreground, and the background is a soft-focus landscape with a rainbow arching across the sky.

## How to be nourished by God?

- “I spread out my hands to You; My soul longs for You like a thirsty land. Answer me speedily, O Lord; My spirit fails!” (Ps. 142:6,7)
- We must recognize that we are not capable of truly nourishing ourselves.
- “Let this mind be in you which was also in Christ Jesus, who, being in the form of God, did not consider it robbery to be equal with God, but made Himself of no reputation...” (Phil. 2:5-7)
- Jesus said to him, "If you can believe, all things are possible to him who believes." Immediately the father of the child cried out and said with tears, "Lord, I believe; help my unbelief!" (Matt. 9:23-24)

# God's Nourishment

## 1. God nourishes us through the Church

- EX: Prodigal Son
- *“No one can have God for His Father, who does not have the Church for his mother.”* (St. Cyprian of Carthage)





# God's Nourishment

2. God desires that we participate in our own nourishment

- “Till I come, give attention to reading, to exhortation, to doctrine. 14 Do not neglect the gift that is in you, which was given to you by prophecy with the laying on of the hands of the eldership. 15 Meditate on these things; give yourself entirely to them, that your progress may be evident to all.” (1 Tim. 4:13-15)

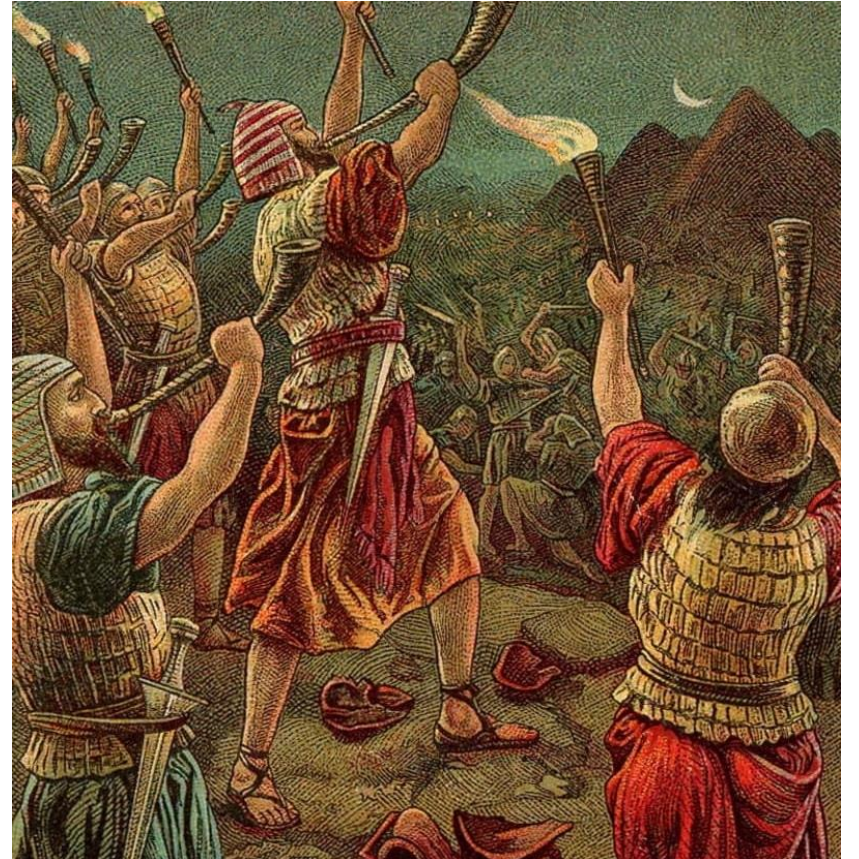




# God's Nourishment

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2. God can make a little go a long way
- EX: Gideon defeated the Midianites with 300 men
  - EX: Elijah and the Widow of Zarephath



# God's Nourishment

2. Those who are nourished by God are satisfied

- EX: Daniel







# Summary

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- How to be nourished by God?
  - “I spread out my hands to You; My soul longs for You like a thirsty land. Answer me speedily, O Lord; My spirit fails!” (Ps. 142:6,7)
  - Be ready to receive nourishment - detachment
  - Desire to be nourished by Him – longing
  - Become like a beggar – empty, reliant on His mercy
- God’s Nourishment
  - God nourishes us through the Church
  - God desires that we participate in our own nourishment
  - Little in the hands of God go a long way
  - Those who are nourished by God are satisfied.