

S.H.A.P.E. Up! – 4

Three Foundational Spiritual Exercises – Nutrition

Pastor Mike Rippy

Sunday, January 21, 2007

Ezekiel 3:1-3 *And he said to me, “Son of man, eat what is before you, eat this scroll; then go and speak to the house of Israel.” So I opened my mouth, and he gave me the scroll to eat. Then said to me, “Son of man, eat this scroll I am giving you and fill your stomach with it.” So I ate it, and it tasted as sweet as honey in my mouth.*

How do I know the Bible is true?

2 Tim. 3:16 (LB) *The whole Bible was given to us by inspiration from God and is useful to teach us what is true and to make us realize what is wrong in our lives; it straightens us out and helps us do what is right.*

- The evidence of _____
- The evidence of _____
- The evidence of _____

What Truth Does the Bible Provide?

Psalms 119:105 *Your word is a **lamp** to my feet and a **light** for my path.*

Lamp...

Light...

Jeremiah 23:29 *“Is not my word like **fire**,” declares the LORD, “and like a **hammer** that breaks a rock in pieces?”*

Fire...

Hammer...

Hebrews 4:12 *For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing **soul** and **spirit**, joints and marrow; it judges the thoughts and attitudes of the heart.*

Soul...

Spirit...

Matthew 7:24 Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.

How do I build on these truths?

1. _____ GOD'S WORD

So then **faith comes by hearing**, and hearing by the word of God. Romans 10:17 (NKJV)

The problem: We forget _____% of what we hear after 72 hours.

II. _____ GOD'S WORD

(The Scriptures) shall be his constant companion. **He must read from it every day of his life** so that he will learn to respect the Lord his God by obeying all of His commands. Deuteronomy 17:19 (LB)

III. _____ GOD'S WORD

... They accepted the message eagerly and **studied the Scriptures** every day... Acts 17:11 (Ph)

IV. _____ GOD'S WORD

Guard My words as your most precious possession. Write them down, and also keep them deep within your heart. Proverbs 7:2-3 (TLB)

V. _____ GOD'S WORD

They love the Lord's teachings, and they think about those teachings day and night. They are strong, like a tree planted by a river... everything they do will succeed. Psalms 1:2-3 (NCV)

... Your life is shaped by your thoughts. Proverbs 4:23 (GN)

... Meditate on (the Word) day and night, so you may be careful to do everything written in it. Then you will be prosperous and successful. Joshua 1:8 (NIV)

VI. _____ GOD'S WORD

Do not fool yourselves by just listening to the Word. Instead, put it into practice. James 1:22 (NIV)

Now that you know these things – **do them!** That is the path of blessing! John 13:17 (LB)