

What's Your Spiritual Food?

(This is a transcript of a download I received during my morning walk on 24/1/2017)

Jesus said: “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”¹ He was talking about spiritual 'food'.

So, What is your spiritual food?

If your spiritual food is reading the Bible, and you are doing it without any effect on your spirit, then it's not spiritual food at all. Spiritual food is not the same as religious food. Religious food is head knowledge.

Spiritual food feeds your spirit, not your mind.

All the theologians with their doctoral degrees to know the Bible as a document have head knowledge. When they read it, they are reading it for their mind's purposes. This is not spiritual food for them. It's not feeding their spirit, it's feeding their mind.

When you read the Bible, if you consider that the Bible is “The Word of God”, then you're actually feeding on yesterday's breakfast. You're feeding on historic food. We don't eat food that's old – it's not nourishing. In fact, it can be rotten. We throw it away; we feed it to the chooks; we put it in the compost.

Jesus was talking about spiritual food² that feeds our spirit. In context he was talking about a person feeding themselves, which is bodily nourishment. But he was trying to draw our attention to the fact that we need spiritual nourishment. Spiritual nourishment feeds our spirit – not our body; not our mind.

So how do we get spiritual food?

Spiritual food is every word that proceeds³ from the mouth of the Lord **RIGHT NOW**. Fresh. Nutritious for our spirit.

I can't survive without hearing from the Lord on a constant basis. My spirit-man needs nourishment and I actively seek food. Over a week he'll give me spiritual food in the form of teaching, inspiration, revelation, downloads, and prophetic messages for people. All these feed my spirit because it goes into my spirit and it gets utilized spiritually. It strengthens me in my spirit-man.

If you can't hear from Holy Spirit, if you're not receiving anything spiritual on a daily or weekly basis, you cannot grow spiritually. In fact, you will die spiritually. The only thing you will be is religious.

Don't confuse religious health with spiritual health.

In the Kingdom it's only spiritual health that has any veracity. Religious health is an anathema in the Kingdom.

Jesus came to bring us back into an intimate communication and relationship with the Trinity. THAT us what we are supposed to be working on.

If you cannot hear from the Spirit, you must – it's imperative – that you must learn to hear. Only you can do that. No one can do it for you. You have to have a spiritual awakening that will allow you to do it, and of course, you must be in the Kingdom to start with.

1 – Matthew 4:4; Luke 4:4 (Deuteronomy 8:3)

2 – In Matthew 4:4

3 – Notice that this is not past tense.

You must practice it. Why do I say that?

How many children are finicky and don't eat all their nutritious food? They either grow fat eating junk food or grow skinny not eating enough. You can grow fat on religion and skinny on the spirit if you don't eat your nutritious spiritual food. And that food only comes out of Heaven through the Spirit.

All these anorexic men and women, who look appalling to us, are not eating properly. They're not eating at all or they're eating but not assimilating the food. If you could see yourself spiritually in the mirror would you be: anorexic; or fat; or strong, healthy and muscular.

What do you think the Living Water was that Jesus told the Samaritan woman he would supply to those who believed in him? Was it to keep their body alive? Or was it to refresh and invigorate their spirit? Or was he speaking metaphorically about a religious phenomenon like transubstantiation⁴?

It's all up to you. You control your spiritual diet. It's there for you to take and imbibe, but like finicky children, unless you actually do it, it's going to serve no benefit to you whatsoever.

The Bible can be spiritual food, but it only becomes spiritual food when it's read and the Spirit of God places some of what is read into your spirit. Then it becomes spiritual food. This is rare. It does not happen every single sentence that a person reads out of the Bible. The reason? Father doesn't want you to know everything all the time. He only wants to drop things into your spirit, bit by bit, a bit at a time, when you are capable of assimilating it. So when you read the Bible, you must read it with your spirit active – with your spiritual antennae up. Listening: “What is the Spirit saying to me”. 'Cause I can tell you, from experience, once you know and experience spiritual food, you can tell the difference between it and head knowledge. You can tell when you read the Bible whether you are receiving spiritual food or not. You can tell when you're alive every day, whether you are receiving spiritual food or not. It's pretty easy.⁵

Man doesn't live by bread alone, but by every word that proceeds from the mouth of the Lord.

You must have a spiritual diet to feed your spirit. Work on it. NOW.

In these Last Days it's imperative.

This download is an example of my spiritual food.

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4 – See en.wikipedia.org/wiki/Transubstantiation

5 – This paragraph was received as a second download. It dispels any idea from the document that the Bible has no value.