

Kingdom Food

How's your diet? I mean your spiritual diet, not your natural diet.

Are you getting enough spiritual nourishment? Or, are you slowly, insidiously starving to death because you're not consuming the right spiritual food? If you are starving yourself, you're on the wrong diet.

NOTE: *Diet means: 'What you regularly consume each day'. Diet is not about weight loss – that's a weight-reducing diet.*

The wrong diet involves religious intake of every kinds. Religious 'food' is like fibre: it has no nourishment, but it makes you feel 'satisfied'. It's something you consume because you think it's healthy, but it causes spiritual malnutrition causing you not to grow and develop spiritually – you stay a babe.

Jesus actually demonstrated and taught the type of spiritual food that nourishes a believer. These are:

(1) **Bread** – 'Living bread'. Spiritual bread is the *rhema* we receive from our spiritual communication via Holy Spirit.¹ This needs to be consumed every day (our daily bread), otherwise we lose strength for our Kingdom life and military duties. *Rhema* is not bible reading, bible study, theological seminars, pulpit teaching, etc. It is only consumed when the Spirit speaks to our spirit, and that's whichever way he likes to do it.

(2) **Water** – 'Living water'². This 'water' flows from the throne of God,³ which is symbolic of his presence. You can only imbibe this nutrient by being in his presence, there's no other way. This is why we have to practice being in his presence, daily, so we don't die of spiritual thirst. Once a week at a church meeting or occasionally soaking will dry you out for the rest of the week.

(3) **Food** – This is all the foods other than staple bread and water. Jesus' food was to be about Father's business.⁴ This is what we need to do, daily. Our very existence is to be involved in our Kingdom assignments which validate us and give meaning to our lives, which our inner spirit craves.

Spiritual nutrition is a daily intake from Heaven which no amount of religious activity or any church system can supply. It only comes from Heaven and for that we need to be connected to Heaven by our spirit 24-7.

Graham Cooke talks about how to begin this shift in his message "What Does it Mean To Be Alive to Christ"⁵

Practising his presence is a key that we cannot do without.

*"The Practice of the Presence of God' is a lovely Christian classic written in the seventeenth century. It records the wisdom of a Carmelite lay brother named Lawrence, who spent much of his life working in a monastery kitchen. There, surrounded by pots and pans, Brother Lawrence discovered that circumstances don't determine God's proximity. It didn't matter whether Brother Lawrence was peeling potatoes, repairing sandals, or praying in the chapel or alone in his cell: anytime and everywhere, God was nearby...To apprehend God's nearness, all Brother Lawrence needed to do was learn to "practice the presence". By keeping his attention open to God in everything, he found God in everything."*⁶

1 – Matthew 4:4

2 – John 4:10, 13-14

3 – Revelation 7:17

4 – John 4:34

5 – www.youtube.com/watch?v=qQ4Z2rylseQ

6 – Adele Calhoun (2011) "Invitations from God" p:55

Get rid of everything in your life that doesn't feed you spiritually. That means all forms of religion: including prayer meetings and bible study sessions. Check out what's not feeding your spirit and dump it. Jesus did it, so we should follow his example.

Religious activity makes us think we're being spiritually fed, but it's a lie. Sons are fed from Heaven on spiritual food.

John 6:57-58 (NKJV) – *As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me. This is the bread which came down from heaven—not as your fathers ate the manna, and are dead. He who eats this bread will live forever.*

Terry Bennett sets the scene for what you need to do to get rid of religious activity in this audio message “Representation Through Sonship 6”⁷ [[listen from 0:00-12:35](#)]

It's all about spiritual connection with Jesus which comes from being in his presence and becoming one with him. He wants lingerers⁸, not prayers. The reason why prayer meetings have been a furnace for past moves of God (as well as the spiritual power of ‘the desert fathers’) is because the prayers came to a point in their prayer times where they connected with Heaven and came into God's presence. Prayer was the vehicle that got them there – eventually. However, spiritual people don't need a religious vehicle to get them where they need to go spiritually. We can go there immediately, circumventing prayer and fasting if we practice his presence. When we can do it easily, we don't need any vehicle, not even soaking or worship.

So...when you're in his presence that's when you start talking to him intimately. That's when you can intercede for others as the spirit leads.

IMPORTANT: Although we are Kingdom sons, we also have earthly responsibilities that we must not neglect. Sons are responsible in every way, they're not just super-spiritual believers with no thought for their family and fellow saints.

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7 – soundcloud.com/terrybennettministries/representation-through-sonship-6-terry-bennett

8 – Dawn Hill (12-4-2017) “The Lord says, ‘I am looking for the lingerers’”

(www.charismamag.com/blogs/prophetic-insight/32388-prophetic-word-the-lord-says-i-am-looking-for-lingerers)