

Being Nourished By the Word of God

“Man shall not live on bread alone, but on every word that proceeds out through the mouth of God.” (Matthew 4:4)

Facing Satan’s temptation, the Lord Jesus quoted Moses’ word in Deuteronomy 8:3 saying, “Man shall not live on bread alone, but on every word that proceeds out through the mouth of God” (Matt. 4:4). The man Jesus, as our pattern, took the word of God in the Scriptures as His bread and lived on it. Later, Peter exhorted the new believers to drink the word of God by saying, “As newborn babes, long for the guileless milk of the word in order that by it you may grow unto salvation” (1 Pet 2:2). God’s word is milk to nourish the newborn ones so they may grow in the spiritual life. The apostle Paul spoke of God’s word as milk or the spiritual infants and solid food for the mature believers saying, “I gave you milk to drink, not solid food, for you were not yet able to receive it” (1 Cor. 3:2), and “Solid food is for the full-grown” (Heb. 5:14). These portions from the New Testament portray God’s word as milk, bread, and solid food. In giving us His word in the Scriptures, God intended not merely to teach us, but even more to feed us, to nourish our inner being, our spirit and our soul, so we may receive His divine element and grow in His divine life until we are “full-grown in Christ” (Col. 1:28).

Before his martyrdom, Paul admonished his young coworker Timothy to be “nourished with the words of the faith and of the good teaching which you have closely followed” (1 Tim 4:6). To be nourished by God’s word, we should not merely read or study the Bible; we need to drink God’s word as milk, eat God’s word as bread, and feed on God’s word as solid food. We must be like Jeremiah, who found God’s words and “ate them” (Jer. 15:16). By receiving the word of God as our daily nourishment, we will experience an inward transformation, and we will grow in the life of Christ until we are “like Him” (1 John 3:2).