

# Seed Series

## A Healthy Diet

### Part 7



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# Parable of the Sower

We are delving into the state of our hearts because we want to be fruitful sons and daughters

**1 John 5:13** I write these things to you who believe in the name of the Son of God so that you may know that you have eternal life



# Seed Metaphor

as the gospel  
where it comes from  
how it is sown  
what it reproduces  
**NUTRITION** - what fills us

**Jer 15:16** When I discovered your words, I devoured them. They are my joy and my heart's delight, for I bear your name, O LORD God of Heaven's Armies.



# Fill up?



Our **diet and lifestyle**, what we consume, the physical food and activity, has a direct impact on our body.

In the same way our spiritual **diet and lifestyle** has a direct impact on our spiritual body.

**Ps 36:7-9** How priceless is your unfailing love, O God!

People take refuge in the shadow of your wings. They feast on the abundance of your house; you give them drink from your river of delights. For with you is the fountain of life; in your light we see light.

# The state of your biblical nutrition?

Do we have a healthy diet of old and new testament?  
Is our talking matched by our doing?



## Malnutrition



# Fill up on biblical nutrition

**Ex 15:26** He said, “If you listen carefully to the LORD your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the LORD, who **heals** you.”



**Listen and Do. Loving him is satisfied by both!**

**Prov 4:20-22** My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and **health** to one's whole body.



# Rys, vleis en aartappel Christians?



We are instructed, implored to keep all his commands, to feast on them, to keep **all of His words** close to our heart.

Paul says “We need the full counsel of God”, because the enemy wants to deceive us. The deceiver wants to twist the word, he wants to add and remove from it.

Are we serving our employer, wife and the church?

Is He your butler or your great reward?

Are you informing him of what you want or are you being transformed by what he wants for you?

I want to look at the acronym **FILL** as a handle on how to have a healthy diet.



**F** - Frequent  
**I** - Intercede  
**L** - Live  
**L** - Love



# Frequent



**Acts 17:11** The Bereans here were more open-minded than those in Thessalonica, since they welcomed the message with eagerness and **examined the Scriptures daily** to see if these things were so.

We can't disregard certain parts of scripture because it's difficult to understand or relate to. **In belief and practise!**

Looking at your own life, how much time do you spend dealing with the consequence of generational sin or your own sin before Jesus came into your life.

# Intercede

Intimacy with Christ is cultivated in your inner room.



Paul pray for the Ephesians spiritual enlightenment.

**Eph 1:17-19** I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe.

# Intercede



**Eph 3:14-19** For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

# Live it out



Is 29:13 The Lord says: “These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught.

Faith based obedience, established in **daily time in the word** and wrought in your **inner room** where you have been **spiritually enlightened** to see and understand as well as **spiritually empowered** to do the truth you have been reading and what he is leading you to do

# Love is the Test



Jesus said, “If you love me, you will keep my commandments” (John 14:15).

And the apostle John echoed Jesus when he wrote, “This is the love of God, that we keep his commandments” (1 John 5:3).

We cannot love Christ without **trusting** him.

We cannot **trust** Christ without **obeying** him.

Therefore we cannot love Christ if we live in persistent, conscious **disobedience** to him

**F** - Frequent  
**I** - Intercede  
**L** - Live it out  
**L** - Love is the test



Who has been convicted of malnutrition today?

Who desires to be **FILLED**?



# Prayer





Seed you  
next  
week

