



Schedule of Services

Sunday

Bible Study 9:30 AM

Worship 10:30 AM

Worship 6:00 PM

Wednesday

Bible Study 1:30 PM

7:00 PM

www.collinsvillecoc.org

For from you the word of the Lord has sounded forth... in every place. (1 Thessalonians 1:8)

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You Are What You Eat

We have all heard the saying, "You are what you eat." It is important to eat well balanced meals to help the body grow, repair, and function properly. Have you considered this same statement when it comes to our spiritual lives? It is important for us as children of God to have a well-balanced diet of God's word. No wonder God describes His word with terms in which we can understand. Everybody understands the importance of food, and feasting on God's word is as essential as physically eating. In every stage of our lives, we need the life sustaining word.

Babes in Christ need to desire the sincere milk of the word that they may grow thereby (1 Pet. 2:2). The word is gentle for the babe in Christ and it gives them the nourishment they need in order to help them grow. Very young babies drink milk produced from their moms or drink a formula that is similar to it. They are gentle on the baby's digestion and allows the baby to grow into more advanced foods. When a baby desires milk, everyone around will know it. The baby may cry, whine, and become fidgety. This is the way Christians are to desire God's word. Yearn for it and it will help with spiritual growth.

Mature Christians should be eating meat. "Strong meat belongeth to them that are of full age even those who by reason of use have their senses exercised to discern both good and evil" (Heb, 5:14). The meat of the word is for those who have been growing from the milk and then having moved on to more advanced eating. If you were to watch a 40 year old man or woman drink Similac from a bottle, it would seem very strange to us. Yet for some reason when Christians have been members of the Lord's body for decades and they are still drinking milk and not eating

meat, it seems to not phase many. It should be strange to see Christians not eating meat.

God's word is also described as sweet honey. When the Lord commissioned Ezekiel to preach to Israel, He provided a scroll for Ezekiel to eat. As He partook of the roll Ezekiel said, "...then did I eat it; and it was in my mouth as honey for sweetness" (Ezek. 3:3). God's word is sweet to the soul that loves Him. Many people think the Bible is negative and think it leaves a bitter taste in the mouth of the hearer. When we feast on the word of God, it should have a sweetness to us like it did to Ezekiel. There is one thing about sweet foods... it is almost impossible to stop eating them. It is easy to eat two bowls of ice cream or a big helping of cake because of its sweetness. We should desire the sweet word of God in the same manner. It is sometimes difficult to say no to a second piece of cake or pie. It should be difficult for us to say no to more helpings of the sweet word of God.

We are what we eat. Let's feast upon the milk, meat, and sweetness of the word of God each day. In so doing, we will grow and become more like the Son of God. Let us eat well brothers and sisters.

-K.A. Pugh

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