

**Reading:** Acts 2: 37-40

**Topic:** Learning To Feed Yourself

**INTRODUCTION:** One of the things that is vital to the survival of the Christian \_\_\_\_\_ is to learn how to \_\_\_\_\_ yourself spiritually.

## I. THE NATURAL LIFE:

### **A. Feed First:**

1. In the world of nature, all newborn or hatched creatures are at first \_\_\_\_\_ by their parent or parents until they arrive at a certain \_\_\_\_\_ point.
2. Once the fledgling reaches that certain \_\_\_\_\_ point, then the parent or parents begin to teach the young how to \_\_\_\_\_ themselves by searching and hunting for their own food.

### **B. Humans & Feeding:**

1. When a baby is \_\_\_\_\_, one of the first things that is taken care of once the baby is safely delivered is the nourishment of the new born \_\_\_\_\_ to provide strength for this new life.
2. For the first few months, the infant has to be either bottle \_\_\_\_\_ or breast \_\_\_\_\_ and then when it is time to start on solid food, it will be spoon \_\_\_\_\_ for a period of time.
3. Finally the time will come when the infant will be able to \_\_\_\_\_ its own bottle and attempt to use a spoon to \_\_\_\_\_ itself, and eventually will learn to eat without assistance.

## II. THE SPIRITUAL LIFE:

### **A. New Birth:**

1. When one hears and believes and obeys the \_\_\_\_\_ of Jesus Christ, one experiences the New Birth and comes to have a new \_\_\_\_\_ in the spiritual realm. Eph. 2:1
2. This new spiritual life is just as \_\_\_\_\_ as the natural life of the physical body and if that new life is to survive, it must have the same \_\_\_\_\_ taken of it as the natural life does. I Pet. 2:2

### **B. Spiritual Feeding:**

1. There are several essential spiritual vitamins which are \_\_\_\_\_ to the spiritual growth and survival of our spiritual lives and if they are lacking in the spiritual diet, the \_\_\_\_\_ will be hindered.
2. The three basic essential spiritual vitamins for healthy spiritual \_\_\_\_\_ are p \_\_\_\_\_, then the W \_\_\_\_\_ of God and going to \_\_\_\_\_.

## III. FEEDING YOURSELF:

### **A. Personal Responsibility:**

1. When one reads the \_\_\_\_\_ of God, especially in the New Testament, it is noteworthy that the word yourself and the word yourselves are \_\_\_\_\_ a number of times with regards to spiritual life. Acts 2:40
2. From the personal choice of obeying the Gospel to be \_\_\_\_\_ until the time of the coming of the Lord a lot of our spiritual \_\_\_\_\_ and maturity will depend on our own spiritual behavior. Mt. 25:9

### **B. Growing Your Own Spiritual Life:**

1. You make the choice to be \_\_\_\_\_ and to follow Jesus, but you also are the one who will decide the health and growth of your own spiritual \_\_\_\_\_. James 4:7
2. The Word of God gives a number of things that you are responsible to do yourself to \_\_\_\_\_ grow your own spiritual life:
  - a. Surrender \_\_\_\_\_ to God – Rom. 6:13
  - b. Keep \_\_\_\_\_ pure – I Tim. 5:22
  - c. Humble \_\_\_\_\_ before God - James 4:10
  - d. Keep \_\_\_\_\_ from idols – I Jn. 5:21
  - e. Take heed to \_\_\_\_\_ and to the \_\_\_\_\_ (the Word of God) – I Tim. 4:16
  - f. Study to show \_\_\_\_\_ approved unto God – 2 Tim. 2:15
  - g. Delight \_\_\_\_\_ in the Lord – Ps. 37:4
  - h. Build up \_\_\_\_\_ praying in the Holy Ghost – Jude 1:20

### **C. God Will Help:**

1. In the present distress and circumstances that we find ourselves in, it is currently \_\_\_\_\_ to meet together as the Word of God \_\_\_\_\_ us to. Heb. 10:25
2. This is why it is so vital for all of us to \_\_\_\_\_ how to \_\_\_\_\_ ourselves spiritually to help our spiritual life to continue to \_\_\_\_\_ and grow even in the wilderness experience.
3. When God sent Elijah into the wilderness for a \_\_\_\_\_, God provided for Elijah's physical needs by settling him beside a brook for fresh \_\_\_\_\_ to drink and by sending him \_\_\_\_\_ in the morning and in the evening by special delivery through ravens. I Kings 17:6
4. If God will provide for Elijah and look after his natural physical needs, He will surely help \_\_\_\_\_ take care of your spiritual \_\_\_\_\_ and help you to learn to feed yourself.
5. Paul the Apostle had the experience of being under house arrest for two \_\_\_\_\_ which meant no opportunity to be in \_\_\_\_\_ and in \_\_\_\_\_ several times and yet he survived spiritually because he knew how feed himself.

**CONCLUSION:** When you were born again and received the Spirit of God, you received your own personal \_\_\_\_\_ of living water to drink from daily through \_\_\_\_\_ and worship, and you have the Word of God that you can \_\_\_\_\_ daily and digest as your spiritual food – use what God has given to you and you will survive spiritually! Jn. 4:14