

Speaking to the soul



God's nourishment

Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation.

Cry out for this nourishment, now that you have had a taste of the Lord's kindness. 1 Peter 2: 2 -3

Babies are not subtle in their demand for milk. When they need feeding they are very happy to let everyone know about it! Peter uses this powerful imagery to describe a young Christian's desperate need to be fed spiritually. There can be no doubt that he is referring to our need for the word of God. We have been given the treasure of the Bible and we need to ensure that we are continually receiving nourishment from it. Only in that way will we grow and become strong and mature.

The need to be fed isn't just good advice for new Christians. We all need feeding and we need to organise our lives in such a way as to ensure that it happens. We wouldn't think of being haphazard about our physical feeding, having a meal from time to time when we happened to be in the mood. We know full well that without regular food and drink we would soon be ill. Our spiritual nourishment is equally crucial and the Lord's Prayer reminds us of its importance. "Give us each day the food we need" (Luke 11:3). Having a huge spiritual meal from time to time won't be enough. It is a great encouragement to attend Christian festivals and large celebrations where we may be wonderfully well fed with spiritual food. But we all need to be nourished by the daily rhythm of receiving God's word.

I love the reason that Peter gives for encouraging his readers to seek God's nourishment. He says it is because they have had "a taste of the Lord's kindness". It's as if he is saying, now that you have experienced how great God is, you won't want to miss out on all the other blessings that he

has in store for you. Spending time with God's word cannot fail to be an amazing experience.

QUESTION

In what ways have you been nourished by God's word recently?

PRAYER

Lord God, thank you for the way in which you strengthen me with your word day by day. Amen

Window - York Minster

