

"And I, brethren, could not speak unto you as unto spiritual, but as unto carnal, even as unto babes in Christ. I have fed you with milk, and not with meat: for hitherto ye were not able to bear it, neither yet now are ye able. For ye are yet carnal: for whereas there is among you envying, and strife, and divisions, are ye not carnal, and walk as men?" 1 Corinthians 3:1-3



Babies need everything done for them.

They can't even feed themselves. Their food must be prepared for them, else they

cannot consume it. They have no teeth to chew or the ability to swallow anything not in liquid form. Most believers fall into the category of "babes" in Christ. They do not have the ability to chew or prepare their own spiritual food. Sure, they recognize their Father and respond to the sound of His voice, but to prepare and eat of the Lord's bounty is not an ability they possess. "Dependent" is the word that best describes babes in Christ. Of course, we are all dependent on Father to be sure, but some siblings are able to take care of household chores and prepare meals for the rest. Sometimes you have to go into God's pantry to find the ingredients to make a satisfying meal or a sumptuous desert. Reading and meditating on God's Word is a rare practice these days. Many read, but few meditate. We are instructed to "*meditate therein day and night*" to prosper. We are often puzzled by our lack of success, but we never connect the dots. Meditation is like chewing. If not done, or improperly done, the necessary nutrients are not extracted. If you don't eat at all, you starve. If you swallow without chewing, you choke. There is much we can learn from good nutrition habits that will help us understand how to get the most from the Word of God.

Read and meditate ev'ry day,
That strong and vital you may stay,
God's Word is meat so that you may,
Prosper well upon your way. -CGP

You need to eat often to sustain the body, and you need to eat at God's banquet table often to sustain the spirit. Being born again is just the beginning of an eternal existence. We need to grow up and get off the bottle.

"Ye therefore, beloved, seeing ye know these things before, beware lest ye also, being led away with the error of the wicked, fall from your own steadfastness. But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ. To him be glory both now and for ever. Amen." 2 Peter 3:17-18