

## 2 Timothy 4:3-5 (MSG)

***You're going to find that there will be times when people will have no stomach for solid teaching, but will fill up on spiritual junk food—catchy opinions that tickle their fancy. They'll turn their backs on truth and chase mirages. But you—keep your eye on what you're doing; accept the hard times along with the good; keep the Message alive; do a thorough job as God's servant.***

If you go to church and make it all about you, and you are always leaving feeling good about yourself, then you are feeding on spiritual junk food. But when you come out of church being changed and more like Jesus, and your drive is to do for others more than yourself, then you are feeding on good, healthy spiritual food.

So when you read that you may be thinking that it's the pastor or the churches fault if you don't get good spiritual food. Which is true, but not true at the same time. Sure, there are churches that cater (Yes I used a food reference here) to people and what they want to hear, so they rarely will mention hell, sin, repentance, the blood of Jesus and so on in their teachings, because they figure people don't want to hear about that stuff, and it will turn people away, and they are more into having a big church filled with a lot of people, rather than having people come and be changed by the truth of God's Word. They are full of entertainment, and most of the time you are laughing at the various stories that the pastor is telling, and being entertained by them, but not changed by the word of God.

And that's what today's verses are talking about when it says that: ***"You're going to find that there will be times when people will have no stomach for solid teaching, but will fill up on spiritual junk food—catchy opinions that tickle their fancy. They'll turn their backs on truth and chase mirages."***

But not all churches are like these, and there are plenty of churches that teach God's word, verse by verse, and teach it in truth, not wanting to tickle man's ears, which is the second half of today's verses:

† ***But you—keep your eye on what you're doing; accept the hard times along with the good; keep the Message alive; do a thorough job as God's servant.***

So, if you are caught up in the first type of church, you need to get out and find a church that teaches God's word in truth, and not one that is entertaining you. But if you are in the second church, getting good solid teaching, stay there and feed on the goodness of God's word.

But did you know that you can be in the second church, and still feed on junk food? I know when I get my meal, let's say with chicken, mashed potatoes, vegetables, bread and butter, and a salad, then Chocolate Cake for dessert. I usually tend to eat the vegetables first, why? Because I am not

a big veggie guy, and I know they are good for me, so I will still eat them, but I will eat them first so I can enjoy the rest of the meal.

But let's say that even though my wife served me this meal, and all I ate was the bread with lots of butter and the chocolate cake, and nothing else, who's fault would it be if that's all I ever ate even though I was served good healthy food? Chocolate cake may taste good and make you feel good for a short time, but if that's all you eat, or if you eat it all the time, then you will become fat and lazy, with no energy.

It's like the old saying, you are what you eat, the same is true spiritually. You can't blame the church or your pastor if all you choose to eat is spiritual junk food. (Note that none of God's word is junk food, but if all you devour are those verse that make you feel good, and not those where God says to stop doing this or that or live this way, and only focus on the, make you feel good verses, then you will not grow spiritually.)

† **Hebrews 5:13-14** *For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe. But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.*

Or maybe you do eat good at church on Sunday, taking in all the goodness of God's word, then the other six days a week, you eat very little, if any, from the word of God. Maybe a verse here and there that is posted on social media, or a devotional that you come across once in a while. But other than that, you eat the junk food of the world and all it has to offer, because that's what your pallet is used to eating all week. But then God's word comes to you on Sunday and you see it tastes good, yet you only partake of it once a week, no matter how good it is.

You know when you go on a diet to lose weight or just get healthier, that it's a matter of changing your eating habits, if you don't, then you won't lose weight or get healthier, you will remain the same, and you will even get worse and worse until you do change.

The same is true with God's word, don't expect to grow as a Christian until you change your spiritual eating habits.

† **1 Peter 2:1-3** *Therefore, laying aside all malice, all deceit, hypocrisy, envy, and all evil speaking, as newborn babes, desire the pure milk of the word, that you may grow thereby, if indeed you have tasted that the Lord is gracious.*