

Deuteronomy 8:3

So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD.

What is your favorite food? A question we are often asked; but what is your answer? I think for me, and for most, it would be Pizza. I think I could eat Pizza everyday and be fine with it. I have met only one person who does not like Pizza, and that is one of my sons. But if you ask anyone if they would like a Pizza, I think everyone would say yes.

Now, pizza toppings, that's a different story. I pretty much like anything on my Pizza, except anchovies, everything else I like. I also like red, yellow or green peppers on my pizza, but as I get older, my stomach doesn't care for them. I also like mushrooms on my pizza, but my wife doesn't. There is also a mixture of people who like Hawaiian Pizza, which is Canadian Bacon and Pineapple. My teenage kids can't stand pineapple on a pizza, so me and my wife usually make sure one of the pizzas we get contains pineapple, that way we know there will be enough for us. Some don't like Pineapple on their pizza because they never tried it, and for others, they have tried it, but it's just not their thing and they can do without it. The rest of us actually really like it and can't understand why others don't like it, with that sweetness of the pineapple and salty, tanginess of the Canadian Bacon and pizza sauce.

Speaking of food, sometimes during dinner, we will talk about food and things we like and don't like. When we have tacos, everyone teases me (including my wife) because I actually like catsup on my tacos. Once again it's a preference and those who tease about it, usually never tried it.

So why all this talk about food? Simply because today's verse talks about food, and this verse is Moses talking to the Children of Israel before he died, and he was telling them, here in the book of Deuteronomy, of their last 40 year journey that they took in the desert.

But as you read it, was there a part of it that sounded familiar? There should be, because Jesus quoted this verse when He was being tempted by the devil in the wilderness during His 40 day fast.

† **Matthew 4:4** *But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.' "*

So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD. (underlined for emphasis)

But we are not going to talk about fasting here, but actually about eating, which we have spent most of this devotional talking about already.

I don't know if you really thought about it, but the simple fact that because God fed the Children of Israel with Manna for 40 years, it allowed them to survive while they wandered through the desert for those 40 years. If God did not feed them with Manna, they would have died, because in the desert, there really isn't much to eat, and even worse is that there is not enough food in the desert to feed about two million people, especially for 40 years.

But why didn't God give them, candy and ice cream, and cake and pies and potato chips and soda and junk food to eat? Because if that was all their diet consisted of, they still would have died from eating nothing but junk food. Also, that junk food was not available for them to eat for the 40 years. Why? Because if you fill yourself with junk food, you will not have an appetite for food that is good for you, and manna was good for them.

I mean, don't we tell our kids those famous words that our parent told us and we swore we would not say to our kids, but now we do, which is, "*Don't eat that or you'll ruin your dinner*" and as we are older, we know that if you eat too close to dinner, you won't be hungry at dinner time. And it's even worse when we eat junk food before dinner, or even throughout the day. Our appetite is gone for good food, because we stuffed ourselves with junk food. I think we are all a little guilty of this during the weekend, so even as adults, we know it's true.

But what about God's word, which is what both Jesus and Moses were talking about when they said, "***man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD.***" It wasn't so much about food as it was about feeding our spiritual bodies the food that it needs, which is God's word. But just like our example with food and that good old saying of, "*Don't eat that or you'll ruin your dinner*" it also applies to God's word. Because if you spend the day stuffing yourself with bad things of this world, like with TV, Social Media, the Internet, sports, shopping, doing anything to feed your flesh with things of this world, it's no wonder you have no appetite for God's word, because your spiritual body is full of junk food.

It's like the old saying, you are what you eat, and how much more true is that statement in regards to our spiritual state? If you struggle with sin, and you are always falling spiritually, your spiritual diet is a big part of the reason. Once again, if you fill yourself with TV, Social Media, the Internet, hanging out with non Christians who feed you worldly stuff (Not talking food here), the music you listen to, the movies you watch, the books you read, etc... then no wonder you are weak spiritually.

But on the other hand, those who are strongest spiritually, you know those you call a strong Christian, are that way because they feed on the word of God daily and that helps them be strong Christians.

Think again of Jesus being tempted in the Wilderness for 40 days. During that time Jesus didn't feed His body with food, but rather He filled His spiritual body with God's word, and we know that because each time the devil tempted Jesus, He came back with God's word ***"It is written"***. He didn't quote what someone else said, or what He found on the Internet, or on Social Media, or what He may have heard growing up when He was in Egypt and their philosophies, or even what His buddies told Him as a kid when He was growing up. No, Jesus was the ultimate, spiritually buffed, Son of God, because He filled His Spirit with the things of God.

So, now you have a choice, keep feeding yourself with spiritual junk food (Things of this world) and be a wimpy Christian, or feed on the goodness of God's word and be a buffed Christian.

† **Psalm 119:9** *How can a young man cleanse his way? By taking heed according to Your word.*

† **1 Timothy 4:8 (NLT2)** *Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.*