

## Heb 5:14

***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.***

Today, let's talk about something that we all like, FOOD.

When we talk about food, there are some of you out there that study food. You study what foods are good for you and why they are good for you. You also study what foods are bad for you and why they are bad for you.

Me personally, I am not big on vegetables, but I know they are good for me, so I eat them anyway. Now I have no idea how they are good for me, or what affects which foods have on me, but it still doesn't stop me from eating just because I don't know.

I also know some of you have trouble reading the bible, because there is so much that you don't understand. Can I let you in on a little secret? Even though I teach the bible and read it everyday, there are still so many things I don't know or understand as well, and I'm learning it all the time. But just because I don't understand it all, doesn't mean I should stop reading it.

If you struggle with understanding the bible and it may even hinder you from reading it, may I suggest praying this one sentence from Psalm 119?

† ***Psalms 119:27 Make me understand the way of Your precepts;  
So shall I meditate on Your wondrous works.***

In fact, I would also suggest reading all of Psalm 119. It is long, in fact the longest Psalm as well as the longest chapter in the bible, with 176 verses. But once you start reading it, you will find the theme of it talks about the importance of the word of God, the bible.

You may be like me and you don't understand how all the different food groups work in your body, but you still get hungry so you eat. So let it be with the bible. Don't starve yourself spiritually, and don't be afraid that you won't understand it all, but eat of the word of God for it is good.

† ***Psalms 119:103 How sweet are Your words to my taste,  
Sweeter than honey to my mouth!***

† ***Deut 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.***