

“You Are What You Eat”

Based on John 6:53-59 (NIV)

October 6, 2019

Rev. Roger Madden, preaching

John 6:53-56

53 Jesus said to them, "Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.

54 Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day.

55 For my flesh is real food and my blood is real drink.

56 Whoever eats my flesh and drinks my blood remains in me, and I in them.

† I am what I “eat” spiritually.

† The flesh of Jesus means his complete humanity.

† When Jesus says to eat his flesh, I am to spiritually take in his humanity to physically live my life.

† In Jewish thought, blood stands for life.

† To the Jew, the blood belonged to God.

† When Jesus says that I must drink his blood he means that I must take God into the very core of my heart and life.

John 6:57-58

57 Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me.

58 This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever."

† As Jesus depends on God for his very life, so I am to eat and drink of Jesus to fully live my life.

† If I consume spiritual junk food, my soul will turn to junk.

† If I consume spiritual good things, feeding on Jesus’ life and words, then my soul will be filled with Godly things.

† God Himself is the fuel my spirit was designed to burn, or the food my spirit was designed to feed on. - based on a quote by C.S. Lewis.

Applying Today’s Message to My Life:

† How healthy do I eat and drink physically?

† How healthy do I eat and drink spiritually?

† Just like there are foods I need to start eating to become healthier physically, what spiritual “foods” do I need to start eating and drinking to make my spiritual life healthier?

- What is keeping me from doing it?

- Why not start today? This week?