

I. The Believer's Need of Nourishment

1. Just as a baby needs food.
Moses - Acts 7:20, 21
2. Young Xtns are as newborn babes
 - A. 1 Peter 2:2 - the milk of the word
 - B. Coleridge + his friend who didn't believe in giving religious instruction to children.
3. We need strength & nourishment in our battle with the adversary. - Rev. 12:14
4. The Tragedy of not having proper nourishment + guidance in childhood can mar the whole future life.
 "Across the fields of yesterday
 He sometimes comes to me,
 A lad just back from play —
 the lad I used to be —
 And yet he smiles so wistfully
 Once he has crept within,
 I wonder if he hopes to see
 The man I might have been."
 Thomas S. Jones, Jr. - d. 1932

II. The Lord's Supper a Symbol of the Believer's Nourishment.

1. Feeding on Him for spiritual nourishment symbolized in eating the bread and drinking the fruit of the vine.
2. the Lord nourishes and cherishes the Church. (Eph. 5:29 + Col. 2:19)

III. The Nourishing Words of Faith.

1. What are these words of faith + sound doctrine?
 - A. Man's awful sin
 - B. God's wondrous grace -
E.g. Robinson: "the world is a kind of spiritual kindergarten, where millions of bewildered infants are trying to spell God with the wrong blocks."
 - C. the Atonement of Christ -
(workman who caught falling building Contractor)
 - D. the Miracle of Regeneration -
a personal experience with God.
 - E. the ministry of the Holy Spirit.

2. The Means of Nourishment

- A. Romans 10:17 - Faith comes by hearing, and hearing by the word of God.
- B. We must listen and hear
- C. We must teach and witness that others may hear.
- D. the soul grows gradually but steadily.
(#1151 "How does the soul grow" - Susan Coolidge.)

3. The Results of this Nourishment

- A. We will realize more than ever our weakness and helplessness.
- B. We will realize that it is God not self, that nourishes the soul.
- C. We will learn to distinguish between things that differ: "refuse therefore all old wives fables." v. 7.
- D. We will neglect not the gift within us. v. 14
- E. We will take heed unto ourselves and to the doctrine (v. 16) + continue in them.