

Meal Plan 2 — Digestion

"This Book of the Law shall not depart from your **mouth**, but you shall **meditate** on it day and night, so that you may **be careful to do** according to all that is written in it. For then you will make your way prosperous, and then you will have good success." (Joshua 1:8, ESV)

Meditate - to mutter, murmur, roar:

Digestion starts in your mouth:

Like digestion, understanding is progressive.

Two Places We Need to Keep the Word: our hearts and our mouths.

"For this commandment that I command you today is **not too hard** for you, neither is it far off." (Deuteronomy 30:11, ESV)

NKJV ". . . not too mysterious for you . . ."

The Word of God is not "over your head" and it's not inaccessible to you.

"It is not in heaven, that you should say, 'Who will ascend to heaven for us and bring it to us, that we may hear it and do it?' Neither is it beyond the sea, that you should say, 'Who will go over the sea for us and bring it to us, that we may hear it and do it?'" (Deuteronomy 30:12-13, ESV)

"But the word is very near you. It is in your mouth and in your heart, so that you can do it." (Deuteronomy 30:14, ESV)

The Bible is a Spiritual Book . . .

"All Scripture is **breathed out by God** and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work." (2 Timothy 3:16-17, ESV)

Spirit = Breath or Wind

The Holy Spirit has a role in understanding, interpretation and application.

Bread of Life

"who has made us sufficient to be ministers of a new covenant, not of the letter but of the Spirit. For the letter kills, but the Spirit **gives life**." (2 Corinthians 3:6, ESV)

"The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned." (1 Corinthians 2:14, ESV)

The Holy Spirit is our Teacher

"But the Helper, the Holy Spirit, whom the Father will send in my name, **he will teach you** all things and bring to your remembrance all that I have said to you." (John 14:26, ESV)

"Now we have received not the spirit of the world, but the Spirit who is from God, **that we might understand** the things freely given us by God. And **we impart this in words** not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual."
(1 Corinthians 2:12-13, ESV)

He is speaking to you so that He can speak *through* you!

S.O.A.P.

Scripture
Observation
Application
Prayer

Maturation Requires Application — Holy Spirit, how do I apply this?

. . . you shall **meditate** on it day and night, so that you may **be careful to do** according to all that is written in it.

"But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be **blessed in his doing.**" (James 1:25, ESV)

"For **the word of God is living and active**, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart." (Hebrews 4:12, ESV)

(AMP) "For the Word that God speaks is alive and full of power [making it **active, operative, energizing, and effective**] . . ."

Some experiences must be *enjoyed* to be understood!

"Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!"
(Psalms 34:8, ESV)

"How sweet are your words to my taste, sweeter than honey to my mouth!"
(Psalms 119:103, ESV)

