

**Sermon Outline:** 11.12.23

Sermon Series: **Let's Eat!**  
Sermon Title: ***The Milk & Meat***  
Sermon Text: Matthew 4:4, Hebrews 5:12-14

**November**  
***Thanksgiving***  
***Food***

**Thanksgiving Dinner**  
***Enjoyment***  
***Nourishment***  
***Contentment***  
***Fellowship***  
***Service***

**Gospel Ministry is Two-Fold**  
***Evangelism:*** Winning the lost to Jesus.  
***Discipleship:*** Making evangelists for Jesus.

**“Disciples are made from a regular diet of spiritual food.”**

The spiritual digestive process is like the physical...

***Ingestion***  
***Digestion/Absorption***  
***Assimilation***  
***Egestion***

**LET'S EAT!**  
***First, The Bread!***  
Ingestion  
***Feasting by faith on...***  
Who Jesus is,  
What Jesus did,  
What Jesus said!

**Spiritual Digestive Process**  
INGESTING = Believing  
DIGESTING = Understanding

(Matthew 4:4) (John 6:63)

DIGESTING what Jesus said...  
Changes who WE are and what WE do...  
***Feeding, Fueling, Filling***  
All of the spiritual voids of our hungry soul.

(Hebrews 5:12-14)

**LET'S EAT!**  
***INGEST the BREAD of LIFE!***  
***DIGEST the MILK & MEAT!***

(1<sup>st</sup> Peter 2:2-3) (1<sup>st</sup> Corinthians 3:1-2)

One fundamental difference in milk and meat...  
Milk is usually delivered by another,  
Meat can be delivered by oneself.

**DIGESTING spiritual MILK & MEAT...**  
Is the KEY to all of us growing up  
***into the likeness and purpose of Christ!***

(1<sup>st</sup> Peter 5:2) (Jeremiah 3:15, 23:4) (Job 23:12)

**How important is your spiritual health & growth to you?**

Are you ***DIGESTING*** the ***MILK & MEAT...***

***Hearing,***

***Reading,***

***Studying,***

***Meditating***

On God's Word often?

(Isaiah 55:1-2)