

SPIRITUAL OBESITY

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There seems to be a big problem in the Western world with people being overweight, eating the wrong foods and getting sick because of these factors. What is more dangerous is spiritual obesity which is closely linked to the same causes. So-called Christians are eating too much so-called spiritual food which is not good food and their spiritual health is badly diminished.

You might ask what this so-called spiritual food is. Apostle Paul writes about knowledge that puffs up. (1 Corinthians 8:1,2) This is in the context of food sacrificed to idols, and self-indulgence. Just as we can gorge ourselves with food we can also gorge ourselves with Bible study and Christian teaching purely for knowledge, and not for Christian growth. Most churches encourage going to Bible study but never empower to do the Spiritual exercise to “burn off” this food. Earnest believers race off to the next conference or course for more knowledge so that they can know the “right doctrine”.

Spiritual health comes about through being in touch with God’s heart and doing the work that He has designed and assigned us to do. Only those who are continually filled with the Holy Spirit, and are channels for His power, in communion with Him all the time, are truly healthy in the Spiritual sense. The best “food” is exercising faith, because without faith it is impossible to please God. (Hebrews 11:6) In the letters to the churches, repenting and returning to our first love entitles us to eat from the tree of life (health and wholeness), and repenting of making a god of our bodies entitles us to some of the hidden manna (the supernatural supply of our daily bread). When we repent of thinking we are rich and have it all and recognize that we are empty of anything except by His grace, and are willing to come to Him because we feel that lack, Jesus will come and share His Table with us in true fellowship.

Reading the Bible is a very good thing but the aim should be to find out daily instructions to put into practice, to take God at His word concerning His promises so that we can enforce His will on the earth as it is in Heaven. When we are in intimate relationship with Him the Holy Spirit speaks into our hearts whatever Jesus wants to say to us. The knowledge of God is all based on this personal relationship and those who hunger will be satisfied, whether we have eaten a small “meal” or a large meal, because Jesus says He is the Bread of Life. Taste and see that the Lord is good.