

BALANCED DIET

The Relevance of Gods Word

INTRO

The relevance of God's Word in our life cannot be overemphasized. This is because to be established in all we have learnt so far, we must understand that God's word is food for our Spirit as food is for our body and without it the believer will be malnourished thus unfruitful.

GOD SPEAKS

Before printing it and binding it and covering it with leather, consider the concept of God's word. God speaks. He reveals himself to us. He communicates with us. His word, as John Frame says, is "his powerful, authoritative self-expression."¹ Just as the words of a friend are central in revealing his person to us, so it is with God.

THE GOSPEL

The most frequent use of word in the New Testament is in reference to the message of the gospel—the word evangelical we might call it, or the gospel word—the message about Jesus, "the word of Christ" (Col. 3:16). For Paul, the phrases "preach Christ" and "proclaim Christ" and "speak the word" are synonymous (Phil. 1:14–17).

CHRIST IS THE WORD

The complete and climactic self-revelation of God to man is the God-man, his Son (Heb. 1:1–2). Jesus is "the Word" (John 1:1), and "the Word became flesh" (John 1:14). He is the one who most fully and finally "has made [the Father] known" (John 1:18). Jesus is God's culminating self-expression, and says without any sham or embellishment, "Whoever has seen me has seen the Father" (John 14:9)





WHY STUDY?

Hebrews 4:12

1. God's undying and ever faithful love for us is revealed unto us. Heb. 1:1-3

2. God's word is the sword of the Spirit by which we destroy all the wiles of the devil. Eph. 6:17, Ps. 119:105

3. It keeps the believer from sin. Ps 119:11

4. It is the substance of faith; this means that faith is a product of God's word. Rom 10:17

5. It sanctifies. 1 Tim. 4:4-5, Jn. 15:3, Jn. 17:17

6. It provides spiritual nourishment for growth. 1Tim 4:6, 1Pet 2:2, Col 3:16

7. The knowledge of God's Word multiplies grace and peace to us. 2Pet. 1:2

8. It renews the mind. Rom 12:2

*Meditation is
the missing link
between study
& prayer*

RENEWING YOUR MIND

To grow into Christ in all things (Eph 4:13-15), the scriptures tells us to renew our minds so that we can be transformed from the customs and traditions of this world to the image of Him who created us.

To renew means to renovate. We must constantly renew our mind by removing or exchange the thoughts, understanding and reasoning that belonged to the old nature for the thoughts, understanding and reasoning that belongs to our new nature. The agent of renewal is God's word.

MEDITATION

Colossians 3:16

Meditation is rehearsing or thinking about something, until it becomes so real to you. Meditation also means to ponder on something actively until consciously or subconsciously, it becomes part of you and causes you to act in a particular manner.

For the Christian, meditation means having "the word of Christ dwell in you richly" (Col. 3:16). It is not, like secular meditation, "doing nothing and being tuned in to your own mind at the same time," but it is feeding our minds on the words of God and digesting them slowly, savoring the texture, enjoying the juices, cherishing the savor of such rich fare. Meditation that is truly Christian is guided by the gospel, shaped by the Scriptures, reliant upon the Holy Spirit, and exercised in faith.

