

Soul food.



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Once, when Jesus was speaking with his disciples, he challenged them with this...

“What good is it for a man to gain the whole world but lose his soul? Or what can a man give in exchange for his soul?”

In the Bible, the soul is the centre of a person’s being. It is the soul that longs for something or hopes or is crushed or weighed down. When a person’s soul delights in evil then it’s the soul that deserves death and punishment because a person should love God from the core of their being.

So Jesus’s warning about losing our soul should be taken seriously. If we don’t draw close to God and invite him into our life now then don’t expect or demand good things in the future. Jesus’s warning is both blunt and bleak. But he’s giving it to us so we’ll take action. And that’s a kind thing to do.

So, what can we do for our soul now? Feed it! The soul in danger is the soul that’s hungry - spiritually hungry. Thousands of years ago God spoke through the prophet Moses saying.

Man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD.

This makes sense. Without hearing God’s word it’s impossible to fathom His mind or plans. In short, we can’t know Him in order to be his friend. But in case you’re scared that His word tastes bland... don’t worry – it’s not. It’s fascinating, clever, encouraging, helpful, practical, historical, wise, essential...

When God spoke through the prophet Isaiah he likened his word to delicious and satisfying food:

“Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy?”

“Listen diligently to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; hear, that your soul may live.” (emphasis added)

Do you hear God’s warning again? Our soul must feed on God’s word in order for us to live. Down through the ages, God spoke through many prophets – most recently, through Jesus, His son. The things we need to know that were uttered by those prophets and Jesus have all been included in the Bible. So, get hold of a copy and feed your soul!

Prayer. Dear God, please help my soul to desire your words more than the things of this world that are passing away.

Bible Verse. *“... man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD”.* Deuteronomy 8:3