

Nourishment

Christ Church: 5th September 2021 10.00 am. & online
Psalm 1; Psalm 19:7-10

Fuel for growth, medicine for health

Eating one hotdog may take 36 mins off your life; Pizza 7 mins 8 secs. But a banana adds 13 mins 30 secs and a Peanut butter + jelly sandwich (?!) adds 33 mins 6 secs. Univ of Michigan this week.

See too Richard Pile's book 'Fit for purpose' (Parkbury House GP practice) and chapter 6 on food. It is not just fuel, it is medicine too. But we live in a 'toxic food environment'.

Food nourishes us = gives **growth and health**. In 1 Timothy 4:6 Paul describes Timothy as 'nourished on the truths of the faith and of the good teaching that you have followed'. So this month we have a four part series on being nourished: (1) Psalms, (2) Proverbs, (3) Shepherd, (4) Bread.

Last week we looked at disciples 'devoted to the apostles' teaching' (Acts 2:42). Same idea of being nourished on Scripture. Our bodies can be nourished (**fuel for growth, medicine for health**) by good food: our souls nourished in the same way by Scripture.

The value of Scripture Psalm 19:7-10

No time to look at the 176 verses of Psalm 119 (22 groups of 8). Psalm 19:7-10 is a cut down version. Scripture is VALUE. And for us it all points to Jesus. Words for law really mean 'instruction'. They show different angles on it.

Law ... perfect ... refreshes us
Statutes ... trustworthy ... makes us wise
Precepts ... right ... gives us joy
Commands ... radiant ... gives us light
Fear ... pure ... enduring for ever
Decrees ... firm ... precious and sweet to us

It is, like food, **fuel for growth and medicine for health**. Note the 'of the Lord' for each of these six phrases.

Our car had its MOT and service this week. It needs **fuel for travel and service for health**. We need both for our discipleship.

The life of the righteous Psalm 1

(My Bible dedication.)

The Psalmist contrasts the righteous and the wicked. We must beware following the world's advice, adopting their practices and sharing their outlook. We need to:

- 1 **delight** in the law (= instruction) of the Lord (v2)
Last week: 'devoted to the apostles' teaching'.
If you have lost the delight, pray for it.
- 2 **meditate** on that law, day and night (v2)
Richard Pile suggests eating very slowly to receive the nourishment. Chew it over, ponder it. Give it time.

Then we shall be:

- 3 A tree planted by streams of water (v3)
A tree needs growth and health and the water and the sun offer those. Then it provides fruit and it does not wither.

Hence, once again, **fuel for growth and medicine for health**.

Fuel for our growth, medicine for our health

- 1 Recognise our need for nourishment, for growth and health as disciples of Jesus Christ, and so for fuel and medicine. We need first to admit our need. We are not the disciples we should be. Many Christians are starving themselves.
- 2 Pray for a delight in Scripture and make time to read it. Many of us find first thing in the morning best but you may have a better time. Time to chew it over and delight in it.
- 3 Get help: SU notes, devotional commentaries, HTB Bible in a year. You need guidance through whatever means you use. Ask others but find help.
- 4 Experience Scripture together, in Sunday sermons, in home group meetings where we apply the Sunday teaching.
- 5 Pray to be NOURISHED, to have **fuel for growth and medicine for health**. Don't be a starved Christian.