

SOUL FOOD

Jeremiah 15:16 and Psalm 119:9-16

God's desire is that we feed our souls by reading His Word.

I. JEREMIAH'S EXPERIENCE - Jeremiah 15:16

A. WOUNDED BY THE WORLD (1-2, 15)

B. RECEPTIVE TO THE WORD

1. He discovered the Word
 - He happened upon it
2. He devoured the Word
 - There was an eager reception of all that it said

C. AFFECTED BY THE WORD

1. The Word became his joy
2. The Word became his delight
3. Summary: There was a vacation celebration in his heart!

D. REASSURED BY THE WORD

- A renewed sense of identity and confidence

II. DAVID'S PASSION - Psalm 119:9-16

A. HIS GOAL (9-11)

1. Purity (9)
 - Understanding the provision of God's guardrail
2. Obedience (10)
 - Don't walk away from what you know
3. Righteousness (11)
 - a. His resolve: Storing God's Word in his heart – see Job 23:12
 - b. The reason: To keep him from sin - See Matt. 4:1-11

B. HIS AMBITION (12)

1. Worship
2. Knowledge

C. HIS EXPERIENCE (13-14)

1. Telling God's ordinances (13)
 - a. No shame or shyness in sharing.
 - b. We should hide God's Word in our heart but not hoard it there.
2. Celebrating God's testimonies (14)
 - His habit is that of rejoicing in God's Word. - See v. 72

D. HIS COMMITMENT (15-16)

1. Meditation (15a)
 - The resources have to be there in order for the review to have significance.
2. Contemplation (15b)
 - Giving consideration to how truth fits into life.
3. Excitement (16a)
 - The yippee factor!
4. Memorization (16b)
 - I'll not forget

CONCLUSION:

What are you feeding on these days?

- Fried and fatty "soul foods?"
- Fishy "sole" food?
- Footwear "sole" food?

What are you feeding your soul?

- Are you starving?
- Are you in good shape?

God's Word is our soul food. Let's make it our sole priority.

"This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success. - Joshua 1:8