



## It's Time to Eat!

A Word from Pastor Jeff Redlin

In the physical world, our bodies must be fed. Most of us find great enjoyment while fulfilling the daily requirement! We wake up hungry and then take care of the ongoing need for food throughout the course of the day. This principle is often illustrated in Scripture.

2 Peter 3:18 says, *"But grow in grace, and in the knowledge of our Lord and Savior Jesus Christ."*

We understand that no child can simply be commanded to grow. Without giving a child the food that is necessary to sustain life, he would not only cease to grow, he would cease to exist! When we eat, our physical nourishment is changed into what our bodies require to be sustained.

1 Peter 2:2 reminds us, *"As newborn babes, desire the sincere milk of the word, that ye may grow thereby."*

If new believers, just like babies, desire to be fed with the *milk* of the Word, how much more should seasoned believers desire to grow through the *meat* of the Word? Remember, 2 Peter 3:18 told us

to *"grow . . . in the knowledge of . . . Jesus Christ."* Are you daily feeding yourself with, at least, the milk of the Word? Are you developing an ability to daily feed yourself with the meat of the Word? Just the thought of a good meal can make us hungry. Likewise, the very

**"Are you  
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Then open  
your Bible  
— it's time to eat!"**

thought of dining on the richness and depth of the Word can make one hungry for spiritual food. As we increase in our knowledge of Christ, we increase in our growing with Christ. Are you hungry? Then open your Bible—it's time to eat!

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*Medical Missions Outreach provides free medical care while sharing the gospel alongside missionaries, pastors, and church planters around the world. They also operate a surgical center in Honduras, meeting both the physical and spiritual needs of patients. The coffee offered comes directly from this region.*

*Your gift of \$50 or more this month will help keep Rejoice in the Lord on the air, with a portion of your gift supporting Medical Missions Outreach as well. In appreciation for your support, we will send you an eight-ounce bag of fresh Honduran coffee and a Rejoice in the Lord mug.*

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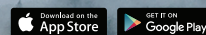
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