

## INTRODUCTION.

- A. Scripture text: **2Timothy 2:11-16.**
- B. Many of you are familiar with the USDA's Food Pyramid. This chart is indicative of how much of a food category we are to consume each day. The chart is not about quality but focuses on quantity.
- C. I believe that a similar comparison can be made for our spiritual diet from the word of God, the Bible. There are certain parts that I feel that deserve more attention than do others; I will explain.

## I. WE ARE TO STUDY THE WORD OF GOD.

- A. Read Jn. 8:31-32.  
Jesus therefore was saying to those Jews who had believed Him, "If you abide in My word, then you are truly disciples of Mine; **32** and you shall know the truth, and the truth shall make you free."
- B. Read 1Tim. 2:3-4.  
This is good and acceptable in the sight of God our Savior, **4** who desires all men to be saved and to come to the knowledge of the truth.
- C. Read 1Tim. 4:11-13.  
Prescribe and teach these things. **12** Let no one look down on your youthfulness, but rather in speech, conduct, love, faith and purity, show yourself an example of those who believe. **13** Until I come, give attention to the public reading of Scripture, to exhortation and teaching.
- D. Read 2Tim. 2:15.  
Be diligent to present yourself approved to God as a workman who does not need to be ashamed, handling accurately the word of truth.
- E. Read 2Tim. 3:16-17.  
All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; **17** that the man of God may be adequate, equipped for every good work.
- F. Read 2Tim. 4:1-4.  
I solemnly charge you in the presence of God and of Christ Jesus, who is to judge the living and the dead, and by His appearing and His kingdom: **2** preach the word; be ready in season and out of season; reprove, rebuke, exhort, with great patience and instruction. **3** For the time will come when they will not endure sound doctrine; but wanting to have their ears tickled, they will accumulate for themselves teachers in accordance to their own desires; **4** and will turn away their ears from the truth, and will turn aside to myths.
- G. Read 1Pet. 2:2.  
like newborn babes, long for the pure milk of the word, that by it you may grow in respect to salvation,

## II. THE FOOD PYRAMID.

- A. According to the USDA to eat a balanced diet we to:
  - 1. Level One: Eat 6-11 servings of breads, cereals, rice, and pasta.
  - 2. Level Two: Eat 3-5 servings of vegetables and 2-4 servings of fruit.
  - 3. Level Three: Eat 2-3 servings of milk, yogurt, and cheese, and the same for the meat, poultry, fish, beans, eggs and nuts group.
  - 4. Top Level: Use sparingly those things containing fats, oils, and sugars.
- B. Notice that the chart does not specifically forbid any foods, but limits the quantity as to keep things in proper nutritional guidelines.

## III. THE BIBLE PYRAMID.

- A. I believe we can approach the word of God in much the same way when it comes to our reading and studying of it. We are to be on a spiritual diet of the Scriptures.
- B. Level One: **the gospels.**
  - 1. I believe we should spend a great deal of time reading Matthew, Mark, Luke, and John to know all we can about the life, ministry, death, and resurrection of X.
  - 2. This should be our "6-11 servings a day" spiritual food choice.

- C. Level Two: **the NT letters.**
  - 1. Within this section of the Bible we find the pattern for sound worship and Xian living. We will know how to ready ourselves for the return of X.
  - 2. The letters can teach us how to say “no” to temptation and how to grow in the Spirit.
  - 3. First century Xians took the letters and passed them around to each other so that everyone could know more about being faithful to Jesus.
- D. Level Three: **the OT.**
  - 1. Although the Law of Moses is not our covenant the OT scriptures provide powerful lessons on faith, obedience, and the trustworthiness of God the Father.
  - 2. The OT scriptures may be read by every Christian for in them we can find instruction, perseverance, encouragement, and hope (see Rom. 15:4).
  - 3. We do not read the OT for doctrinal practices, but for good examples to copy and bad examples to shun (see 1Cor. 10:11-12).
- E. Top Level: **the book of Revelation.**
  - 1. This is a difficult book to understand and apply properly. But it is valuable and deserves to be part of the Bible. But it should not be as large a part of our “spiritual diet” as many people make it. (The same is true with the food pyramid on this level.)
  - 2. Just as the food pyramid is not about quality, but quantity; so is my point here. Read the Revelation of John, but I don’t believe you should make it a high priority in your study.
  - 3. Good spiritual health comes from doing the right things in the right quantity.

#### IV. HOW TO DO IT.

- A. For those who would like to read on a 7-day plan (reading just 10 min./day):
 

1. Sunday: Gospels.	5. Thursday: Gospels.
2. Monday: Old Testament.	6. Friday: New Testament.
3. Tuesday: Gospels.	7. Saturday: Gospels.
4. Wednesday: Revelation (then NT).	
- B. A 5-day plan might look like this (reading just 10 min./day):
 

1. Monday: Gospels.	4. Thursday: New Testament.
2. Tuesday: Old Testament.	5. Friday: Revelation/Gospels.
3. Wednesday: Gospels.	
- C. Other reading schedules are available in the foyer. A person can read through the entire Bible in a year, in only 10 minutes per day!

#### CONCLUSION AND INVITATION.

- A. Everyone values good physical health. We try to take care of our bodies by controlling what we eat and how much we eat.
- B. We should value our spiritual health the same way.
- C. Bible reading/study in the proper balance will improve one’s spiritual walk with God.
- D. Plan of salvation for non-Xians; erring Xians.