

I. **INTRODUCTION.**

A. Scripture text: **1Peter 2:1-5.**

Therefore, putting aside all malice and all guile and hypocrisy and envy and all slander, [2] like newborn babes, long for the pure milk of the word, that by it you may grow in respect to salvation, [3] if you have tasted the kindness of the Lord. [4] And coming to Him as to a living stone, rejected by men, but choice and precious in the sight of God, [5] you also, as living stones, are being built up as a spiritual house for a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ.

- B. Too many people are fed-up with Xianity. They feel as if they have heard it all before; the worship is predictable and no fun; and the sermons are but warmed up leftovers.
C. To get the most of a spiritual feast, and not be on a fast, let me suggest some things you can do.

II. **FIRST, GET READY FOR DINNER.**

A. Getting ready for worship is more than getting dressed.

B. We must come with the attitude, "feed me; I'm hungry" (Mt. 5:6).

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

- C. No one dreads a good meal. When we eat out we want the most and the best for our money. Spiritually, we need to come to worship with the same mind-set: "I want to be filled up as much as possible."

D. Babies want their mother's milk because:

1. It will give them energy to live on.
2. They will grow as a result of the milk.

E. Worship should give energy to spiritually grow (1Pet. 2:2).

like newborn babes, long for the pure milk of the word, that by it you may grow in respect to salvation,

III. **SECOND, SIT DOWN TO THE MEAL.**

A. Don't nibble, snack, or try to fill up on the wrong things. They will leave you spiritually empty!

- B. Clear your minds of the troubles of life, and deal with your spiritual meal! The early Xians were devoted, even addicted to maturity (Ac. 2:42; 1Cor. 16:15).

(Ac 2:42) And they were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

(1Cor 16:15) Now I urge you, brethren (you know the household of Stephanas, that they were the first fruits of Achaia, and that they have devoted themselves for ministry to the saints),

C. You can be spiritually fed with the following courses:

1. Prayer:

Pray from the heart, when another is speaking in generalities you think in specifics.

2. The Lord's Supper:

Remember that Jesus shares this meal with us, think of Calvary and the second coming.

3. The Fellowship:

Consider who you are going to encourage (Heb.10:24); don't be sponge, seek out others.
and let us consider how to stimulate one another to love and good deeds,

4. The Doctrine:

Truly listen to the Scripture reading, try to make an application to your life, take notes during the sermon and then take another look at it on Monday morning. Share what you have learned.

5. Giving:

Giving is a matter of attitude; the most fun of the spiritual meal should be the giving (2Cor. 9:6).

6. Singing:

The cheerful are to sing (see Jas. 5:3), singing should encourage those depressed.

- D. All things during the meal are to be done decently and in order (1Cor. 14:40).
But let all things be done properly and in an orderly manner.

IV. THIRD, DON'T TAKE A NAP AFTER DINNER.

A. Those that sleep after a large meal usually wake up sluggish and inactive. We need to use what we have gained from worship.

B. Any safe diet to lose or maintain weight will include exercise.

C. Notice the following:

1. Exercise yourself in godliness (1Tim. 4:7,8).

But have nothing to do with worldly fables fit only for old women. On the other hand, discipline yourself for the purpose of godliness; /8/ for bodily discipline is only of little profit, but godliness is profitable for all things, since it holds promise for the present life and *also* for the *life* to come.

2. Work in the Lord's vineyard (Mt. 21:28-31; see Jas 2:14-26).

"But what do you think? A man had two sons, and he came to the first and said, 'Son, go work today in the vineyard.' /29/ "And he answered and said, 'I will, sir'; and he did not go. /30/ "And he came to the second and said the same thing. But he answered and said, 'I will not'; *yet* he afterward regretted *it* and went. /31/ "Which of the two did the will of his father?" They said^, "The latter." Jesus said^ to them, "Truly I say to you that the tax-gatherers and harlots will get into the kingdom of God before you."

3. Work while it is still day-time (Jn. 9:4).

"We must work the works of Him who sent Me, as long as it is day; night is coming, when no man can work.

D. When a person works hard physically, they need to be fed again.

E. This is true spiritually. If we haven't done anything for Jesus all week, we won't feel like being fed.

F. Work hard in your job, with your family and spend some time in spiritual things and when Sunday comes you'll be ready to worship God.

V. FOURTH, ONE MEAL IS NEVER ENOUGH.

A. Too many are on spiritual starvation diet. And a starvation diet never works! Every good physical diet says you are to never skip a meal. The same is true with spiritual diets.

B. Too many are eating spiritual junk food and are not satisfied.

1. Good religious books are fine--but they're not the Bible.

2. Hang pictures, have religious trinkets on your desk--but that's not spirituality.

3. Listen to Xian music and sermon tapes--but remember that Xianity is not a spectator sport.

C. Don't make the mistake of doing these things and then thinking that you have done all your Xian service.

D. One spiritual feast a week, (Sun AM service) just can't be enough! Xianity is a daily religion requiring daily spiritual food.

VI. CONCLUSION AND INVITATION.

A. "Food for the fed-up means its time for a check-up from the neck up!

B. Remember:

1. Get ready for dinner. Is your attitude, "feed me; I'm hungry?"

2. Sit down to the meal. Don't nibble or snack. Be devoted and addicted.

3. Don't take a nap after dinner. Exercise yourself in godliness. Work to develop your appetite.

4. One meal is never enough. Don't go on a spiritual starvation diet or try to live on spiritual junk food.

C. By doing these things we, will never come to worship already fed or fed-up.

D. Jesus is bread and drink to those who are truly hungry.

E. Plan of salvation for non-Xians; erring Xians.