

ON A DIET?

Text - 1 Peter 1:23-2:3

We certainly live in a diet-conscious era.

- People diet to lose weight.
- People diet to control sugar.
- People diet to control cholesterol.
- People diet to feel good and to stay healthy.

And by the way, everyone has a diet. It is either a good diet or a bad diet, but we all have a diet! I jokingly say, "I'm on a sea food diet; I see food and I eat it!"

Not only do we have a food diet, but we also have a Spiritual diet.

What we feed our minds affects how we think, act, and say.

For the Christian, the **primary ingredient** in his Spiritual diet should be the Word of God.

Joshua 1:8, Psalms 1:1-2, 119:15-16, John 15:7, 2 Timothy 4:2

Our diet should include:

- **Reading** the Word of God
- **Remembering** the Word of God
- **Reflecting** (Meditation)
Listening to the preaching and teaching of the Word of God

According to our text, our diet of the Word of God should be:

A RELIABLE DIET - 1:23-25

There are all sorts of diets that people try.

There has been the grapefruit diet.

There are low fat diets, and low cholesterol diets.

There are low salt diets.

And recently I heard that there is an aspirin diet, but don't try it. They say it has no value.

Our diet should be a healthy diet. It should be good enough to take care of our physical needs. It needs to be reliable. We should try no diet unless we know it can be trusted.

When we feed ourselves spiritually with the Word of God, we have a reliable diet.

That's why this verse tells us that we are born again by God's Word. But see what the Word of God is. It is "***incorruptible seed***".

God's word is not corrupt or faulty in any way! God's word is dependable. According to this verse, God's word lives and abides forever.

1 Peter 1:24-25 is quoting from Isaiah 40. Man is like grass. Eventually he will fade away. The Word of God, however endures forever! It is permanent, and therefore reliable.

(For more ways the Word of God is reliable check out 2 Tim. 3:16-17 and Psalm 19:7-11.)

A RESTRICTED DIET - 2:1

Some folks end up in the hospital. The food isn't very good there because often people are put on a restricted diet. There are certain things they aren't going to let you eat! The reason for a restricted diet is for your own physical health. In order for you and I to grow Spiritually, and to be all that God wants us to be, He wants us to be on a restricted diet. There are things that just don't belong in the life of the Christian.

Peter says that there are certain things that we are to "***lay aside***" or put out of our lives.

We are lay aside **all malice**. Malice is "*intent to do harm*". It needs to be confessed and forsaken. Evil and malicious thoughts often lead to evil and malicious actions.

We are to lay aside **all guile**. Guile is deceit. We are not to deceive others. We are not to lie. We are not to promote falsehood in any way. It is to be put away from us.

We are to lay aside **hypocrisy**. This term comes from the Greek stage or theatre. A hypocrite was an actor. He pretended to be someone he was not.

- Sometimes we pretend to understand when we don't understand.
- We pretend to love another person when we don't.
- We pretend to be more spiritual than another is when we are not.
- We pretend to be concerned when we could care less.
- We pretend to love the Lord when we don't love the Lord!
- Often our words do not match what we actually think or feel!
- God says to restrict this from our diets!

We also have to beware of **jealousy or envy**.

- All too often we are jealous because someone else has what we want.
- We are jealous if someone else is asked to do something and we are not.
- We are jealous if someone else gets the raise or promotion and we don't.
- We are jealous when other people are spoken well of and we are not mentioned.

- Jealousy will lead us to do and say things that we will be sorry about later!

We are to lay aside all evil speaking. It's so easy to say things that aren't true. It's so easy to say things that are critical. It's so easy to say things because we have been hurt.

It's so easy to say things that aren't necessary. It's so easy to say things that will make us look good and someone else look bad.

A RECEIVED DIET - 2:2

In physical sense there are people who have been given a diet to follow but haven't. That includes myself. We have been told to eat certain things and stay away from other certain things, but we haven't done it. A diet will do you no good unless you receive or accept it!

We are told here in this verse how to receive God's Word. We are to receive it as "*new born babes*". A newborn babe is enthusiastic about Mamma's milk. A newborn babe likes to eat! We are to be equally enthused and receptive of God's Word! Why should we crave the sincere or pure milk of the Word of God? Because pure milk causes us to grow!

A REASONABLE DIET - 2:3

Is God being unreasonable when He expects us to desire His Word?

Of course not! When you were born again the Spirit of God used the Word of God.

You tasted that the Lord is gracious! You received forgiveness of sin and new life.

If by God's grace you tasted of the Lord's grace from the word of God once, shouldn't you continue to taste of His grace through His Word? Of course!

We should be able to say with Jeremiah in

Jeremiah 15:16, "Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.