

10. God's Word Is Our Food

We want to think about the Word of God, which gives us power to be overcomers in our battle against Satan, and which gives us strength to face every situation in the future.

The Bible is the Word of God. It was written by men under the inspiration of the Holy Spirit. It is the food for the soul for a Christian who has come to faith in Christ and been born again. Just like a baby cries out for milk as soon as it is born, a true Christian, if he is to grow spiritually, he needs this food of the Word of God.

I want to show you to a verse where it speaks of what the Word of God does, initially. We read 1 Peter 1:23, "You have been born again not of seed which is perishable but imperishable, that is, through the living and enduring word of God."

Many people feel, when they have made a mess of their life, they wish they could live their lives all over again. And that is exactly the opportunity God offers you when He says, 'You can be born again.' Think if you could start your life all over again, as a little baby, and with no record of your past failures; it is all wiped out. That is what it means to be born again. Your past is wiped out and you are born a second time. That wish that you had, 'oh, I wish I could start my life all over again' - God says, 'I can fulfil it for you.' That is what happens when we receive Christ into our life.

In the verse we just saw it says that this new birth takes place through a seed, just like your physical birth also began with the seed of your father. In the same way here, spiritually, the Word of God is like a seed which brings you to new birth. In what way?

10. 神的话语是我们的粮

我们现在想要思考的是，在与撒但的争战中，神的话语给予我们得胜的力量，也给了我们面对未来各种处境的勇气。

《圣经》是神的话语。是人在圣灵的感动之下所写的。对于一个带着信心来到基督面前，获得重生的基督徒来说，它是灵魂的食粮。如同婴儿下生后会马上哭着要喝奶一样，一个真正的基督徒，属灵的生命若要成长，就需要神的话语作为食物。

我想给你看一节经文，讲的是神话语的首要作用。让我们看下彼得前书的 1 章 23 节，“你们蒙了重生，不是因为那能坏的种子，而是由于那不能坏的种子，那就是借着神的，鲜活永存的话语。”

很多人感觉，他们已经把生活搞得一团糟，很希望能重头来过。这就正是神赐给你的机会，他说：“你可以得到重生”。想象一下，如果你可以把人生重头来过，就像新生儿一样没有失败记录——因为那些失败记录全都被抹去了，你得到重生了。你曾经的那个愿望“哦，我多希望人生能够重头来过”，神说：“我可以实现你这个愿望。”当我们接受基督到生命里的一刻，它就实现了。

从这节经文里我们看到，这个重生是通过一个种子，就如同你肉体的诞生是从你父亲的种子开始的。同样的，在属灵上，神的话语就如同一颗种子，带给你重生的生命。这是怎样的情形呢？当你相信神说的，基督为了你的罪而死，并作出回应；当你承认了神说

You believed that Word, you responded to that Word of God which said that Christ died for your sins; you accepted the Word of God which said that you are a sinner; you believed that Christ rose again from the dead. And, you were born again. You received His Holy Spirit by faith, because that was God's promise given in His Word. And through that Word, you have come into a new relationship with God.

Then it goes on to say, now that you are a new born baby, the same Word of God - which is like a seed which fell into your heart and brought you to life - now becomes like milk for the new born baby. In 1 Peter 2:2, it says, "like new born babes, long for the pure milk of the Word, so that you may grow in respect to salvation." A new born baby needs to grow.

God has not forgiven us our sins in order that He might just take us to heaven. He wants us to grow, like it says in this verse, with respect to salvation, to be increasingly saved from all the corruption that is in our nature that we have inherited from Adam, our first father; selfishness, pride, arrogance, bitterness, jealousy, wickedness, and the like. We have to be saved from all these things. They don't disappear the moment we are born again. When we are born again it is like a new life that is come into us, and that life has the potential to overcome all these evil habits. But that potential must be used to grow.

You know, like a little baby, when it is born, it has the potential to become a muscular giant. But it is not going to grow into that if it doesn't eat its food or drink its milk. It has to be fed and it has to eat its food in order to grow. And this is the mistake that many Christians make. They think that once their sins are forgiven, and they have received the Holy Spirit, that is it. There is nothing more. Well, there is

的，你是个罪人；当你相信基督从死里复活。就是这一刻，你便重生了。你通过信心接受了神的圣灵，因为这是神所应许的。通过神的话语，我们开始了同祂的崭新关系。

接下来的经文又说道，现在你是重生了的婴儿，神的话，曾经像种子落入了你的心田，带给你重生的生命，而今像奶水一样养育这个新生儿。彼得前书 2 章 2 节说道：“你会像新生的婴儿爱慕奶水一样，这样你得救的新生命就可以成长。”新生儿需要生长。

神宽恕了我们的罪，不是仅仅为了把我们带进天堂。祂要我们成长，就像这节经文说的，神是为了救赎，为了更多地救我们脱离那腐化的天性，就是从亚当那遗传来的堕落腐化的天性——自私、骄傲、傲慢、怨恨、嫉妒、卑鄙，诸如此类。我们需要被解救，脱离这一切。你重生的那一刻，这些不会一下子自动消失。我们重生就像是一个新的生命进入了我们，那个新的生命有战胜这一切邪恶习性的可能性。但这个“可能”是必须要成长才会实现。

你知道吗，就如同新生儿有成为壮汉的可能性。但如果它不吃不喝，就无法实现。它必须吃足够的东西来生长。而这，就是很多基督徒犯的的错误。他们以为一旦自己的罪被赦免了，收获了圣灵，好，就这样了。再没有别的了。然而，其实那之后还有许许多多。你才刚刚出生而已。你能说一个婴儿出生了，好，就这样了，再没有什么可给这个婴儿的了吗？如果你就把它放那不管了，这个孩子会死的。实际上，婴儿出生

a lot more. You are just born. Can you say once a baby is born into the world, that is it? There is nothing more for the baby? Well, that baby will die, if you just leave it like that. In fact, one of the first things that a baby does, as soon as it is born, is it cries. From the very first day, it longs for milk. There is a tremendous cry. You have heard babies screaming for milk. That is how a true Christian cries out for the Word of God, for God to feed him through His Word. Now if a baby does not cry out like that, we could say the baby is sick, or it is about to die. Healthy babies will always cry out for milk, all the time. Healthy Christian is one who cries out for God's Word to feed him, as it says like new born babes. There must be a tremendous longing in us for the milk of the Word of God. The Word of God is milk that helps us grow in salvation.

In the beginning of the Bible, we see a beautiful picture of this. In Genesis 1 we read of the earth being in a chaotic state. The Bible says the earth was formless, empty, and dark. And that is the condition of humanity away from God also; formless, empty and dark. That is what we were before being born again. How did God change this chaotic, formless, empty, dark world and make it into such a beautiful world, that at the end of Genesis 1, God says, "This is very good?" How did God do it?

You see, two things are very important for us to see here. First of all, "The Spirit of God moved upon this earth." All of God's work begins with the Holy Spirit moving upon a chaotic situation and trying to redeem it, trying to solve the problem. But that was not all. We read a second thing: the Word of God went forth. The Spirit of God moved, and the Word of God went forth. These two always work together - the Spirit of God and the Word of God.

后做的第一件事，就是哭。从一下生起，就要吃奶。它们会大哭特哭。你们都听过婴儿为了奶水哭嚎。一个真正的基督徒渴望神的话语，就会这样，要神用祂的话语来喂养自己。如果一个婴儿不这样大哭，可能是病了，甚至快死了。健康的婴儿总是迫切地要奶。健康的基督徒也会迫切地要得到神的话语，就真的像新生儿一样。一定会真的发自内心渴望神的话语。神的话语像奶水一样，使我们在救恩中成长。

《圣经》的一开头，我们看见了一幅美妙的画卷。创世纪第一章开头我们读到地球混乱的样子。《圣经》说，“地是空虚混沌，渊面黑暗”。人远离了神的状态也是这样的。我们重生之前就是这样。神是如何改变这混乱、空虚、黑暗的世界，把它造成了一个美丽的世界，而到创世纪第一章末尾，神说“这一切都非常好”？神是怎样做的？

请看，这里有两点我们要非常注意。首先，神的灵运行在这地球之上。神做的所有工作，都是从运行祂的灵在混乱的情形之上，并设法挽回，设法解决。但这还不是全部。我们接下来看到第二点：神说话。神的灵运行，尔后神的话语出来。这两件总是在一起——神的灵，和神的话语。

What did the Word of God say? "Let there be light." That was the Word. And as soon as that Word went forth from God's mouth, light came. Again, we read the Word of God saying, "Let there be an expanse in the midst of the waters," and the heavens were created. And then God said, "Let the waters be gathered together and let the dry land appear" and the earth was made. And so we find that every time the Word of God went forth on the first day, on the second day, on the third day, something happened. Something of the chaos was changed.

The whole earth was not changed in one day. It took six days, not because God takes time. God could have changed it in a moment. He could have made the whole earth beautiful in one moment, with one Word. But He is trying to teach us something in the first page of the Bible and that is, that God works in our lives slowly, day by day by day. Each day, He wants to do something in us to remove the chaos, to remove the darkness, to remove the shapelessness, the un-Christ likeness in our life. In The New Testament, in 2 Corinthians 4:16 we read, "Our inner man is being renewed day by day." On the first day, there should be a change, on the second day, there should be a change, on the third day... and, throughout our lifetime, God wants to change us little by little by little, till a day comes, at the end of our life, when God can say, 'Very good, I have been able to complete My work in this man.'

Now the sad thing is, with many Christians, that doesn't happen, because they don't respond to God. You see, in Genesis 1, when the Word of God went forth, the earth responded, and something happened. So, if you respond to the Word of God, as it comes to your heart, something will definitely happen in your life. If you accept that Word, if you believe that Word, if you obey that Word, something

神说了什么？“要有光。”就是这一句。神说出的一刻，立刻有了光。尔后，我们读到，神说：“诸水之间要有空气，”立刻，天堂就造出来了。然后神说：“天下的水要聚在一处，使旱地露出来。”立刻，地就造出来了。我们看到从第一天开始，接下来第二天，第三天，每当神说话，立刻有事情发生，使混乱的状态被改变。

整个世界的改变不是发生在一个瞬间，而是六天的时间，这并不是因为神需要时间来做这些事。神完全可以一瞬间改变全部。祂可以一瞬间，就一句话，让整个世界变得美丽。但是，神在《圣经》的第一页就教导我们，祂要在我们的生命里慢慢地、有序地作工，一天接着一天。每一天，祂要在我们的生命里做一些事情，来改变其中的混乱，去除其中的黑暗，去除里面不成样子、不像基督的那部分。在新约的哥林多后书 4 章 16 节我们看到，“我们内心的那个人，一天新似一天”。第一天，要有一些变化；第二天，又有一些变化；第三天，又一些变化……整个生命的旅程，神要我们一点点地改变，直到有一天，在我们世上生命的尽头，神说“非常好，我在这个人身上完成了我的全部工作。”

可悲的是，在很多基督徒的生命里，这种变化并没有发生，其原因是他们对神没有响应。在创世纪的第 1 章，当神说出话的时候，地球响应了，尔后才有一些事情发生。所以，当神的话语到你的心里，如果你能够去响应，你的生命也一定会有事情发生。如果你接受了这些话，相信这些话，顺服这些话，一定有事情发生。就如同你看到在创世纪的第 1 章，每天都有一些事情发生，尔后神说，这是好的。神对你的期许，

will definitely happen. Just like you read in Genesis 1, every day something happened, and God said it was good. God's will for you is that every day, you should receive some Word of God into your heart that is going to produce some change in your life. That is why the most important thing for you to receive every day is the Word of God, more than your food.

You remember in the first temptation that Jesus faced in the wilderness. He had fasted for forty days, and the devil came to Jesus and said, 'Why don't you turn these stones to bread. You are hungry; you will die if you don't eat.' It is true. If you have not eaten food forty days and you continue like that, there is a possibility that you will die. But Jesus replied to Satan, it is more important to receive the Word of God than to eat food. I have paraphrased Matthew 4:4 here. Have you read that Word? 'Man shall not live by bread alone, but by every word that proceeds from God's mouth.' What He was saying is: it is more important to receive the Word of God than it is to even eat food.

Now how many Christians are there who believe that it is more important every day to receive the Word of God for their soul, for their spirit, than it is to receive food for their body? We all know the value of food for the body; we know that we will not grow without food. And we enjoy food, we enjoy good food. Why is it that many Christians don't enjoy the Word of God like that? It is because they have not understood its value, just like little children, sometimes. Little children don't understand the value of food. You tell them to eat, they don't eat. You tell them to drink milk, they don't drink milk. And sometimes father and mother have to force them. It is like that with many Christians. But once you understand that the Word of God can make you

是每一天你的心里接受到一些神的话语，尔后使你的生命发生改变。这也就是为什么，每天都接受到神的话语是如此重要，比食物更重要。

你还记得耶稣在旷野里面对的第一个诱惑吧。祂禁食了四十天，尔后魔鬼来试探祂说：为什么不把石头变成面包，你这么饿，再不吃东西就会饿死了。这话其实没错，要是你四十天没吃东西，再继续下去，可能真的会死了。但是耶稣回答撒但说：神的话比食物更重要。我把马太福音 4 章 4 节在这陈述了一下。你看到这话了吗？“人活着不是单靠食物，乃是靠神口里所出的一切话。”耶稣在这说的就是，接受神的话语比吃饭更重要。

现在有多少基督徒相信，每天为自己的灵魂接受神的话语，比每天为自己的身体接受食物更重要？我们都知道食物对身体的重要性，知道没有食物我们就无法生长。我们也喜欢食物，喜欢美食。可为什么很多基督徒不像热爱美食那般的热爱神的话语？那是因为我们还没有理解它的价值，就如同小孩子不懂得食物的价值一样。你告诉他们吃，他们偏不吃。告诉他们喝奶，他们偏不喝。有时候父母甚至需要强迫他们。对于很多基督徒来说也是如此。然而一旦你明白，神的话语能够使你成长，使你变强壮，可以使你胜过撒但，如果你顺服这些话语，你的生命会从混乱不堪变得美丽。

grow; can make you strong; can make you overcome Satan, if you submit to it, your life will be transformed from chaos to beauty.

It can change your whole life if you begin that habit from today. Make a decision today, to read the Word of God, to believe it, and to obey it every day.

如果从今天起养成这个习惯，你的整个生命都会产生变化。现在就请做这个决定，每天，读神的话语，相信并服从。