

November Blog

Title: Eat This Book

People in Louisiana love to eat, right? Personally, I really love the yearly crawfish boil and fish fry we enjoy as a church family. Eating together was important in the first century as well. An example of this is Acts 2:46. But, the Bible, capitalizing on the universal value of eating, directs followers of Jesus to think about *internal, spiritual feeding* – feeding our soul with the nourishment of the Word of God itself.

Psalm 119:103 says “How sweet are your words to my taste, sweeter than honey to my mouth!” (ESV). Isaiah 55:1-2 says “Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price.² Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food. Jesus himself says he is the bread of life in John 6:34.

The theologian and author Eugene Peterson, in his book *Eat This Book: A Conversation in Spiritual Reading*, says, “Christians don't simply learn or study or use Scripture; we assimilate it, take it into our lives in such a way that it gets metabolized into acts of love, cups of cold water, missions into all the world, healing and evangelism and justice in Jesus' name, hands raised in adoration of the Father, feet washed in company with the Son.”

Now, let's step back into church history for a moment. In 1525, William Tyndale was the first person to translate the New Testament in the common language of the people of England, English. He was killed for doing so. When the USA was gaining momentum as an independent nation, it was the Bible that, not only gave America its moral foundation, but also helped excel the literacy rate greatly. As the Bible was printed in English and distributed, more and more people learned to read.

Today, with very high literacy rates, freedom of religion and an amazing amount of Bibles available for purchase, American Christians have a huge advantage over Christians in centuries past. We are more blessed than we know in this regard.

Encouraging people to regularly, reflectively read their Bible. These simple eight words make up an important part of my philosophy of ministry as Pastor of Adult Ministries at NBC. This holiday season as you gather with friends and family to eat, eat and do more eating, check yourself – am I also feasting on the Word of God too – my spiritual food?

Need a Bible reading plan or some guidance on how to read the Bible? Want a Bible study to go through at your own pace? Go to <https://www.northshorebible.com/resources>.