



REVELATION: Lesson 101
Chapter 10:9-11, The Little Book, Take it, and Eat it Up

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This lesson will investigate whether our profession as “Bible Believers” and “Lovers of the word of God” is evidenced by our desire to spend time reading the Holy Bible.

Physical Eating:

- The human body is not self-sustainable. It must be nourished by food or it will weaken and die.
- Looking at food won’t nourish the body.
- Having food on the shelf doesn’t benefit the body.
- Tasting food and spitting it out gives no nourishment.
- You must taste, chew, and swallow food so that it enters the body, becomes part of the body, and strengthens and nourishes the body.
 - Poison (something that doesn’t belong in your food) will kill you.

Take AND (!) “Eat” the Book

- The inner man (spiritual) cannot sustain itself, it must get nourishment from the Holy Bible.
- Having a Bible or looking at a Bible as it sits on your shelf will not strengthen the inner man.
- Listening to a man preach the Bible once a week is not enough to “nourish” the soul.
- Tasting the word of God and rejecting (spitting out) what you taste will leave you spiritually weak.
- You must taste, chew, and swallow for the scriptures to enter the soul and become part of you.
 - Poison (something added to the word of God) will kill you spiritually.
- You can lose your marriage, children, and your testimony if you don’t feed upon the word of God.

It SHALL make thy Belly Bitter

- You can’t omit the “distasteful” parts; you must eat it all.
 - That’s how you find out what God doesn’t like.
- When you read and find out that you’re doing something to displease God, it will upset you.
 - Reading the Bible will help you to see things God’s way—instead of the world’s way.
 - Our thinking is incorrectly influenced by Hollywood, philosophy, opinions, religion, and the news media.
 - The more you read the Bible, the more you’ll agree with it.
 - If you don’t feed upon the word of God daily, you’ll get weak.
 - You eat food more than once or twice a week. You wouldn’t skip a meal.
 - Similarly, you ought not to skip a day feeding on God’s word.

Mat 4:3-4 Jesus said man shall live by EVERY word that proceedeth out of the mouth of God. You can’t live on just your favorite verses; you’ll get spiritually sick and weak.

Jer 15:16 It’s not enough to “find” God’s words. You must also enjoy spending time reading His words. If you’re not enjoying the word of God, you haven’t eaten it yet; it hasn’t become a part of you. Once you have eaten it, the word of God will outshine all other activities.

Psa 119:103 How much do you love the word of God? Are you spending your free time in the Bible?

Job 23:12 Job had a very high estimation of God's word. It was more important to him than the food needed to sustain his physical life. How highly do you value the word of God? Where does it rank among your daily activities?

- If you're not taking time to read the Bible, it's because you don't think it's important.

Ezek 2:8-3:3 If you want the word of God to become sweet to your taste (Ezek 3:3), step number 1 is don't be rebellious (Ezek 2:8). Step 2 is eat all of what God gives you in His word, including the lamentations, mourning, and woe (2:10). Step 3, let it fill your innermost being (bowels) until it becomes part of you (3:3). Step 4, how sweet it is!

- A lost person may rebel against the word of God and not get saved.
- A Christian may rebel against the word of God and not get right.

What Does God Want us to Eat?

- 1. Milk (1 Peter 2:2).** If you don't feed on the word of God, you will never grow in the things of God.
 - a. Preaching, fellowship, Christian service, giving: these won't cause you to grow.
 - b. You need to continuously feed upon the basic simple truths of the Bible for growth.
 - c. If you want to receive all the nourishment possible from the milk of the word, you must lay aside some bad behaviors (1 Pet 2:1):
 - i. Malice: a desire for somebody else to be treated badly.
 - ii. Guile: pretending to like someone to gain something from them.
 - iii. Hypocrisies: acting like you're something that you're not, playing a role.
 - iv. All evil speakings: gossip, complaining, slander, lies, name calling, etc.
 1. These are things that will cause you to lose your focus on the word of God.
 - d. Hebrews 5:12. The milk of the word will help you to become teachers of the word and an example to others.
- 2. Meat (Hebrews 5:12).** These are the deeper things of God's teachings, which you'll be able to "eat" after you've grown from the sincere milk of the word.
- 3. Honey (Psalm 119:103).** Honey removes impurities from the body. The word of God, when it enters our inner man will remove everything that is not right.
 - a. It will leave us with a desire to always do right automatically, without pressure or encouragement from the presence of other Christians.
- 4. Apples (Proverbs 25:11).** Apples give a proper balance to your diet. For a proper spiritual balance, you need all of the word of God, the good news and the bad news, the positive and the negative.
 - a. If you only read your favorite parts or verses of the Bible, you'll be out of balance.
- 5. Water (Ephesians 5:26).** You need to drink water throughout the day to flush out toxins, cleanse, purify, and restore the body. A daily intake of the word of God will prevent you from drying out on the things of God.

Proverbs 3:1-4 What is on the Table of Your Heart?
What are your strongest appetites?

