

John 4:32 (NKJV) 32 But He said to them, "I have food (meat) to eat of which you do not know."

"meat"

1) act of eating

1a) in a wider sense, corrosion

2) that which is eaten, food, ailment

2a) of the soul's food, either which refreshes the soul, or nourishes and

supports it

Hebrews 5:12 (NKJV)

12 For though by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food.(meat)

When you share with others what the Holy Spirit has given you, you grow spiritually, and the church grows physically as the lost get saved.

Matthew 25:21 (NKJV)
21 His lord said to him, 'Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.'

Reading - growing in knowledge

Praying - growing in relationship with God

Sharing/Serving - growing in Spirit as God feeds your soul

Matthew 10:7-8 (NKJV)
7 And as you go, preach, saying, 'The kingdom of heaven is at hand.'
8 Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give.

1 Corinthians 3:1-8 (NKJV)

- 1 And I, brethren, could not speak to you as to spiritual people but as to carnal, as to babes in Christ.
- 2 I fed you with milk and not with solid food (meat); for until now you were not able to receive it, and even now you are still not able; 3 for you are still carnal. For where there are envy, strife, and divisions among you, are you not carnal and behaving like mere men?

- 4 For when one says, "I am of Paul," and another, "I am of Apollos," are you not carnal? 5 Who then is Paul, and who is Apollos, but ministers through whom you believed, as the Lord gave to each one?
- 6 I planted, Apollos watered, but God gave the increase.
- 7 So then neither he who plants is anything, nor he who waters, but God who gives the increase. 8 Now he who plants and he who waters are one, and each one will receive his own reward according to his own labor.

James 1:22-25 (NKJV)

- 22 But be doers of the word, and not hearers only, deceiving yourselves.
- 23 For if anyone is a hearer of the word and not a doer, he is like a man observing his natural face in a mirror;
- 24 for he observes himself, goes away, and immediately forgets what kind of man he was. 25 But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does.

John 4:34 (NKJV) 34 Jesus said to them, "My food (meat) is to do the will of Him who sent Me, and to finish His work.