

Pastor Brian's  
Mid Week Message  
Wednesday April 3, 2019

## WELL FED...

I think most of you probably have this figured out...just by looking at me...I like to eat. I like to cook too,because that way I can be sure I get to eat exactly what I like! I bring this up because I just got over to the church following our monthly Men's Breakfast at the Spinnaker Café. When I go there I never demand to cook as I am well assured that they can, and do, produce the type of things that I like...even better than I can. Eating is essential to our human survival. If I decide to stop eating that very survival would be jeopardized (which would certainly take a while given the reserves that I have stored away).

From the time we are born until we draw our last earthly breath we must continue to be fed in order to remain healthy and vibrant. But alas, as with just about everything in this fallen world, too much of a good thing will have negative consequences. Overeating also jeopardizes my survival in making me more susceptible to diseases and other disasters of health that can bring me into the face to face presences of Jesus sooner than I might think. Being continually fed is essential on a spiritual level as well. In baptism we are born anew by water and the Spirit becoming God's beloved children. In order to remain healthy and vibrant in Christ Jesus, and to continue to grow in God's grace we must also eat. Our loving Father fulfills that need by continually feeding us in His Word and in the Sacrament of the Lord's Supper. In these "Means of Grace" the Holy Spirit is at work to bring about, to nourish and to sustain our faith, and even to make it grow. If I were to decide that I don't need to be, or don't want to be connected to the true Vine of Christ through His Word and in His body and blood that faith will wither and die, and with it I would be in jeopardy of dying eternally; being for ever removed from the presence of God in His kingdom. With that I would be subject to the righteous wrath of God that my sins bring upon me. The same goes for all of us. We MUST remain/abide in Christ and Him in us in order to truly live, both in this world and for all eternity. God freely offers His Word, that of the Holy Scriptures (the Bible) that we can feed on at any time. And the best part about it is overeating doesn't foster disease or disaster...at least not that I can think of. Our Lord Jesus also regularly offers His body and blood, along with bread and wine at least twice every month here at Trinity Lutheran Church of SW Florida and in true Christian churches all over the world so we are never far from that source of nourishment either. God's invitation is here for all of us. Jesus says "Come, and feast on me! Come and be nourished in my Word and in the Sacrament. Come, and I will feed you for this journey of life that leads to everlasting life, and a feast that you can't begin to imagine, with Me in my kingdom."