

## I Peter 2:1-3

got milk?<sup>®</sup>

## SUMMARY OF TODAY'S MESSAGE

Babies need milk to survive and to thrive. And newborn babies need and crave it a lot. So too, those who have been spiritually born-again need spiritual milk so that they can grow and be mature. As believers grow, they will begin to enjoy more solid spiritual food.

## SUMMARY OF TODAY'S MESSAGE

But here Peter is addressing our *appetites*?  
Those things we desire and crave. He gives us  
a three-part instruction that will curb and train  
our appetites in such a way that maximum  
growth will be achieved.



# THREE WAYS TO ENHANCE YOUR SPIRITUAL APPETITE

Be Mindful of What You've Tasted (v. 3)

There is encouragement in the Bible for those who delight in  
God's Word, God's truth

Blessed is the man whose delight is in God's Word  
(see Psalm 1)

Job said His words were more important than necessary food  
(see Job 23:12)

# THREE WAYS TO ENHANCE YOUR SPIRITUAL APPETITE

God's Words brought joy and rejoicing to Jeremiah's heart  
(see Jeremiah 15:16)

Psalms 119 has 184 references to the Scripture, the Word of  
God, and the testimonies of God (see Psalms 119)

"Your statutes are my delight" (Psalms 119:24)

The theme of salvation: delight in, crave after,  
desire the Word of God

The first response to salvation toward God is that we  
be holy

A second response to salvation is to love one another

The third response to salvation is that we would crave  
this food (His Word) in order that we might grow

Here's how we grow spiritually:

Appetizer—taste it, it's so good, you are going to want  
more

Don't be tempted by junk food—push that aside

Make room for the main course

Be mindful, be careful, be faithful



## Here's how we grow spiritually:

If indeed you have tasted that the Lord is gracious, put  
aside the bad stuff

David said, "O, taste and see that the Lord is good"  
(Psalm 34)

When you've tasted God's goodness, you're going to  
want more

God tastes better than sin

## II. Be Careful to Avoid Junk-Food (v. 1)

Some things will make you lose your appetite

Relational sins—horizontal sins that will take away  
your appetite for vertical truth

Food should give you the nutrients you need in order  
to grow

## II. Be Careful to Avoid Junk-Food (v. 1)

Five junk foods

Malice—ill will; a complaining, grumpy person (see Matthew 12:34)

Deceit—to bait a hook; fishing is deceiving fish; cover the hook with something the fish like to eat

## Five Junk Foods to Avoid

Hypocrisy—to wear a mask; hypocrites pretend to be something they are not

Envy—what goes on in your heart when someone else is blessed; or you're joyful that some misfortune happened to another person

## II. Be Careful to Avoid Junk-Food (v. 1)

Evil speaking or slander—gossip, backbiting, rumor; it could be a raise eyebrow, it could be a sentence you left unfinished

## II. Be Careful to Avoid Junk-Food (v. 1)

When you forget how gracious God has been to you,  
you start getting ungracious toward others

Your bitterness will kill your appetite for His  
sweetness, or His sweetness will kill your bitterness  
and dispel it