

Starved!

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God bless you,

Oluwatobi S. Adewuyi
Coordinator

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God bless you!

Topic:
STARVED!
Bible Text: Matthew 4:4

Prayer

Father Almighty, thank You for today, thank You for the grace that you have given to us to avail ourselves before You, thank You also for the Spiritual meal that you are about to feed us with, please we ask and pray that You speak to us Yourself today and glorify Your holy name in our lives, in Jesus name we pray. Amen.

Study

While meditating on what to teach, today, I perceived this topic in my Spirit and started receiving words regarding. So, I know it's definitely for someone or some persons, here. Also, I know it's a pressing issue in the mind of God for us to address at this period. Therefore, I urge us all to give our full attention. Please, follow me as I move.

What does it mean to be starved?

According to Merriam Webster dictionary, to starve simply means to perish from lack of food, to suffer extreme hunger, and being deprived of nourishment.

Starvation is not a new word or something abstract to us because many times, some of us complain of being starved whenever we go hungry. It's actually normal for us as humans to be hungry as our natural bodies have been to take in nutrients to keep it active.

But, I would love to ask a question and I want us to give an answer, please. Be free

1. Have you ever felt so hungry at any point in time before you finally ate?
2. And, what's the highest period (days or months) you have gone without food? Probably, you were only taking water, but not FOOD.

I want to hear us, please. Let's make it interactive.

You will discover that, in most cases, the moment you stopped the regular eating routine, your physical body started reacting somehow as though it is angry with you and would leave you and run away (smiles). Especially for anyone who has gone 3 or 7 days

without eating, such a person tends to feel very light and less proactive.

You will also notice that those you could do before, you might not have the strength to do them even if you wish to. Because, the body lacks some nutrients needed to be able to carry such out. Who do you feel would win a race between a man who has not eaten anything for 7 days and a man who has been eating for the past 7 days, even if it's once a day?

Of course, the one who has been eating for 7 days (even though little) will win the race, because the little he has been eating will provide the nutrients needed for the race. In fact, there is a principle called the "Pareto Principle (80/20)" which states that 80% of the nutrients that works in the body is supplied and gotten from just 20% of the food we eat. So, you see that the man would possibly get strength to run unlike the man who has not eaten anything for 7 days.

At that point where you feel extremely hungry, many refer to it as the body being starved. But, that is not really where we are heading to, tonight. Let's move ahead.

The question is;

Is our Spirit man not getting starved? How many times do we feed our spirit man? Many have forgotten that we are Spirit beings and the Spirit man in us became active the moment we gave our lives to Christ. But, the truth is, many have starved their spirit man and the Spirit man is already groaning in pain.

Why do you think as a Christian, they will come to your dream to attack you and succeed? It's because your Spirit man is weak! You have continuously decided to feed the flesh more than the Spirit.

Our spirit man works almost exactly the same way our natural body works. When you don't eat, you can be beaten by someone who wouldn't conquer you on a normal day, just because your physical body is just too weak to throw punches. This is what happens when our Spirit man is malnourished, too. It becomes so weak to stand against attacks because of how weak it has become.

Many of us, it's because God has been showing us mercy that's why we have not died. Because, our Spirit man has grown so weak that a little arrow from a spiritual enemy can cause us physical death. But,

God has always said, "let me keep this my child and hope he/she changes, soon!".

This is a very serious matter!

Matthew 4:4:

"But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

Jesus knew that when a man tries depending only on natural food, it becomes a disaster, this is why He said this. Imagine Jesus was not the word and He wasn't grounded in the word, the devil MIGHT have defeated him.

But, would He being defeated have ruled out the fact that He was feeding daily with natural food? No! But, the natural food wouldn't have been able to grant His Spirit man the ability to counter the devil. Why?

You don't need physical food in the Spirit as it is useless. It is here on Earth that physical food is needed, because we live in a physical body. But, it doesn't matter to the spirit. You can do much love eating food and yet, be battling with an affliction from a "BABY" demon (not even the devil). Just a little demon who probably just joined the dark workforce the week before.

That's majorly because the physical food didn't contribute anything useful to the Spirit man. And, the Spirit man is the one really needed to wage war in the Spirit. Hence, it's weak to resist a baby demon. But, imagine you feeding your Spirit man the way you feed your flesh. You would see that your Spirit man will become so active that even the DEVIL himself can't withstand you when you open your mouth and say "Father in the name of Jesus Christ".

But, then, what are we really missing???

Ohh, Father!

1 Peter 2:2:

"As newborn babes, desire the sincere milk of the word, that ye may grow thereby:"

It's saddening that we are not feeding our Spirit man the way Jesus and even the Apostles fed theirs. What this generation of ours feed our spirit man with is ungodly Tv shows, unprofitable news, Cartoons, memes and comedy shows, Bollywood, Hollywood and the different kinds of hoods and woods, games, football, useless gistings and chatterings etc.

And, these things never add as little as 0.1 to our Spirit man. It's just like a very hungry person who hasn't eaten for 3 days and instead of giving the person food, you give the person Cutlass and hoe to start working on a farm or stick to eating. You will see how useless those things would look to that hungry person and if you are not careful, he can even use the Cutlass on you because an hungry man is an angry man.

It was recorded that Jesus would wake up long before daybreak and pray till they will start finding Him which means till daybreak. Sometimes, He would pray all through the night. But, this generation of ours wants to host the power of God and we sleep every night.

Some of us even wake up at night to eat and watch movies and the kingdom of darkness keeps rejoicing over such a person, because they know he/she is distracted from stopping them with what they are planning to carry out.

Jesus gave a word in Matthew 4:4 and we see more of a continuation here in 1 Peter 2:2. Jesus said we don't live by bread alone but every word that proceeds out of the mouth of God. Peter also states that we are to

desire that word the way new born babies desire breast milk just to ensure we are growing.

Wow! Which means Jesus instilled that same thing into His disciples, this is why Peter could also say something similar to what He said.

Ask yourself, is my spirit man not getting starved? I was telling a brother today when I saw his "to-do daily tasks". He fixed 6 hours, 6 hours, 3 hours for different respective activities that could personally develop him but when it got to spending them with God, He wrote 1 hour. Then, I asked him why and he was laughing.

That's the extent at which we care less about our Spirit man. It's good to develop one's personal self but, always remember that your Spirit man needs to grow, too. Else, you might die without fulfilling destiny because that's exactly what the devil wants for you.

Like I said, this teaching is short but a call to action!

Reflect on your life. How have you been nourishing your Spirit man? I will try to highlight ways you can keep feeding your Spirit man now. Please, be sincere

with yourself and be willing to feed that man, he is starving.

Ways to feed your Spirit man

1. Having a constant fellowship with God daily.
2. Studying the word of God day and night and memorizing it.
3. Praying without ceasing.
4. Reading spiritual books.
5. Listening to solid messages from genuine servants of God.
6. Denying your flesh, food and pleasure really helps and this comes through fasting. Be willing to fast. Do more!
7. Engage more in midnight prayers, very powerful.
8. Meditating on spiritual things.
9. Getting involved in spiritual discussions rather arguments
10. Watching godly and spiritual movies.

One thing about feeding your Spirit man is that it becomes too weak to sin. You will find out that the more you feed your Spirit man, you will find it difficult to commit sin. That's because it is much more alive to God and dead to sin. So, it controls your soul to also do the same. I pray that God helps us in Jesus Christ's name, amen.

Source channel:

<https://whatsapp.com/channel/0029VaEPi5f7DAWsLBzccR0A>

Contribution

I think starving differs from fasting. Fasting is waiting on the Lord for a purpose but starving is as a result of no food, so I think.

Reply

Actually, fasting also means starving the flesh of pleasures that are not beneficial to the Spirit. In the process of starving the flesh and engaging more in spiritual things, the flesh becomes inactive while the spirit man grows stronger, daily.

This is why the Apostle Paul said, "I die daily". I place myself under subjection at all costs. I starve and deny my flesh of pleasures and it could be food for a particular period to allow me focus well and my spiritual growth.

In summary, the more you fast, the more you starve your flesh and the more you become alive to the Spirit.

GW'20 God's Word

2 Corinthians 4:16:

"That is why we are not discouraged. Though outwardly we are wearing out, inwardly we are renewed day by day."

NLT'15 New Living Translation

2 Corinthians 4:16:

"That is why we never give up. Though our bodies are dying, our spirits are being renewed every day."

Amen. Thanks so much Sir.

Contribution

But in a way, I think eating physical food too also has a little benefit, by keeping one alive to read the word of God Sir.

Just an opinion Sir.

Reply

Sure, it has benefits to the PHYSICAL BODY because without it, you can't live on this Earth. I didn't say it didn't have benefits, but it doesn't build up our Spirit man. It only keeps our physical body active.

Alright, I understand now Sir.

Further discussion

That is, physical food does not add to our Spirit man, that is why we must feed our Spirit man with the things of God more than we feed our bodily flesh.

Prioritizing our spirit man growth and feeding above our physical bodies and feeding.

Thanks so much Sir

God bless you Sir, and increase your knowledge of Him more and more in Him in Jesus Christ's mighty name. Amen.

Invitation

If you know that you are still living in sin and you are ready to repent and begin to live your life in strict obedience to God so that you can overcome every sin in your life to make heaven, please place your right hand on your chest and say this prayer with your mouth.

Say,

"Lord Jesus, I accept You as my personal Lord and Savior. I believe that You died for me and took away my sins so that I will not face the penalty of them. I surrender my life to You today, and I make a decision to obey and follow You. Come into my life now and accept me as Your child. Thank You for saving me, in Jesus Christ's name I pray, Amen."

Congratulations, now you are saved. If you prayed this short prayer, please WhatsApp +2347067511039 and let me know that you have just been saved. I want to have a word with you. God bless you!

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