



Soul Food

Colossians 3:1-17

Our souls desire to fly, to “mount up with wings as eagles” (*Isa. 40:31*), to soar above the worries of this troubled world. However, flight takes great amounts of nourishment. Some birds eat many times their weight in food each day, so they have energy to fly. Hummingbirds, for instance, are said to eat one and one-half to three times their own bodyweight a day, and to eat an average of five to eight times an hour. Supposedly, eagles eat 6-20 % of their bodyweight a day. A robin may eat up to 14 feet of earthworms daily. Likewise, the spirit of a believer must be well-fed to fly above the downward pull of this world.

Moving around on the ground doesn't take nearly as much energy as provided by the large, frequent bird meals. A boa constrictor will eat anywhere from once every five days to once every two months. Adult garter snakes eat every 7-10 days. Taking in spiritual food sporadically leaves us slithering among our circumstances.

Soul flight takes a great deal of spiritual energy and spiritual nourishment which come from a diet rich in the Word of God every single day. Our bodies crave food; our souls should crave God's Word. Do we feel discomfort or increasing weakness of spirit when we haven't spent time in God's Word? Job said, “I have esteemed the words of His mouth more than my necessary food” (*Job 23:12*). Do we long for God's judgments, and delight in His testimonies, loving them exceedingly (*Psalms 119:20, 24, 167*)? The Lord Jesus said that we are not to live by bread alone, but by “every word of God” (*Luke 4:4*).

Let us each nourish our souls that we might have the spiritual strength to “mount up with wings as eagles” and to “seek those things which are above” (*Colossians 3:2*).

~George Zeller: www.middletonbiblechurch.org



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