

**A Healthy Body**  
**The Digestive System: Faith Development**  
**August 21, 2016**

**Introduction**

<sup>42</sup>All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including the Lord's Supper), and to prayer. <sup>43</sup>A deep sense of awe came over them all, and the apostles performed many miraculous signs and wonders. <sup>44</sup>And all the believers met together in one place and shared everything they had. <sup>45</sup>They sold their property and possessions and shared the money with those in need. <sup>46</sup>They worshiped together at the Temple each day, met in homes for the Lord's Supper, and shared their meals with great joy and generosity— <sup>47</sup>all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those who were being saved. (Acts 2:42-47 NLT)

Can you imagine the type of community these disciples were creating? It sounds quite Utopian when you think about it. If we have any hope of achieving a similar environment today, we must train our ears to hear the Lord through prayer, Christian fellowship and commitment to studying His word so it is hidden in our hearts, ready to be shared with all those that ask us the reason for our faith. (1 Peter 3:15 NLT)

**Digging Deeper**

Ways to Nourish our Faith Development

Prayer (and Fasting)

- A well balanced diet of prayer should include: praise, adoration, thanksgiving, confession, petition (for self) and intercession (for others). For some, the idea that we must use all the right words to pray "correctly" can become an impediment. Thankfully, God doesn't demand eloquence. What He desires is a real relationship with us that can only develop if we show up to the conversation. What kind of internal and/or external changes might occur if you spent your day in constant conversation with God?
- The Bible mentions fasting over 70 times. The first reference is when Moses sat atop Mount Sinai. For 40 days and 40 nights he ate no bread and drank no water while receiving the commandments from the Lord. (Exodus 34:28 NLT) When he came down, his face shone with such radiance that people were initially fearful of him. Moses' supernatural glow was a result of having been in the presence of God. Is it possible for us to have experiences like this today? If you have ever tried fasting as a means of connecting more deeply with God, please describe your experience as well as the spiritual outcome that was achieved.

Searching the Scriptures

- The BIBLE: Basic Instructions Before Leaving Earth. It is God's Word for us to devour and keep close to our hearts. True disciples have a hunger for God's Word and become satiated by its powerful truths. How does making time for daily Bible study help shift your perspective of the world around you? *(If you are not participating in a daily Bible reading plan already, you can pick up a copy of "The 100 Day Adventure With Jesus" in the lobbies of both the Transmitter and*

*Fusion campuses, or view it on our website (MyLHUMC.net). This easy to follow plan will guide you through the New Testament in 100 days.)*

#### The Lord's Supper

- How do you approach Communion? The definition of the word is quite simply the sharing or exchanging of intimate thoughts and feelings (especially in a spiritual or meaningful way). Does thinking of Communion in this way help you frame what prayers or thoughts you might exchange with God as you prepare your heart to accept this glorious symbol of His love for us?

#### Christian Conference (or Small Group Fellowship)

- Life Groups are an essential part of developing a Healthy Body of Christ. By communing with fellow Christians we are able to learn from each other and grow in Christ together. How has participating in a Life Group benefited your faith development?

#### **Conclusion**

Spend some time this week asking yourself if you are a truly well-nourished Christian. If there is any doubt, pray for God to give you an un-abating appetite for constant relationship with Him. For the Gospel of Jesus Christ is the power of God and salvation for everyone who believes it. (Romans 1:16)

Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty." (John 6:35 NLT)