

CouplesInBloom.com – Indigestion Cure

October 2013

When Jesus fed the 5000 (men plus their wives and children ⇒ Matthew 14:21), how many said, “**I am allergic to wheat**” or “**Is that gluten-free bread?**” Our culture has many **indigestion problems**. Digestive enzymes come from raw fruits and vegetables; only eating cooked food causes indigestion. God’s Word has answers (e.g. ⇒ Genesis 1:29) for physical *and* spiritual indigestion. What else *does* the Bible say about spiritual food?

Spiritual digestion is: Scripture changing us from the inside out: Hebrews 5:12-14 ⇒ “For indeed because of the time, you ought to be teachers, you have need that one teach you again what are the first principles of the oracles of God. And you have become in need of milk, and not of solid food. For everyone partaking of milk is **unskillful in the Word of Righteousness, for he is an infant**. But solid food belongs to those who are of full age, even those who because of use have their senses exercised to discern both good and evil.” Lactose intolerance represents an even *deeper* issue. But first, the solid food:

The female human breast-obsession in the western hemisphere is deeper than physical: it is spiritual. The un-weaned church is high-maintenance and self-absorbed, as a little baby who panics if moved from its mother breast. Compare Jesus’ messages to modern sermons: Jesus focused on maturity and spreading the Gospel; modern sermons focus on the selfish obsession for blessings. This immature attitude has very real consequences.

Christians mistakenly blame sinners for national problems, but God calls His people, “...lusty, well fed stallions in the morning, everyone neighing after the wife of his neighbor. **Shall I not judge** for these things, says Jehovah? And shall not My soul be avenged on **such a nation as this?**” ⇒ Jeremiah 5:8-9. Physically and spiritually: **indigestion comes from nutritional immaturity**. Hebrews 5:12-14 in a slang Bible could read ⇒ “**You are un-weaned Christians: addicts instead of feeders.**” The high numbers of church goers addicted to pornography *is* actually related and *not* coincidental.

Being unable to consume even *milk* represents being unteachable. Lactose intolerance is often caused by additives, not the milk. 1 Peter 2:2 says ⇒ to desire **pure milk**... not the hormone-laden liquid called ‘milk’ sold in US and Mexican stores, and preached in popular churches. Spiritual milk is vital, but verify it is a **Godly** source you get it from.

“Study earnestly to present yourself approved to God, a workman (*literally*: toiler) that does not need to be ashamed, rightly dividing the Word of Truth.” ⇒ 2 Timothy 2:15. There is no substitute for God’s Word to **cure spiritual indigestion**. *Things* can make us **feel** better digestively: physically and spiritually ⇒ 2 Timothy 4:3-4 (but we remain sick). Only God’s food can make us **be** well and stop the spiritual sickness and pain in our life.

We need **raw God** to build our digestive system; not watered down Scripture. As 70% of all major diseases directly involve digestion, so good spiritual food prevents spiritual problems. 1 Corinthians 3 ⇒ says to stop associating with this teacher or that, which is carnality. To be able to make disciples ⇒ Matthew 28:18-20, we need to eat God’s Word **for ourselves**. God’s **indigestion cure** is a **lifestyle**; not a diet we go on and off, and not instantaneously assessed; but proven time after time... by using it ⇒ Hebrews 5:12-14. ♥