

“Man must not live on bread alone but on every word that comes out of the mouth of God.”
Matthew chapter 4 verse 4

In our lives, we need two different kinds of food. We need physical food to feed our physical bodies, and we need spiritual food to feed our souls. If we have a proper balance between these kinds of food, then our lives will thrive.

The problem with the human race today is that this balance is wildly out of kilter. People feed the body, often to the point of obesity and sickness, and either feed the soul with the wrong things or with nothing at all. It's not just food. Greed is the craving of our physical lives to be over indulged in every area, and is responsible for many of the ills in our world. We attempt to fill our spiritual hunger with physical things, and so our very lives become bloated and spiritually malnourished.

It was not always like this. When God created people they had the right balance between the physical and the spiritual. The source of their lives was their relationship with God, and they knew that their physical provision came from him. The spiritual in them governed the physical. They knew what their physical lives needed to thrive. But when they fell from relationship with God, the spiritual connection with him was severed and the balance between the physical and the spiritual destroyed.

When we are restored to relationship with God through faith in Jesus, we can begin to restore that balance. His own life on earth was always governed by his spiritual connection to his Father. His disciples, on at least one occasion, were concerned that he had not eaten, and he replied that he had food that they knew nothing about. In fact he called himself “The bread that came from heaven.” He declared himself to be the source of spiritual life and health.

This is why the most important thing in our lives is our individual, personal relationships with God. As we grow in this we restore in our own lives the proper balance between the spiritual and the physical, and our physical lives come to be more and more governed by the spiritual. We can look forward to a time in the life to come when we will enjoy lives which are perfectly balanced between the two.

Prayer.

Father, you made me a physical being and a spiritual being. In this fallen world, I so often indulge the physical at the expense of the health of my soul. Please help me, by your Spirit, to connect more fully with your spiritual life in me, so that my life may move towards the proper balance that you want for it. In Jesus' name, amen.

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