

Valley Bible Church – Sermon Notes

Sermon Notes for June 12-13, 2004

"Soul Food"

John 4:31-34

What are three major features of Christ's work outlined for us in John 4:31-42?

The first major feature of Christ's work is the proper motive (John 4:31-34).

Food is so important that the pursuit of it becomes a very powerful motivational force in our lives.

The disciples had a good handle on the food needed to nourish the body but they needed a better handle on the food needed to nourish the soul.

The food that nourishes the soul is doing the will of God and accomplishing His work.

Doing His Father's will was why Christ came into this world. It was His spiritual food (John 5:36-37; 6:38).

Partaking of the food that will nourish our soul will dramatically impact the quality of our lives both in the present and in the future (Psalms 23).

One specific side effect of making the consumption of spiritual food our highest priority will be unusual bursts of energy accompanied by a disinterest in food.

Christ's desire to do God's will and accomplish His work became like food to Him not only filling Him with energy but also killing His appetite.

Those who purpose themselves to be absolutely submissive to God will feast at His banqueting table and will be able to say with the Psalmist "I shall not want."

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The only food that will be able to truly satisfy us under any circumstances is doing the will and work of God.