

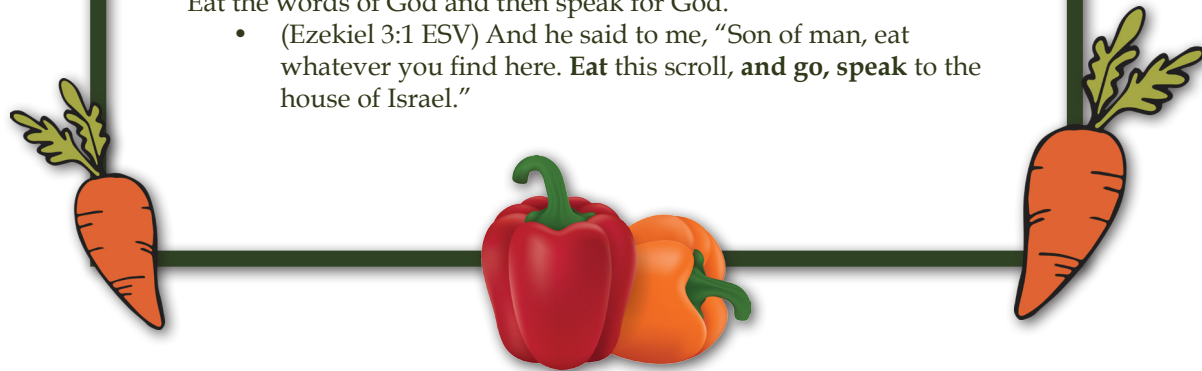
? WE ARE WHAT WE EAT! ? ARE WE?

Could it be true that we are what we eat? And could it be true spiritually speaking? It seems to make sense biblically that this is something we should seriously consider in our relationship with the words of God. At least three men of God in Scripture either spoke of eating God's words or were commanded to eat God's words: Jeremiah, Ezekiel and John. In our text today, John was commanded to eat words of prophecy. Well, of course, he was a prophet! What came out of his mouth was a result of his "eating the little scroll" in obedience to God.

- (Revelation 10:9-11 ESV) (9) So I went to the angel and told him to give me the little scroll. And he said to me, "**Take and eat it;** it will make your stomach bitter, but in your mouth it will be sweet as honey." (10) And I took the little scroll from the hand of the angel and ate it. It was sweet as honey in my mouth, but when I had eaten it my stomach was made bitter. (11) And I was told, "**You must again prophesy** about many peoples and nations and languages and kings."

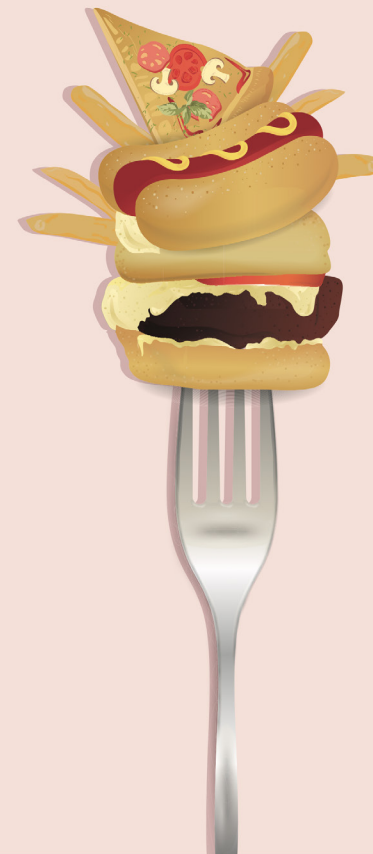
John ate the words of God, and then he spoke the words of God. Same dynamic for us. We obey God and the words that come out are the words that we have taken in. What is deep inside our lives reveals itself in our words. Same process for the prophet Ezekiel. Eat the words of God and then speak for God.

- (Ezekiel 3:1 ESV) And he said to me, "Son of man, eat whatever you find here. **Eat this scroll, and go, speak** to the house of Israel."



THE BIBLE/GOD'S WORDS!

JUNK FOOD



OPINION/MAN'S WORDS!

HEALTHY FOOD

