

**Hungering for God**  
**Ordering Our Appetites Aright**  
**Psalm 1, Matthew 3:13-4:11**  
**Sermon Outline**

**Introduction:** God made us, like Adam, physically hungry so that we would never think we were self-created or self-sustaining. God gave us manna and the Lord's Supper so that we would never think we were self-redeeming. But we have warped our appetites and need to relearn how to hunger in the right ways.

**I) Food is not our only food**

**A) *Matthew 4:4: Man does not live by bread alone but by every word...***

- 1) Where breakfast comes from
- 2) Other 'words' from God
  - Jesus in the wilderness and Adam in the Garden

**B) Finding our significance**

**II) How do we cultivate healthy appetites?**

**A) *Meditating day and night on God's instruction (Psalm 1)***

Only two ways through life

- The deadly and inconsequential way
- The happy, fruitful and substantial way

**B) Understanding the fruitful way**

- "Torah" (instruction)
  - All sorts of Scripture
  - The Torah made flesh
- "Day and night"

**Take aways:**

- Habitual eating
- Patient eating

### Questions for Reflection this Week

- 1) Food and eating play an enormously significant role in the biblical story. List as many references as you can think of to the importance of that role—from Genesis 1 to the end of Revelation. Why are meals and eating so important? What patterns immerge?
- 2) Quoting Deuteronomy in Matthew 4:4, Jesus says that “Man does not live by bread alone but by every word that comes from the mouth of God.” By this statement Jesus agrees with Moses that physical food is one of the ‘words’ that proceeds from God’s mouth—but not the only one. Why does Jesus call food a divine ‘word’? What would it mean for you and those you love to think of each meal you eat as a divine word?
- 3) What are some of the other words that come from God’s mouth? Answer with reference to Jesus’ response to John the Baptist, his baptism, and his interaction with the devil (Matthew 3:13-4:11)
- 4) One of God’s ‘words’ to us is the abilities and opportunities he gives us (say—to make money, or to buy an apartment, or to have a child by IVF, or to write a letter to someone who has wounded us). What dangers arise from thinking that such ‘words’ are the only words we have from God? What other words should be brought to bear upon these ‘ability and opportunity’ words?
- 5) The devil said to Jesus, in effect, “If you are really the Son of God, then prove it!” Why did Jesus not have to prove it (note Matthew 3:17)? In what ways do we seek to prove our worth (to justify our existence? Why is it not necessary to do this? Why do we do it anyway? Reflect in your answer on Genesis 1:26-27, Ephesians 2:8-10, and Philippians 3:8-11.
- 6) Reflect on Psalm 1. What two ways for walking through life are described? What are the different outcomes associated with those ways?
- 7) According to Psalm 1 the only way to a substantial, happy, and fruitful life is by ‘meditating day and night on the Torah (i.e., the fullness of God’s instruction). This will mean feasting upon the *full diet* of words that we have from God (his commands, promises, deeds, declarations, perspectives, and now, especially upon Jesus, the ‘Word made flesh’). And it will mean doing so *with the same frequency* with which we eat meals. How might you increase both the range of your diet and the frequency of your dining?