



## THE DIET THAT MAKES A DIFFERENCE

JUNE 12, 2023

**PSALM 81:10 NKJV – (10)** I am the LORD your God, who brought you out of the land of Egypt; Open your mouth wide, and I will fill it.

**JOHN 7:37-38 NKJV – (37)** On the last day, that great *day* of the feast, Jesus stood and cried out, saying, “If anyone thirsts, let him come to Me and drink. **(38)** He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”

In **Psalm 81:10**, the people are reminded of who they are and what God has promised to do for them. God had proved His power many times in Egypt, as plague after plague fell upon their cruel slave-masters. And as Israel set out on their journey to the Promised Land, the Lord tested their faithfulness along the way. The same God who clothed the lilies of the valley and fed the wild birds guaranteed his people blessings in abundance. All God wanted from His people was that they continued to heed His Word, trust His promises, obey His commands, and walk worthy of the privilege they enjoyed as His covenant nation

Jesus' words in John **7:37-38** are connected to His claim of being the ultimate cure for spiritual hunger and spiritual thirst (**John 6:35**). The incident of water from the rock, like the priests' ritual, is only meant to be a symbol. Those events are intended as foreshadowing of Jesus' eventual ministry. This comment from Christ is also similar to His conversation with the Samaritan woman at the well in Sychar (**John 4:10–13**). As used by Jesus, this internal spring, or stream, is indicative of the Holy Spirit, which comes to live inside all who come to faith in Christ.

**SCRIPTURE READING: ISAIAH 55:1**

**THOUGHT FOR THE WEEK:** Kingdom people only live through the nutrition of Christ.