

# Notes used in the Message

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## 18-0912 - You Are What You Eat - Luis Urrego

### JOHN 6:48-58

- » **48** † **I am that bread of life.**
- » **49** † Your fathers did eat manna in the wilderness, and are dead.
- » **50** † This is the bread which cometh down from heaven, that a man may eat thereof, and not die.
- » **51** † **I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.**
- » **52** † The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat?
- » **53** † **Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.**
- » **54** † **Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day.**
- » **55** † **For my flesh is meat indeed, and my blood is drink indeed.**
- » **56** † **He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.**
- » **57** † **As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me.**
- » **58** † **This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever.**

### MATTHEW 15:18-20

- » **18** † But those things which proceed out of the mouth come forth from the heart; and they defile the man.
- » **19** † For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:
- » **20** † These are the things which defile a man:

### LUKE 6:45

- » **45** † A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.

### PSALM 103:1-5

- » **1** † ¶ A Psalm of David. Bless the LORD, O my soul: and all that is within me, bless his holy name.
- » **2** † Bless the LORD, O my soul, and forget not all his benefits:
- » **3** † Who forgiveth all thine iniquities; who healeth all thy diseases;
- » **4** † Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;
- » **5** † Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

### PSALM 34:8

- » **8** † **O taste and see that the LORD is good:** blessed is the man that trusteth in him.

### EXODUS 12:8-11

- » **8** † And they shall eat the flesh in that night, roast with fire, and unleavened bread; and with bitter herbs they shall eat it.
- » **9** † **Eat not of it raw, nor sodden at all with water, but roast with fire; his head with his legs, and with the purtenance thereof.**
- » **10** † And ye shall let nothing of it remain until the morning; and that which remaineth of it until the morning ye shall burn with fire.
- » **11** † **And thus shall ye eat it; with your loins girded, your shoes on your feet, and your staff in your hand; and ye shall eat it in haste: it is the LORD'S passover.**

## DANIEL 1:3-20

- » **3** † **And the king spake unto Ashpenaz the master of his eunuchs, that he should bring certain of the children of Israel, and of the king's seed, and of the princes;**
- » **4** † **Children in whom was no blemish, but well favoured, and skilful in all wisdom, and cunning in knowledge, and understanding science, and such as had ability in them to stand in the king's palace, and whom they might teach the learning and the tongue of the Chaldeans.**
- » **5** † **And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so nourishing them three years, that at the end thereof they might stand before the king.**
- » **6** † Now among these were of the children of Judah, Daniel, Hananiah, Mishael, and Azariah:
- » **7** † Unto whom the prince of the eunuchs gave names: for he gave unto Daniel the name of Belteshazzar; and to Hananiah, of Shadrach; and to Mishael, of Meshach; and to Azariah, of Abednego.
- » **8** † ¶ **But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.**
- » **9** † Now God had brought Daniel into favour and tender love with the prince of the eunuchs.
- » **10** † And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king.
- » **11** † **Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,**
- » **12** † **Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.**
- » **13** † **Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.**
- » **14** † **So he consented to them in this matter, and proved them ten days.**
- » **15** † **And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.**
- » **16** † Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.
- » **17** † ¶ As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.
- » **18** † Now at the end of the days that the king had said he should bring them in, then the prince of the eunuchs brought them in before Nebuchadnezzar.
- » **19** † And the king communed with them; and among them all was found none like Daniel, Hananiah, Mishael, and Azariah: therefore stood they before the king.
- » **20** † **And in all matters of wisdom and understanding, that the king enquired of them, he found them ten times better than all the magicians and astrologers that were in all his realm.**

## MATTHEW 15:21-28

- » **21** † ¶ Then Jesus went thence, and departed into the coasts of Tyre and Sidon.
- » **22** † And, behold, a woman of Canaan came out of the same coasts, and cried unto him, saying, Have mercy on me, O Lord, thou Son of David; my daughter is grievously vexed with a devil.
- » **23** † But he answered her not a word. And his disciples came and besought him, saying, Send her away; for she crieth after us.
- » **24** † But he answered and said, **I am not sent but unto the lost sheep of the house of Israel.**
- » **25** † Then came she and worshipped him, saying, Lord, help me.
- » **26** † But he answered and said, **It is not meet to take the children's bread, and to cast it to dogs.**
- » **27** † And she said, Truth, Lord: yet the dogs eat of the crumbs which fall from their masters' table.
- » **28** † Then Jesus answered and said unto her, **O woman, great is thy faith: be it unto thee even as thou wilt.** And her daughter was made whole from that very hour.

## REVELATION 10:8-11

- » **8** † ¶ And the voice which I heard from heaven spake unto me again, and said, Go and take the little book which is open in the hand of the angel which standeth upon the sea and upon the earth.
- » **9** † And I went unto the angel, and said unto him, Give me the little book. And he said unto me, Take it, and eat it up; and it shall make thy belly bitter, but it shall be in thy mouth sweet as honey.
- » **10** † And I took the little book out of the angel's hand, and ate it up; and it was in my mouth sweet as honey: and as soon as I had eaten it, my belly was bitter.
- » **11** † And he said unto me, Thou must prophesy again before many peoples, and nations, and tongues, and kings.

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Now, our bodies need food and drink each day, to survive, our physical body. If we don't take food each day and drink, then our body weakens. There's something in us that we must have food. One day's food will not last for the next day. You've got to have food each day, to strengthen your mortal being. You can live over, but you're weaker. And the second day, you're still weaker. And the third day, you're getting tremendous weak.

**97** Well, that's what many times that we do in the spiritual realm. You see, each day we've got to commune with Christ. We've got to talk to Him each day. We've got to settle it with Him each day. Paul said, "I die each day." See? "Each day, I die; yet I live, not me but Christ lives in me." So, if your physical body needs food each day and drink each day, to survive, your spiritual body needs spiritual Food and communion with the Lord each day, to survive. Yes. Jesus said, "Man shall not live by bread alone, but by every Word that proceedeth out of the mouth of God." So, each day we've got to study the Bible. Some people doesn't study It at all. Some picks It up every two or three times a year. But, a real, real believer that's really spiritually built up, he reads his Bible every day, and talks to the Lord. That's right. [Blank.spot.on.tape--Ed.] He has to. "Man shall not live by bread alone, but by every Word that proceedeth out of the mouth of God."