



**Month: February 2011**

**Scripture: 1 Peter 2:2" As newborn babes, desire the pure milk of the word that you may grow thereby"**

**Food for Thought: Are you a woman with sincere Milk desire?**

I have been pondering on this verse and all those things that make milk good for us came to mind. I know it's good for my hair, teeth, and bones and all. I couldn't help wondering if over the years I have been getting all the benefits from the "milk of the Word" that I could possibly get.

1st Peter talks about a "*desire*" for the "*milk of the Word*". Ask yourself, do you really desire it? I wonder how much we, as women, have of a desire for the bible and the milk of God's Word. Are we seeing the benefits in it?

I took some time to search out the benefits of milk in a woman's world and see if it might help us desire the "milk of the Word" a little more.

### **Beauty. Hair, Skin, and Nails**

As women, don't we all like those three things beautiful on us? When hair is healthy it shines. Our skin looks best when it's healthy and nobody likes brittle nails. Many of us even want our nails to grow out so we can polish them and keep them pretty. Milk is a beautifier.

It's the same with the milk of the Word. It's a beautifier too. When we are drinking it, our attitudes are a lot prettier. Aren't they? How we act and behave as a Christian is so much more becoming than when we aren't getting enough of our "Milk".

## **Rebuilding Muscles**

In the same way that the proteins in milk help rebuild muscles after physical activity it's equally true that the Word of God can rebuild and re-charge us as well. When you are tired mentally, emotionally or spiritually worn out try getting out your bible and read it for a while and I can assure you, you feel your strength coming back to you. Maybe you read something new or you found some familiar verses that just seemed to seep into your system and you felt God's love and His arms holding you. When we drink in God's Word it builds us up. It can have a powerful affect on us. It's a bodybuilder!

## **Help For P.M.S.**

Things like milk that are rich in calcium are believed to cut down some of those physical and emotional symptoms of P.M.S. Isn't it so true that when we are spending time in God's Word that we tend to be a little less irritable and cranky too?

PMS make some women "weepy and depressed". Ever been one of those weepy and depressed Christians? Not pleasant to be around, are they? We've all been there, me included. Sometimes I don't even like to be around myself. Of course when I get my bible out and start drinking it in, all of a sudden I'm a little more emotionally balanced. Sometimes I have to keep drinking and drinking until the bubbles make a sound at the bottom of my glass!

## **Help With Sleep**

Have you ever noticed when you've been drinking in the Word of God, been in it studying and learning, you sleep better? I've found that staying in the Scriptures makes my body in tune. I think it has a lot to do with our focus. The activities of the day, the pressures of the world, and just the stress of everyday life can cause us a little insomnia now and then. But when we get that time to drink in the Word, and focus on the Lord, things fall more into the right perspective and it relaxes us so we can sleep.

## **Helps Build Strong Bones**

I think we all know what benefit calcium is to our bones, especially for us women. Most of us probably do something to increase our bone strength, like eating calcium enriched foods, such as milk of course. Some of us never forget to take our vitamins or calcium supplement. As women, we know how very important that is to our health, but are we missing out on our calcium when it comes to God's Word? Are we getting Osteoporosis where our Christian bones are concerned?

I know a lot of women already know about osteoporosis. It is where your bone density breaks down and your bones become very weak. Sometimes it's called the "silent disease" because you usually don't know you have it until it's too late. There are no early symptoms... Same way with us as Christians. We may not notice what an affect not staying in the Word is having on our life until we have some big fall and fracture our leg or mess up our hip. Something arises that our bones or Christian maturity doesn't have the strength to handle. We've got to be drinking in the Word all the time in order to prevent our chance of a health risk.

## **Healthy Teeth**

Taking care of our teeth is so important. My daughter, Kaycee can testify this is a constant reminder in our family. Milk is one of those ways again to get some calcium for our teeth. Of course we need a regular routine of brushing and flossing too. Hello somebody??! How much more would we see the benefits and fruit of our Christian lives if we kept up with a regular daily routine for drinking in the Word? Don't let yourself get in the position where God has to do a root canal on you!

1st Peter 2:2 it talks about desiring God's Word like babies desire milk. We know how they act when they need to be fed, don't we? Even babies know they need that milk. It sustains them just like God's Word sustains us and meets our needs. No excuse for being lactose intolerant with the "milk of the Word" either. It was designed for all of us as Christians. We all need the benefits it can offer us.

Isn't it wonderful that we have God's word, and the Lord Jesus Christ's words, when they said: 'Heaven and earth will pass away, but my word will never pass away' - never! The word of God is a worthy investment. Happy investing.

**Love,  
Mercy**