

# SUSTENANCE

## WHAT NOURISHES



- Psalms, hymns, and spiritual songs (Ephesians 5:19)
- Every word that comes from the mouth of God (Matthew 4:4)
- Prayer (1 Thessalonians 5:17)
- Gathering with other believers (Hebrews 10:25)
- Keeping in step with the Spirit (Galatians 5:25)
- A cheerful heart (Proverbs 17:22)
- Thoughts focused on true, honorable, right, pure, lovely, admirable, excellent, praiseworthy things (Philippians 4:8)
- Iron-sharpens-iron friends (Proverbs 27:17)
- Truth (John 8:31-32; Ephesians 4:15)
- Faith (Hebrews 11)
- Gratitude, a spirit of thankfulness (Ephesians 5:20; 1 Thessalonians 5:18)
- Transformation by God (Romans 12:2)
- Peace (Philippians 4:6-7)



*what nourishes*

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## WHAT DOES NOT NOURISH



- Unnecessary weight and sin (Hebrews 12:1)
- Friends who don't speak what is right about God (Job 42:7)
- Being out of step with the Spirit (Galatians 5:25)
- Following human nature and ways of life that do not renew my thoughts and attitudes (Ephesians 4:22-23; Philippians 4:6-7)
- Copying the ways of the world (Romans 12:2)
- Worrying about life, instead of trusting God (Matthew 6:25-34)
- Speaking negativity, criticism, complaint, and anything else that isn't good, helpful, and encouraging (Ephesians 4:29)
- Thinking and living as though someone other than God is in control (1 Peter 2:13-14; Proverbs 21:1; Acts 17:26; Luke 12:7; Matthew 10:29-31)



*what does not nourish*