

# Spiritual Food

by John Follette

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*Trusting God to provide what is convenient for us is key to spiritual growth and sustenance.*

**Scripture:** Exodus 16:18

**Topics:** "Trusting God", "Spiritual Growth"

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## Description

John Follette emphasizes the importance of trusting God to provide us with what is truly beneficial for us, even if it may not be what we desire. He encourages surrendering our preferences and allowing God to determine our portion in life, acknowledging that He knows best. Just like the children of Israel gathered Manna in the wilderness according to their capacity, we are reminded to seek what God has provided for us each day to satisfy our needs, no matter how big or small. It is crucial to cultivate an appetite for God's provision and trust that He will always give us what is best for us, even if it may not be what we expect.

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## Transcript

"... Lord, feed me with food convenient for me." (Prov: 30:8b) People are choicy, they want the things they want. They may not need a thrill; they may need a pill! A child can't diagnose his need; the wise parent has to feed him. "... Lord feed me with food convenient, (or even better) food which is my allotment, or my portion." When we pray that, we take our hands off the table, and put them under it! (I am very polite; my hands are under the table!) Sometimes He gives us a portion we don't like, but it will do us good. Cultivate your appetite.

The children of Israel, in the wilderness, "gathered Manna, every man according to his eating" -- his capacity. (Ex. 16:18) How much have you gathered this day; enough to slake your hunger? There is enough for the thimble capacity, and the dishpan capacity. It is readily available; close at hand; at your tent door. Some of you are looking for Manna without a night.

It comes to my "dust" (my humanity).

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Source: <https://sermonindex.net/speakers/john-follette/spiritual-food/>

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