

The Lord My Food

by Octavius Winslow

The believer's true food is Christ's flesh, which is the source of all spiritual nourishment and growth.

Topics: "Spiritual Nourishment", "Faith in Christ"

Description

Octavius Winslow emphasizes that Jesus is the true sustenance for believers, highlighting that our spiritual nourishment comes solely from Him. He contrasts the divine food provided by Christ with earthly sustenance, asserting that only through faith in Jesus can we experience true spiritual vitality. Winslow invites believers to partake in this heavenly banquet, reminding them that their spiritual life must be sustained by Christ alone, rather than their own efforts or spiritual exercises. He encourages a daily reliance on Jesus for grace, wisdom, and comfort, asserting that true fulfillment comes from living in communion with Him. Ultimately, Winslow calls for a life of faith that draws strength and nourishment from the Bread of Life.

Transcript

"The Lord is my portion, says my soul."

"For my flesh is the true food, and my blood is the true drink." John 6:55

The believer in Jesus is divinely and richly fed. He lives on more than angels' bread. We know but little what that food is, but this we do know-

"Never did angels taste above

Redeeming grace and dying love."

This wondrous feast was reserved for man--fallen, sinful man, doomed to die. Draw near in faith, O my soul, and sit down afresh at this heavenly banquet provided for you by electing love and sovereign grace. Listen to the description of the Feast as given by Him who is both its Founder and Substance, "For my flesh is the true food, and my blood is the true drink. All who eat my flesh and drink my blood remain in me, and I in them."

Listen again, and to the same gracious voice inviting you to the meal, "Eat, O friends, drink, yes, drink abundantly, O beloved." Was there ever such a provider, ever such a provision, ever such guests? Let us consider in a few words the two elements of which this Royal Banquet is composed. The present

meditation will include the first.

"For my flesh is the true food." The language is obviously figurative, and is to be interpreted as His words on another occasion are, "I am the door," and as those employed by the evangelical prophet, "All flesh is grass." This, the only rational and correct theological interpretation the words of our Lord will admit, at once explodes the notion of a corporeal, or, real presence of Christ in the elements of the Lord's Supper--a notion religiously held by the genuine Romanist, and surreptitiously adopted by the semi-Romanist--while yet claiming the profession and dignity of a Christian and a Protestant!

Such is the divine bread, the true nutriment of the renewed soul. The Lord never intended that His people should live on anything below Himself. The life within us is divine, and its nourishment must be divine. It is from heaven, and its nourishment must be heavenly; it is supernatural, and its food must be spiritual. If we attempt to live upon anything but Christ, we shall soon exclaim with bitterness of soul, "My leanness! my leanness!" As our natural life can only be sustained by food suited to its nature and maturity--milk for babes and strong meat for those who are of full age--so our spiritual life can only be kept healthy and vigorous by living upon food adapted to its requirements--which is Christ the Bread of life--His flesh is the true food. "The one who feeds on me will live because of me."

Such is the daily life of faith we are to live, and living such only, can we grow in grace and in a knowledge of our Lord Jesus Christ. The fruits of the Spirit within us are kept vigorous, healthful, and abounding by the life, the nourishment they daily derive from Christ. Nothing else is true spiritual food. The word, the ministry, the ordinances are all divinely appointed and exceedingly needful and precious means, but they are not Christ, and only help as they lead us to Christ. Oh, live daily and simply upon Christ, and your soul shall be fat and flourishing. Live upon Him for everything--for the grace that subdues the power of sin, and for the blood that cleanses the guilt of sin. Live upon Him for the wisdom that counsels, and for the sympathy that supports you. Live upon Him for the evidences of your union with Him, and for the union itself. Look not within for holiness and comfort, but look only to Jesus. Seek not your fruitfulness from yourself, but from Christ. "From me is your fruit found." Your true, your only food is the flesh of Christ, eaten in simple faith--that is, a full, a loving, a gracious, an ever-present Savior, standing at your right hand prepared to respond to your every cry, and to supply your every need, and to soothe your every sorrow.

Again I repeat, attempt to live upon your spiritual exercises, upon your faith, or love, or joy, or peace, or fruitfulness, and your soul will starve; but, live a life of daily, hourly faith on Christ, and your soul shall be "filled with the fruits of righteousness, which are by Jesus Christ unto the glory and praise of God."

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