

## **“Milk Does A Body Good”**

### **REVIEW**

Peter wrote to a group of displaced Christians suffering persecution and trials in a broken ungodly environment. He wrote to provide the necessary spiritual insight for...

### **Living well in a broken ungodly world.**

How should we NOW live since becoming members of God’s incredible family?

I. Realize your new heritage as specially chosen children of God 1:3-12  
He encouraged them to bless God for the blessing of being born into God’s family.

II. Live Your heritage as specially chosen children of God 1:13-5:11

A. Live holy as Your heavenly father is holy 1:13-21

B. Love fervently as Christ loved us. 1:22-25

*Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart, since you have been born again, not of perishable seed but of imperishable, through the living and abiding word of God; for “All flesh is like grass and all its glory like the flower of grass. The grass withers, and the flower falls, but the word of the Lord remains forever.” And this word is the good news that was preached to you. 1 Peter 1:22-25*

1. What? Fervently Love one another from a pure heart

2. How?

a. Having Purified your souls by obedience to the Word of God

b. Having been born again through the Word of God

C. Long intensely to grow by the word of God. 2:1-3

*So put away all malice and all deceit and hypocrisy and envy and all slander. Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation— if indeed you have tasted that the Lord is good. 1 Peter 2:1-3*

I know that this passage instructs us to long for the word but the ultimate longing is to grow spiritually. The expectation after a birth is growth. We wish our children would stay babies longer but the reality is by the teen years we wish they would grow up and move out on their own. A baby that fails to grow is a tragedy.

We want them to grow in every aspect of their life. The expectation for the Christian is growth. Too often Christians fail to thrive. They stop growing.

Peter identified the agent of growth for the Christian; the word of God. Not only does new birth by the word of God but so does continued growth. In order to survive in a broken ungodly world system we must grow. Just as a baby cannot survive in a hostile environment alone until they grow up, we cannot survive without growing and maturing. Just as there are necessary growth properties in a mother's milk, the word of God has certain properties necessary for the facilitation of growth in the Christian. Peter instructed the readers to desperately long for the word for the purpose of spiritual growth.

### 1. Prepare for growth

Before we can cultivate a hunger for the word of God we must deal with the things that dull that hunger. Hunger is the natural function of a healthy body. A healthy new born is naturally hungry and skillfully communicates that hunger.

Peter begins the passage with a qualifying phrase.

*Having put away all malice and all deceit and hypocrisies and envy and all slander... 1 Peter 2:1*

These are things that interfere with the natural hunger of the born again Christian for the word of the Lord. Once the sickness is treated the hunger returns. There are some viruses lurking around in the flesh in need of attention. Peter names five. Notice they all have to do with relational issues. Notice we are to focus on COMPLETE eradication.

### **“putting away ALL”**

Peter used a point time action participle indicating decisive action. The term consist of the term “to put or lay” and the preposition “from”. You then have the idea of putting something away from you, cast off or lay aside. So the instruction is to decisively put away every scrap of these five viruses.

Other passages encourage a “putting off”

Check out Colossians 3:1-17

Check out the parallel passage Ephesians 4:17-5:21

### **“Malice”**

The idea of a nasty disposition that bears evil intent toward others. It is the opposite of excellence. It is a virus that morphs into other relationship killing viruses.

### **“Deceit”**

Deceit refers to bait that intends to allure someone for selfish purposes. We use words and actions to distract people from the hidden hook. We can also deceive ourselves. James says we are enticed by the leftover lust from our old self.

### **“Hypocrisy”**

We already were warned about hypocritical love. Peter actually uses a plural here to indicate any number of ways we try to be something we are not. Many have this nagging fear that if people really knew us they wouldn't like us. So we portray this acceptable image.

### **“Envies”**

This virus harbors resentful feelings of entitlement. “I deserve better...” Envy cannot be happy with the success of others. Envy not only wants what others have but resent the fact that they have it.

*A tranquil heart is life to the body, but envy is rottenness to the bones. Proverbs 14:30*

Even the disciples struggled with this issue early on. (Mark 10:41)

### **“Slander”**

The literal translation of this term is “bad speech”. What is in the system eventually must present itself. A cold virus eventually manifests outwardly. Slander is the outward manifestation of the other viruses of envy, malice, hypocrisy and deceit. This is not the only place such admonitions regarding our attitudes and words is addressed. Many Scriptures caution us about our words.

*Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, so that it will give grace to those who hear. Ephesians 4:29*

These viruses deaden our natural hunger for God's word. James uses another analogy but communicates the same principle.

*Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God. Therefore having put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls. James 1:19-21*

Instead of eradicating the viruses that deaden hunger, James instructed them to eradicate the weed that choke out the seed of the word which is able to grow our souls. Since God change our core, we should change our clothes.

These are not compatible with our new nature; be done with them.

## 2. Participate in growth

Having encouraged the eradication of hunger deadening viruses, Peter calls on his readers to actively long for the sincere (un-deceitful) divine reasonings.

*Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation— 1 Peter 2:2*

Peter illustrated the level of hunger by comparison with a newborn baby's hunger. It is a baby's passion to eat. He is consumed with that next feeding time. It doesn't matter if it is three in the morning and mom is tired. Nothing else matters but milk.

Peter used a term indicating an intense desire, a yearning. Paul talked about "intensely yearning" for our heavenly body. The Holy Spirit "greatly desires" communion with our spirit. Paul "intensely longed" to see those he had led to the Lord. The literal translation here is something like "unadulterated milk of divine reasoning" or "unadulterated mental milk". "The milk of which (Peter) speaks is that which nourishes the reason or mind, and not the body" (Plumptre). "It is milk for the saint's intelligence ... food to our spiritual understanding" (W. Kelly).

Jesus confronted Satan's attempt to focus on the fleshly over the spiritual.

*But Jesus answered, "It is written, "‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’" Matthew 4:4*

This is the un-deceitful word. Peter used the same word as above with a negative. There is no attempt to trap or deceive in God's word. It is pure unadulterated truth. In order to long for something we need to deal with the things that destroy

our appetite and fully understand the need. Many are not convinced of the need to interact with the Scriptures. Statistics clearly show the tendency to ignore Bible interaction.

*A survey showed the Bible is still firmly rooted in American soil: 88 percent of respondents said they own a Bible, 80 percent think the Bible is sacred, 61 percent wish they read the Bible more, and the average household has 4.4 Bibles.*

*Almost a third of respondents said moral decline was a result of people not reading the Bible.*

*If they do read it, the majority (57 percent) only read their Bibles four times a year or less. Only 26 percent of Americans said they read their Bible on a regular basis (four or more times a week).*

I am not sure of what Peter actually means by the milk. Paul, as well as the writer of Hebrews, mentions both the milk and meat of the word. My guess however is that the milk has to do with what Peter had just talked about in chapter one. Milk has to do with our adoption or birth into God's family and the subsequent blessing associated with that birth. It has to do with understanding what God does at the core of our being. It has to do with our supernatural transformation. It has to do with our identification with Christ. It has to do with our reconciliation with God and invitation to enter the community of the Trinity; FOREVER!

The writer of Hebrews called the milk "the basic principles of the oracles of God." *About this we have much to say, and it is hard to explain, since you have become dull of hearing. For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid food, for everyone who lives on milk is unskilled in the word of righteousness, since he is a child. But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil. Heb 5:11-14*

The implication here is that EVERYONE should be growing and even teaching what they have learned to others. The reality is that it is possible to slide backwards and become "dull of hearing." The other implication is that milk produces greater sensitivity and prepares one for the meatier message of righteous living. Trying to encourage righteous living without a firm foundation of who we are in Christ is not optimal. Growth comes through PRACTICING the truth.

Hebrews 6 is all about going on to maturity.

*Therefore let us leave the elementary doctrine of Christ and go on to maturity, not laying again a foundation of repentance from dead works and of faith toward God, and of instruction about washings, the laying on of hands, the resurrection of the dead, and eternal judgment. Hebrews 6:1-2*

*But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing. James 1:22-25*

The milk of the word is the foundation for greater growth regarding living.

Paul refereed to the milk of the word as a means to bring the Corinthians back to basics. Their need to go back to the basis manifested by broken relationships.

*But I, brothers, could not address you as spiritual people, but as people of the flesh, as infants in Christ. I fed you with milk, not solid food, for you were not ready for it. And even now you are not yet ready, for you are still of the flesh. For while there is jealousy and strife among you, are you not of the flesh and behaving only in a human way? For when one says, "I follow Paul," and another, "I follow Apollos," are you not being merely human? 1 Corinthians 3:1-4*

Until you realize what God did in the core of your being, you will continue to act like how you used to act.

Peter said stop being conformed to the old ways but like the one who called you is holy be holy yourselves in all your behavior. Only when we realize that in Christ we are different, will we want to live different. The power of the milk of the word is to bring about growth. That growth has to do with a continual experience with the goodness of God. If you have truly had an encounter with God's goodness, you will grow.

*if indeed you have tasted that the Lord is good. 1 Peter 2:3*

**This is a quote from the Psalms**

*Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him! Psalm 34:8*

Peter refers to Jesus quoting the Psalm that refers to Yahweh.  
What does that say about Peter's understanding of Christ's deity?

Peter will write more about growth in the next section. This longing really goes beyond interacting with the Bible. This longing is for growing experience with the kindness or goodness of the Lord. The bottom line is that if you don't eat, you don't grow. If you don't eat, you get cranky. It is for sure that without continual interaction with the word you will become dull of hearing, you will be unable to discern between what is right and what is displeasing to God, you will continually engage in relational squabbles and strife.

John identified three other stages of spiritual growth.

*I am writing to you, little children, because your sins have been forgiven you for His name's sake. I am writing to you, fathers, because you know Him who has been from the beginning. I am writing to you, young men, because you have overcome the evil one. I have written to you, children, because you know the Father. I have written to you, fathers, because you know Him who has been from the beginning. I have written to you, young men, because you are strong, and the word of God abides in you, and you have overcome the evil one 1 John 2:12-14*

List the characteristics for each growth level.

What do each know?

### **Psalm 119 Benefits**

Blesses, Stabilizes, Purifies, Counsels, Delights, Strengthens, Encourages  
Reverence, Saves, Revives, Comforts, Preserves, Illumines, Sustains, Makes wise,  
Delivers, Establishes, Enlightens.

These are just a few of the things listed in Psalm 119.

The whole Psalm is about the wonder of the Word of God.

There is something about the Word in every two verse grouping.

Make a two column list of what the word does, how we are to respond to the word.

The Bible testifies over and over again concerning the value and benefit of God's word, the word of Christ.

### **1. It is the source of faith**

*So faith comes from hearing, and hearing by the word of Christ. **Romans 10:17***

### **2. It is the source of life**

*But He answered and said, "It is written, 'Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.'" **Matthew 4:4***

*"It is the Spirit who gives life; the flesh profits nothing; the words that I have spoken to you are spirit and are life. **John 6:63***

*Simon Peter answered Him, "Lord, to whom shall we go? You have words of eternal life. **John 6:68***

*but these have been written that you may believe that Jesus is the Christ, the Son of God; and that believing you may have life in His name. **John 20:31***

### **3. It is the source of new birth**

*for you have been born again not of seed which is perishable but imperishable, that is, through the living and abiding word of God. **1 Peter 1:23***

*In the exercise of His will He brought us forth by the word of truth, so that we might be, as it were, the first fruits among His creatures. **James 1:18***

### **4. It is the source of spiritual growth**

*Therefore, putting aside all malice and all guile and hypocrisy and envy and all slander, like newborn babes, long for the pure milk of the word, **that by it you may grow** in respect to salvation, **1 Peter 2:1-2***

*So then, those who had received his word were baptized; and there were added that day about three thousand souls. And they were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. **Acts 2:41-42***

*All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; that the man of God may be adequate, equipped for every good work. **2 Tim. 3:16-17***

### **5. It is the source of blessing.**

*How blessed is the man who does not walk in the counsel of the wicked,*

*Nor stand in the path of sinners, Nor sit in the seat of scoffers!  
But his delight is in the law of the LORD, And in His law he meditates day and  
night.  
And he will be like a tree firmly planted by streams of water, Which yields its fruit  
in its season,  
And its leaf does not wither; And in whatever he does, he prospers. **Psalm 1:1-3***

*But one who looks intently at the perfect law, the law of liberty, and abides by it,  
not having become a forgetful hearer but an effectual doer, this man shall be  
blessed in what he does. **James 1:25***

**6. It is the source of hope.**

*because of the hope laid up for you in heaven, of which you previously heard in the  
word of truth, the gospel, **Col. 1:5***

**7. It is the source of answered prayer. John 15:6**

*"If you abide in Me, and My words abide in you, ask whatever you wish, and it  
shall be done for you. **John 15:7***

**8. It purifies and sanctifies 1 Tim 2:15**

*For everything created by God is good, and nothing is to be rejected, if it is  
received with gratitude; for it is sanctified by means of the word of God and  
prayer. **1 Tim. 4:4-5***

*"Sanctify them in the truth; Thy word is truth. **John 17:17***

*that He might sanctify her, having cleansed her by the washing of water with the  
word, **Ephes. 5:26***

**9. It transforms and revives the soul.**

*My soul cleaves to the dust; Revive me according to Thy word. **Psalm 119:25***

*Therefore putting aside all filthiness and all that remains of wickedness, in  
humility receive the word implanted, which is able to save your souls. **James 1:21***

**10. It continually nourishes the soul.**

*In pointing out these things to the brethren, you will be a good servant of Christ  
Jesus, constantly nourished on the words of the faith and of the sound doctrine  
which you have been following. **1 Tim. 4:6***

### **11.It works.**

*And for this reason we also constantly thank God that when you received from us the word of God's message, you accepted it not as the word of men, but for what it really is, the word of God, which also performs its work in you who believe. 1*

***Thes. 2:13***

*"For as the rain and the snow come down from heaven,  
And do not return there without watering the earth, And making it bear and  
sprout,  
And furnishing seed to the sower and bread to the eater;  
So shall My word be which goes forth from My mouth;  
It shall not return to Me empty, Without accomplishing what I desire,  
And without succeeding in the matter for which I sent it. **Isaiah 55:10-11***

### **12.It brings stability in the storms of life (wise man's house on the rock)**

*"Therefore everyone who hears these words of Mine, and acts upon them, may be compared to a wise man, who built his house upon the rock. **Matthew 7:24***

### **13.It defends against the lies of the enemy.**

*Stand firm therefore, having girded your loins with truth **Ephes. 6:14***

### **14.It defeats the enemy as a sword.**

*And take **THE HELMET OF SALVATION**, and the sword of the Spirit, which is the word of God. **Ephes. 6:17***

*I have written to you, fathers, because you know Him who has been from the beginning. I have written to you, young men, because you are strong, and the word of God abides in you, and you have overcome the evil one. **1 John 2:14***

*For the report of your obedience has reached to all; therefore I am rejoicing over you, but I want you to be wise in what is good, and innocent in what is evil. And the God of peace will soon crush Satan under your feet. The grace of our Lord Jesus be with you. **Romans 16:19-20***

### **15.It keeps from sin.**

*Moreover, by them Your servant is warned; In keeping them there is great reward. **Psalms 19:11***

*The law of his God is in his heart; His steps do not slip. **Psalms 37:31***

*How can a young man keep his way pure? By keeping it according to Thy word.*

**Psalm 119:9**

*Thy word is a lamp to my feet, and a light to my path. Psalm 119:105*

This book will keep you from sin or sin will keep you from this book.

**16.It exposes sin.**

*All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; that the man of God may be adequate, equipped for every good work. 2 Tim. 3:16-17*

*For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do. Hebrews 4:12-13*

**17.It brings freedom from sin.**

*Jesus therefore was saying to those Jews who had believed Him, "If you abide in My word, then you are truly disciples of Mine; and you shall know the truth, and the truth shall make you free." John 8:31-32*

**18.Psalm 19**

- **It makes wise the simple**
- **It rejoice the heart**
- **It enlightens the eyes.**
- **It endures forever.**

Is it any wonder that the enemy wants to keep us from the word. Do you want to experience the things mentioned above? These are the result of the ministry of God's word in our life.

Psalm 119 reveals some attitudes and actions of a heart after God's word.

Walk in it. Observe it. Keep it diligently. Treasure it. Rejoice in it. Meditate on it. Regard it. Don't forget it. Long for it. Incline your heart to it. Trust in it. Wait for it. Keep it continually. Seek it. Do not turn aside from it. Hasten to obey it. Give thanks for it. Never forget it. Love it. Incline your heart to perform it. Fear it. Love it more than gold. Esteem it right. Pant for it. Anticipate it. Stand in awe of it. Sing of it. Love it exceedingly.

## Responses to the Word

1. **The early leaders devoted themselves to the Word of God and prayer.**
2. **Let it richly dwell or abide in us and us in it.**

*Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God. Col. 3:16*

3. **Long for the pure milk of the word.**

*Therefore, putting aside all malice and all guile and hypocrisy and envy and all slander, like newborn babes, long for the pure milk of the word, that by it you may grow in respect to salvation, if you have tasted the kindness of the Lord. 1 Peter 2:1-3*

4. **The newly formed church devoted themselves to the apostles teaching**

5. **Both hear and do the Word**

*"Therefore everyone who hears these words of Mine, and acts upon them, may be compared to a wise man, who built his house upon the rock. Matthew 7:24*

*Therefore putting aside all filthiness and all that remains of wickedness, in humility receive the word implanted, which is able to save your souls. But prove yourselves doers of the word, and not merely hearers who delude themselves.*

*James 1:21-22*

6. **Handle accurately the word of truth.**

*Be diligent to present yourself approved to God as a workman who does not need to be ashamed, handling accurately the word of truth. 2 Tim. 2:15*

7. **We are instructed to live by the word, abide in it, receive it.**

*But He answered and said, "It is written, 'Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.'" Matthew 4:4*

8. **Speak the word with boldness**

9. **Preach & teach the word**

10. **Tremble at His word.**

*Thus says the LORD: "Heaven is my throne, and the earth is my footstool; what is the house that you would build for me, and what is the place of my rest? All these things my hand has made, and so all these things came to be, declares the LORD.*

*But this is the one to whom I will look: he who is humble and contrite in spirit and trembles at my word. Isaiah 66:1-2*