

Portion Control 5/15/16

Be Satisfied Part 1-Our daily bread

Needs until we die: food-water-shelter-clothing-safety-love-community-purpose

Phillipians 4:10-13 I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. Not that I am speaking of being in need, for **I have learned** in whatever situation I am **to be content**. I know how to be brought low, and I know how to abound. In any and every circumstance, **I have learned the secret** of facing plenty and hunger, abundance and need. I can do all things **through him who strengthens me**.

What is the secret? Learn contentment-rely on God

Spiritual progress in receiving our temporal portion;

a grateful heart-willing spirit-child like trust-sincere obedience

Be Satiated Part 2-The Bread of Life

No more needs: perfect food-water-shelter-clothing-safety-LOVE

The word satiated comes from the Latin *satiare*, meaning "fill, full, satisfy," which is precisely how a person who is satiated feels — full and satisfied from a good meal.

Psalm 34:8-9 Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him! Oh, **fear the Lord, you his saints, for those who fear him have no lack!**

Psalm 16:5-6,11 **The Lord is my chosen portion** and my cup; you hold my lot. The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance.

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Psalm 73:25-26 Whom have I in heaven but you? And there is **nothing on earth that I desire besides you**. My flesh and my heart may fail, but **God is** the strength of my heart and **my portion forever**.

Spiritual fulfillment in receiving our Eternal portion-Contentment Received

Ongoing Praise and Worship-Fullness of Joy-Communion and Pleasures Forever

John 6:35,53-58 Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. So Jesus said to them, "Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him.