

**Learning to Digest the Ministry Books  
with the Spirit and to Nourish the New One in a Living Way**

Scripture Reading: John 1:1; 6:63; Eph. 6:17-18; John 21:15-17; 2 Cor. 3:6

- I. In John 6 the Lord told the disciples, "It is the Spirit who gives life; the flesh profits nothing; the words which I have spoken to you are spirit and are life"—John 6:63:**
- A. The Bible is a detailed definition of Christ; our real experience of Him is as the Spirit.
  - B. We can see this principle throughout the two thousand years of church history; the Word and the Spirit must be considered as equally important, and they must complement one another; the right way is that the Word and the Spirit should be considered as equally important—1:1.
- II. I long that the saints in the Lord's recovery may be able to digest them more; if you try this for half a year, it will make a big difference in your Christian life—Jer. 15:16; cf. Ezek. 3:1-3:**
- A. I greatly enjoy going back over the Life-study messages, even though they were given by me; just as a housewife enjoys her own cooking, so I am refreshed and nourished when I read over the Life-study messages—Eph. 4:23; 1 Pet. 2:2.
  - B. Just keep praying daily, reading the Bible daily, and digesting a Life-study Message or one of our spiritual books; within a half year you will be steadfast; you will be rooted and grounded, and nothing will be able to shake you—Eph. 4:14.
  - C. Through the practice of PSRP, we digest and enter into these outlines; then we will be able to nourish others with the unsearchable riches of Christ in three stages of His full ministry—6:17-18.
- III. Whether we read a spiritual book, listen to a message, or come to contact the Word of God directly, we must learn to exercise our spirit to receive something healthy for our spirit—1 Tim. 4:8; Eph. 6:17-18:**
- A. Nothing is as important as our contact with the Lord in our spirit; even reading the Bible, though very important, is not as important as this; what we need is to be fed with the Lord as our living nourishment—1 Tim. 4:6:
    - 1. Every day we need to be nourished by the word as our healthy food and to exercise to "walk" spiritually—cf. Matt. 4:4.
    - 2. We need to take care of the inward parts of our being, pray, and receive the healthy, nourishing word of God; this is the right way to exercise our spirit—Eph. 6:17-18.
  - B. Sometimes we may pick up a spiritual book and read the entire book without stopping; however, after we finish, we may feel exhausted; this kind of reading does not nourish us; therefore, we must turn and pray, "O, Lord, I love You and praise You;" after doing this for fifteen minutes, we will feel refreshed, strengthened, and even enlightened.
- IV. We nourish others not only by speaking to them but also by propagating the ministry books—John 21:15-17.**
- A. The Lord is both the Son of Man and the Son of God; He came in His humanity to cherish man and in His divinity to nourish man.
  - B. We nourish others not only by speaking to them but also by propagating the ministry books; the rich content of the outlines from the ministry messages can be likened to ten meals with which we should nourish others.

1. None of our books are difficult to read or understand; hence, even a newly saved junior high student can read and understand them.
  2. Among us are a large number of spiritual publications, close to one thousand, on all kinds of topics; every message is appealing; we need to choose appropriate publications and carry two or three with us; we also need to prepare ourselves by finding a few suitable verses.
- V. We must not use methods to promote reading our publications; we must do a living work; the co-workers must enliven the young saints, not with methods but with the Spirit; only the Spirit can enliven the saints so that they become burning and burdened for other people—2 Cor. 3:6.**