

Pure Spiritual Milk
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Christ is Risen! He is Risen indeed, Alleluia!

"Like newborn infants, long for the pure spiritual milk [of the Word.]" 1 Peter 2:2a

This is the advice and instruction given by Peter. Consider how a newborn infant eats. It was probably our healthiest diet ever. No junk food, no Coca-cola. Pure milk. (Even if you are a formula kid - not junk food). Simple, straight forward, and what you need. All that you need.

Then, we get older. And we eat and long for things that... aren't as good. We discover them and start to crave them. I hadn't understood why my mom was so annoyed at my Grandpa when he gave me Captain Crunch for the first time - I know understand why mom had kept me from sugary cereals and junk food for so long. And even now I still want lots of things that aren't healthy for me.

In fact, that ends up being a wonderful way of describing what sin is - a constant longing for things that are not good for you, things that you know are bad but you'll find a reason to use and consume. And we can forget, we can get so caught up in our desires and wants and our "needs," that we lose our way and get lost.

Peter calls us back to the basics. Get back in the Word, in the pure spiritual milk. Get back in Word, so that you grow in wisdom and the knowledge of the forgiveness of your sins. The Word of God arms you against temptation, it brings you to repentance, and it gives you Christ Jesus and His forgiveness. And it's something we Christians never outgrow. Avoid junk food - and by that I mean spiritual, social, moral junk food - and be in Christ Jesus and His Word. That's where life is, everlasting life, for Christ is Risen. He is Risen indeed, alleluia.