

## 1 Peter – You Are What You Eat

---

### 1 Peter 2:1-10

*The foods that we eat are the building blocks of our bodies*

What do you \_\_\_\_\_ to \_\_\_\_\_ ?

*The focus is the desire for every spiritual precept in God's Word*

What does a Jesus follower do with sin? \_\_\_\_\_ it to \_\_\_\_\_

Desire \_\_\_\_\_ -- Desire \_\_\_\_\_

*What you desire is a reflection of who you desire*

Do you believe that God is that \_\_\_\_\_ that you would intensely  
\_\_\_\_\_ Him?

---

KNEES AND FEET (Prayer and Action): Ask the Holy Spirit to guide you to a change of mind and action.

Prayerfully examine the desires of your heart. Would you describe your desire for God and His Way with an image of a hungry infant?

Talk to God about your desires. Ask Him to reveal anything that comes between you and Him. Confess and repent and renew your intense desire for Him.