

In the food pyramid, one should get more servings of the items at the bottom, but in this pyramid, that wouldn't necessarily be true. For example, we wouldn't want more doctrine than encounters with God.

In this pyramid, the items at the bottom would tend to be more foundational and items at the top would tend to be more the point of it all. However, this is more like a parable than an analogy; you can't make it "stand on all fours."

## A Spiritual Food Pyramid

This diagram is for the purpose of illustrating the elements of a balanced spiritual diet from the Word of God

*Is my congregation receiving a balanced diet?*



1. Doctrines for Believing: II Timothy 3:16; Romans 12:2
2. Principles for Living: Deuteronomy 30:16; Psalm 119:99; Isaiah 42:24
3. Stories for Illustrating (that is, Scripture's stories illustrating biblical principles, not merely sermon illustrations): The biblical word for this is *testimonies*. I Kings 2:3; Jeremiah 44:23
4. Seed for Regenerating: James 1:21; I Corinthians 3:6-7; Mark 4:14
5. Mirror for Revealing: James 1:22-24
6. Sword for Penetrating: Hebrews 4:12
7. Lamp for Guiding: Psalm 119:105, 130
8. Food for the Soul: Deuteronomy 8:3
9. Milk for Babies: I Peter 2:2; I Corinthians 3:1-3; Hebrews 5:12-13
10. Honey for Delighting: Psalm 119:103, 174; Jeremiah 15:16 (babies & the mature can delight in the Word so it is placed between the two)
11. Meat for the Mature: Hebrews 5:13-14
12. Correcting and Restoring: II Timothy 3:16-17, 4:2; Psalm 119:67, 75
13. Training and Equipping: II Timothy 3:16-17
14. Encourage and Console: I Corinthians 14:3
15. Hope: The certain expectation and joyful anticipation of our heavenly future. Romans 15:4
16. Edify: Acts 20:32; I Corinthians 14:26
17. Worship: Encountering and Connecting with God: I Corinthians 14:24-25