



SOUL FOOD

Christ and his apostles often used food and water as metaphors for spiritual nourishment.

Blessed are those who hunger and thirst for righteousness, for they will be filled. —Matthew 5:6

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We tailor our books for people at different stages of spiritual growth, remembering the Scripture: *I fed you with milk, not solid food, for you were not ready for solid food.* —1 Corinthians 3:2

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