
The Needs Plan (Feed Me Till I Want No More)

The Physical Connection

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Sermon: The Physical Connection: The Needs Plan (Feed Me Till I Want No More)

Lesson Text

Luke 11:1–4 (KJV)¹ And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples. ² And he said unto them, When ye pray, say, **Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth.** ³ **Give us day by day our daily bread.** ⁴ **And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.**

Introduction

The Physical Connection is about our Battle Plan for the Relationships God has assigned us to: Jeremiah 29:11 (BSB) For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, to give you a future and a hope.

So far we've looked at The Battle Plan, The Failure Plan, and the Victory Plan. Let's now move on to what I refer to as The Needs Plan or "Meal Plan"!

Have you ever seen a person that clearly needed to eat but wouldn't? They would say things like "I don't feel like eating" or "I don't have an appetite".

The Book "His Needs, Her Needs" by Willard F. Harley, discusses the importance of meeting each other's needs in a relationship, and the consequences that result when you don't!

In 1960 the divorce rate was about 10%; over the next 20 years, it grew to over 50%; and now in some communities, it is over 70%.

Why are marriages and relationships breaking up at such an alarming and unprecedented rate? What happened to our promises of "To Love and to Cherish," "For Better or For Worse," "In Sickness and in Health," "Till Death Do Us Part?"

The main problem I believe is we focus on what's broken and try to treat the symptoms instead of figuring out the cause and curing the disease.

But we need to have a paradigm shift in our thinking; change our approach.

"Knowing The What" doesn't fix the problem; we need to "Know The Why" to cure it.

The paradigm shift must be to stop focusing on failure and start focusing on success.

We must stop going through life treating symptoms, but learn how to maintain a healthy lifestyle.

What makes an automobile last beyond its car payments? What makes a physical body fit and healthy well into the 70's? And what makes marriages and relationships last well into the summer seasons of their existence?

Luke 11: ³ **Give us day by day our daily bread.**

Jesus taught the disciples to pray to God every day to meet their needs. The daily bread is about a plan that meets our needs before we need them, fixes our needs before we break them, feeling our needs before we paralyze them, and fighting for our needs before we destroy them.

Instead of looking for the next medicine to treat our problems, prepare the right meal to keep us healthy before the problems show up.

We got a Battle Plan, a Failure Plan, and a Victory Plan, but must be a Meal Plan to meet our Needs!

You just “HANGRY”, go get something to eat!

Series and Sermon: The Physical Connection: The Needs Plan (Feed Me Till I Want No More)

“The Meal Plan: Store It, Fix It, Feel It, and Fight For It”

I. Store It Before You Need it (Future Meals)

Luke 11: ² And he said unto them, When ye pray, say, **Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth.**

The key to a good meal plan starts with “Packing a Lunch;” store your meal before you need it!

You knew it would be a long trip, you didn’t pack a lunch, and now the “baby” is screaming.

Proverbs 6: ⁶ Go to the ant, thou sluggard; consider her ways, and be wise: ⁷ Which having no guide, overseer, or ruler, ⁸ Provideth her meat in the summer, *and* gathereth her food in the harvest.

Willard F. Harley speaks to something in his book called the Relationship Bank. It works like a checking account at a regular bank. You write a check/debit card; it is then presented to your bank, and the bank exchanges that check/debit for cash, which draws down your balance.

But this process only works if you have made a deposit of cash ahead of time. Otherwise not only will the check be denied, but the bank will also charge you a fee for not having the funds.

The relationship bank works the same way. You are going to write checks or use your relationship debit card. And either that transaction will clear, or it will bounce and cost you.

Luke 17: ¹Then said he unto the disciples, **It is impossible but that offences will come: but woe unto him, through whom they come!**

We create/produce negative transactions with our relationships everyday

But it’s not a problem if you’ve made enough deposits to cover it

However, if there’s not enough to cover it, we get “NSF Charges,” “Overdraft Charges,” “Do Not Honor,” and ultimately “Account Closed.”

There’s a slang that says, “Don’t write a check with your mouth that your behind can’t cash”.

You're going to need to write a check in the future, so make sure you make a deposit today.

II. Fix It Before You Break it (Physical Meals)

Luke 11: ³ **Give us day by day our daily bread.**

The second key to a good meal plan is taking care of it before it breaks down.

“Fixing it before you Break it” is about taking care, getting maintenance, and exercising before it breaks or breaks down! It's about meeting one's physical needs.

Ephesians 5: ²⁸ So ought men to love their wives as their own bodies. He that loveth his wife loveth himself. ²⁹ For no man ever yet hated his own flesh; but nourisheth (Feeds) and cherisheth it, even as the Lord the church:

Harley's book talks about Financial Support, Attractiveness, Recreation, Family Commitment.

Relationships don't feel that good when hungry, cold, and homeless. It's difficult to keep your desires when your “figure 8” has turned into a “figure O.” It's hard to be intimate when you have no help with these 5 kids.

2 Thessalonians 3: ¹⁰ For even when we were with you, this we commanded you, that if any would not work, neither should he eat.

Relationships in our jobs, families, friends, and even ministries need financial investment!

We (especially men), are visual creatures. You can talk about what's in the heart all you want, but we look at what's on the outside before we ever see the heart!

1 Samuel 16: ⁷ But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for *the LORD seeth* not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart.

Our effectiveness many times can be dictated by our appearances.

“Look Like what you want to Be Like!”

Colossians 3: ²¹ Fathers, provoke not your children *to anger*, lest they be discouraged.

We all must commit to each other and do our part.

Ephesians 5: ²¹ Submitting yourselves one to another in the fear of God.

Colossians 3: ¹⁸ Wives, submit yourselves unto your own husbands, as it is fit in the Lord. ¹⁹ Husbands, love *your* wives, and be not bitter against them. ²⁰ Children, obey *your* parents in all things: for this is well pleasing unto the Lord.

III. Feel It Before Your Paralyze It (Emotional Meals)

Luke 11: ⁴ **And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.**

The next key to our meal plan is meeting one's emotional needs.

“Feeling It Before You Paralyze It” is recognizing the fact that just like physical needs; we must equally address our emotional needs.

This is about Affection, Intimacy, Conversation, Honesty, Openness, and Admiration.

The key to meeting someone else's needs is to first make sure you've taken care of yours.

This is about the instructions we get on an airplane before takeoff. “In the event of an emergency and the oxygen masks come down; if you have a dependent with you, take care of your mask first, then put theirs on.”

Why? Because if in the attempt to take care of them first, you faint, both of you may die.

How do we take care of our emotional needs first? Stop looking at them, and look to God.

Philippians 4: ¹⁹ But my God shall supply all your need according to his riches in glory by Christ Jesus.

Galatians 5: ²² But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, ²³ Meekness, temperance: against such there is no law.

When I'm hated, God supplies Love. When I'm depressed, God supplies Joy. Troubled, Peace; Weary, Longsuffering; Cruelty, Gentleness; Evil, Goodness; Betrayal, Faithfulness; Arrogance, Meekness; Stress, Temperance or a Sound Mind!

2 Timothy 1: ⁷ For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Philippians 4: ¹³ I can do all things through Christ which strengtheneth me.

IV. Fight For It Before You Destroy It (Spiritual Meals)

Luke 11: ⁴ ***And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil.***

The final key to God's Meal Plan is meeting our Spiritual Needs.

“Fighting For It Before the Devil Destroys It” is a recognition we are in a Spiritual Battle!

John 10:10 (KJV)¹⁰ ***The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have *it* more abundantly.***

1 Peter 5:8 (KJV)⁸ Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

2 Corinthians 2: ¹¹ Lest Satan should get an advantage of us: for we are not ignorant of his devices.

Walter Hawkins once sang a song that was titled “There's A War Going On”.

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- There's a war going on, and if you're gonna win, you better make sure that you have Jesus deep down within.
- This battle cannot be won with bullets and guns, for the enemy you cannot see with human faculties.
- It's a fact that Satan's on your track. And suddenly, without any warning, he'll launch his attack
- So, you better make sure that you know, that wherever you may go. That you have the sword, which is the word of God, deep down in your soul.
- We need the armor, we need the armor of the Lord. So, we can walk right, talk right, live right, and pray right.

James 5: ¹⁶Confess *your* faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

2 Corinthians 10: ⁴(For the weapons of our warfare *are* not carnal, but mighty through God to the pulling down of strong holds;)

Weapons of Prayer, Truth, Gospel, Faith, and the Word

Proverbs 18: ²¹Death and life *are* in the power of the tongue: and they that love it shall eat the fruit thereof.

Job 22: ²⁸Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.

Isaiah 55: ¹¹So shall my word be that goeth forth out of my mouth: it shall not return unto me void but it shall accomplish that which I please and it shall prosper *in the thing* whereto I sent it.

Romans 4: ¹⁷(As it is written, I have made thee a father of many nations,) before him whom he believed, *even* God, who quickeneth the dead, and calleth those things which be not as though they were.

1 Corinthians 2: ⁹But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

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Midweek Study Lesson Plan (Sermon: The Needs Plan (Feed Me Till I Want No More))

Lesson Text

- Luke 11:1–4

Sermon Outline (Notes)

- I. *Store It Before You Need it (Future Meals)*
- II. *Fix It Before You Break it (Physical Meals)*
- III. *Feel It Before Your Paralyze It (Emotional Meals)*
- IV. *Fight For It Before You Destroy It (Spiritual Meals)*

Questions (What was your main takeaway from Sunday's Sermon?)

I. Getting to Know "Me"

1. What are your plans for the Thanksgiving season?
2. Who was your favorite teacher? Why?

II. Into the Bible

1. The Lord's Prayer is also found in Matthew 6:9-13. Are there any differences between the two prayers, if so, what are they?
2. Ephesians 4:32 is a reference scripture for Luke 11:4. Read Ephesians 4:30-32. How does unforgiveness in relationships grieve the Holy Spirit? How does Ephesians 4:32 say we ought to forgive?

III. Life Application

1. Select one relationship you have and describe the investment you are making into it so that you have something to withdraw against.
2. What advice would you give to help someone take steps to maintain a good relationship?