

Message Four  
**Experiencing the Divine Dispensing of the Divine Trinity  
by Breathing the Spirit, Drinking the Water of Life,  
and Eating the Bread of God**

TW Hymns: 255, 509

Scripture Reading: John 20:22; 6:33, 57; 1 Cor. 10:3-4; Rev. 2:7, 17; 3:20

- John 20:22 And when He had said this, He breathed into them and said to them, Receive the Holy Spirit.  
John 6:33 For the bread of God is He who comes down out of heaven and gives life to the world.  
John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.  
1 Cor 10:3 And all ate the same spiritual food,  
1 Cor 10:4 And all drank the same spiritual drink; for they drank of a spiritual rock which followed them, and the rock was Christ.  
Rev 2:7 He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, to him I will give to eat of the tree of life, which is in the Paradise of God.  
Rev 2:17 He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, to him I will give of the hidden manna, and to him I will give a white stone, and upon the stone a new name written, which no one knows except he who receives it.  
Rev 3:20 Behold, I stand at the door and knock; if anyone hears My voice and opens the door, then I will come in to him and dine with him and he with Me.

**I. The consummated Spirit was breathed as the holy breath into the disciples by the Son in resurrection—John 20:22:**

- John 20:22 And when He had said this, He breathed into them and said to them, Receive the Holy Spirit.  
A. The Gospel of John reveals that Christ became flesh to be the Lamb of God and that in resurrection He became the life-giving Spirit; thus, in His resurrection He breathed Himself as the consummated Spirit into the disciples—1:29; 20:22:

John 1:29 The next day he saw Jesus coming to him and said, Behold, the Lamb of God, who takes away the sin of the world!

John 20:22 And when He had said this, He breathed into them and said to them, Receive the Holy Spirit.

1. The Holy Spirit in 20:22 is the Spirit expected in 7:39 and promised in 14:16-17, 26; 15:26; and 16:7-8, 13; this indicates that the Lord's breathing of the Holy Spirit into the disciples was the fulfillment of the promise of another Comforter.

John 20:22 And when He had said this, He breathed into them and said to them, Receive the Holy Spirit.

John 7:39 But this He said concerning the Spirit, whom those who believed into Him were about to receive; for the Spirit was not yet, because Jesus had not yet been glorified.

John 14:16 And I will ask the Father, and He will give you another Comforter, that He may be with you forever,

John 14:17 Even the Spirit of reality, whom the world cannot receive, because it does not behold Him or know Him; but you know Him, because He abides with you and shall be in you.

John 14:26 But the Comforter, the Holy Spirit, whom the Father will send in My name, He will teach you all things and remind you of all the things which I have said to you.

John 15:26 But when the Comforter comes, whom I will send to you from the Father, the Spirit of reality, who proceeds from the Father, He will testify concerning Me;

John 16:7 But I tell you the truth, It is expedient for you that I go away; for if I do not go away, the Comforter will not come to you; but if I go, I will send Him to you.

John 16:8 And when He comes, He will convict the world concerning sin and concerning righteousness and concerning judgment:

John 16:13 But when He, the Spirit of reality, comes, He will guide you into all the reality; for He will not speak from Himself, but what He hears He will speak; and He will declare to you the things that are coming.

2. It is as the Spirit that He was breathed into His disciples, that He can live in the disciples and they can live by Him and with Him, and that He can abide in them and they can abide in Him—20:22; 14:19-20; 15:4-5.
    - John 20:22 And when He had said this, He breathed into them and said to them, Receive the Holy Spirit.
    - John 14:19 Yet a little while and the world beholds Me no longer, but you behold Me; because I live, you also shall live.
    - John 14:20 In that day you will know that I am in My Father, and you in Me, and I in you.
    - John 15:4 Abide in Me and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, so neither can you unless you abide in Me.
    - John 15:5 I am the vine; you are the branches. He who abides in Me and I in him, he bears much fruit; for apart from Me you can do nothing.
  3. By breathing the Spirit into the disciples, the Lord Jesus imparted Himself into them as life and everything.
  4. The Holy Spirit in 20:22 is actually the resurrected Christ Himself, because this Spirit is His breath; therefore, the Spirit is the breath of the Son.
    - John 20:22 And when He had said this, He breathed into them and said to them, Receive the Holy Spirit.
- B. The Lord is the Spirit who gives life, and this Spirit is our breath—2 Cor. 3:6, 17; John 20:22:
- 2 Cor 3:6 Who has also made us sufficient as ministers of a new covenant, ministers not of the letter but of the Spirit; for the letter kills, but the Spirit gives life.
  - 2 Cor 3:17 And the Lord is the Spirit; and where the Spirit of the Lord is, there is freedom.
  - John 20:22 And when He had said this, He breathed into them and said to them, Receive the Holy Spirit.
1. The Word, who was God, became flesh to be the Lamb of God, and in resurrection He became the holy breath for us to breathe in—1:29; 20:22.
    - John 1:29 The next day he saw Jesus coming to him and said, Behold, the Lamb of God, who takes away the sin of the world!
    - John 20:22 And when He had said this, He breathed into them and said to them, Receive the Holy Spirit.
  2. Now we have Christ as the Word, the Lamb, the tree, and the breath: the Word is for expression, the Lamb is for redemption, the tree is for the impartation of life, and the breath is for our living—1:1, 29; 10:10b; 14:19; 15:1.
    - John 1:1 In the beginning was the Word, and the Word was with God, and the Word was God.
    - John 1:29 The next day he saw Jesus coming to him and said, Behold, the Lamb of God, who takes away the sin of the world!
    - John 10:10b ...I have come that they may have life and may have it abundantly.
    - John 14:19 Yet a little while and the world beholds Me no longer, but you behold Me; because I live, you also shall live.
    - John 15:1 I am the true vine, and My Father is the husbandman.
- C. The consummated Spirit as the breath is everything to us in living the Christian life; only the breath can be a Christian, and only the breath, the Spirit, can be an overcomer—Gal. 3:2-3, 14; Phil. 1:19; Rev. 2:7.
- Gal 3:2 This only I wish to learn from you, Did you receive the Spirit out of the works of law or out of the hearing of faith?
  - Gal 3:3 Are you so foolish? Having begun by the Spirit, are you now being perfected by the flesh?
  - Gal 3:14 In order that the blessing of Abraham might come to the Gentiles in Christ Jesus, that we might receive the promise of the Spirit through faith.
  - Phil 1:19 For I know that for me this will turn out to salvation through your petition and the bountiful supply of the Spirit of Jesus Christ,
  - Rev 2:7 He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, to him I will give to eat of the tree of life, which is in the Paradise of God.

**II. If we would experience the divine dispensing of the Divine Trinity, we all need to drink the same spiritual drink, Christ as the all-inclusive life-giving Spirit—1 Cor. 10:3-4:**

1 Cor 10:3 And all ate the same spiritual food,

1 Cor 10:4 And all drank the same spiritual drink; for they drank of a spiritual rock which followed them, and the rock was Christ.

A. The spiritual drink in 1 Corinthians 10:4 refers to the living water that flowed out of the cleft rock; this rock typifies the crucified and resurrected Christ, and this water typifies the Spirit as our all-inclusive drink—Exo. 17:6; John 7:37-39; 1 Cor. 12:13.

1 Cor 10:4 And all drank the same spiritual drink; for they drank of a spiritual rock which followed them, and the rock was Christ.

Exo 17:6 I will be standing before you there upon the rock in Horeb; and you shall strike the rock, and water will come out of it so that the people may drink. And Moses did so in the sight of the elders of Israel.

John 7:37 Now on the last day, the great day of the feast, Jesus stood and cried out, saying, If anyone thirsts, let him come to Me and drink.

John 7:38 He who believes into Me, as the Scripture said, out of his innermost being shall flow rivers of living water.

John 7:39 But this He said concerning the Spirit, whom those who believed into Him were about to receive; for the Spirit was not yet, because Jesus had not yet been glorified.

1 Cor 12:13 For also in one Spirit we were all baptized into one body, whether Jews or Greeks, whether slaves or free, and were all given to drink one Spirit.

B. The spiritual drink, the living water, is the water of life in resurrection; when we drink the water of life in resurrection, we become persons in resurrection and of resurrection—10:4; John 14:20; 2 Cor. 1:9.

1 Cor 10:4 And all drank the same spiritual drink; for they drank of a spiritual rock which followed them, and the rock was Christ.

John 14:20 In that day you will know that I am in My Father, and you in Me, and I in you.

2 Cor 1:9 Indeed we ourselves had the response of death in ourselves, that we should not base our confidence on ourselves but on God, who raises the dead;

C. By our drinking of Christ as the life-giving Spirit, God works Himself into us, for by drinking we take the Lord in, and He becomes one with us organically to be our life and constituent—1 Cor. 10:4; Col. 3:4, 10-11.

1 Cor 10:4 And all drank the same spiritual drink; for they drank of a spiritual rock which followed them, and the rock was Christ.

Col 3:4 When Christ our life is manifested, then you also will be manifested with Him in glory.

Col 3:10 And have put on the new man, which is being renewed unto full knowledge according to the image of Him who created him,

Col 3:11 Where there cannot be Greek and Jew, circumcision and uncircumcision, barbarian, Scythian, slave, free man, but Christ is all and in all.

**III. God's economy is that we eat Christ as the bread of God and become constituted with Him in order to express Him and represent Him—1 Tim. 1:4; John 6:35, 41, 57; Gen. 1:26:**

1 Tim 1:4 Nor to give heed to myths and unending genealogies, which produce questionings rather than God's economy, which is in faith.

John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.

John 6:41 The Jews therefore murmured concerning Him because He said, I am the bread that came down out of heaven.

John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.

Gen 1:26 And God said, Let Us make man in Our image, according to Our likeness; and let them have dominion over the fish of the sea and over the birds of heaven and over the cattle and over all the earth and over every creeping thing that creeps upon the earth.

- A. God's eternal economy is to make man the same as He is in life and nature but not in the Godhead; we become God in life and nature by eating Christ as the bread of God—John 6:33.  
 John 6:33 For the bread of God is He who comes down out of heaven and gives life to the world.
- B. God's intention in His economy is to work Himself into us and to change our constitution by changing our diet and feeding us with Christ as the heavenly food—Exo. 16:14-15; John 6:27, 32, 35.  
 Exo 16:14 And when the layer of dew lifted, there upon the surface of the wilderness were fine round flakes, fine as the frost on the earth.  
 Exo 16:15 And when the children of Israel saw it, they said to one another, What is it? For they did not know what it was. And Moses said to them, It is the bread which Jehovah has given you to eat.  
 John 6:27 Work not for the food which perishes, but for the food which abides unto eternal life, which the Son of Man will give you; for Him has the Father, even God, sealed.  
 John 6:32 Jesus therefore said to them, Truly, truly, I say to you, Moses has not given you the bread out of heaven, but My Father gives you the true bread out of heaven.  
 John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.
- C. John 6 unveils Christ as our bread—the heavenly bread, the bread of life, the living bread, the true bread, and the bread of God—vv. 32-33, 35, 41, 48, 50-51.  
 John 6 be omitted.  
 John 6:32 Jesus therefore said to them, Truly, truly, I say to you, Moses has not given you the bread out of heaven, but My Father gives you the true bread out of heaven.  
 John 6:33 For the bread of God is He who comes down out of heaven and gives life to the world.  
 John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.  
 John 6:41 The Jews therefore murmured concerning Him because He said, I am the bread that came down out of heaven.  
 John 6:48 I am the bread of life.  
 John 6:50 This is the bread which comes down out of heaven, that anyone may eat of it and not die.  
 John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; and the bread which I will give is My flesh, given for the life of the world.
- D. The Lord Jesus wants us to eat, digest, and assimilate Him as the bread of God, the bread of life, and the living bread—vv. 33, 35, 51:  
 John 6:33 For the bread of God is He who comes down out of heaven and gives life to the world.  
 John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.  
 John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; and the bread which I will give is My flesh, given for the life of the world.
1. The bread of life is the life supply in the form of food—v. 35.  
 John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.
  2. *The bread of life* refers to the nature of the bread, which is life; *the living bread* refers to the condition of the bread, which is living—vv. 35, 51.  
 John 6:35 Jesus said to them, I am the bread of life; he who comes to Me shall by no means hunger, and he who believes into Me shall by no means ever thirst.  
 John 6:51 I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; and the bread which I will give is My flesh, given for the life of the world.
- E. God's economy is a matter of Christ coming into us inwardly; for this, we need to take Christ by eating Him—Eph. 3:17a; John 6:57:  
 Eph 3:17a That Christ may make His home in your hearts through faith, ...

- John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.
1. The record regarding spiritual eating in the Bible reveals that God intends to dispense Himself into us by the way of eating—v. 57; 1 Cor. 10:3; Rev. 2:7; 22:14.
    - John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.
    - 1 Cor 10:3 And all ate the same spiritual food,
    - Rev 2:7 He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, to him I will give to eat of the tree of life, which is in the Paradise of God.
    - Rev 22:14 Blessed are those who wash their robes that they may have right to the tree of life and may enter by the gates into the city.
  2. To eat is to contact things outside of us and to receive them into us, with the result that they become our constitution—Gen. 2:16-17.
    - Gen 2:16 And Jehovah God commanded the man, saying, Of every tree of the garden you may eat freely,
    - Gen 2:17 But of the tree of the knowledge of good and evil, of it you shall not eat; for in the day that you eat of it you shall surely die.
  3. To eat the Lord Jesus is to receive Him into us that He may be assimilated by the regenerated new man in the way of life—John 6:56-57.
    - John 6:56 He who eats My flesh and drinks My blood abides in Me and I in him.
    - John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.
  4. Eating is the way to experience God's dispensing for His expression and representation—Gen. 1:26; 2:9; John 6:51a, 53-57.
    - Gen 1:26 And God said, Let Us make man in Our image, according to Our likeness; and let them have dominion over the fish of the sea and over the birds of heaven and over the cattle and over all the earth and over every creeping thing that creeps upon the earth.
    - Gen 2:9 And out of the ground Jehovah God caused to grow every tree that is pleasant to the sight and good for food, as well as the tree of life in the middle of the garden and the tree of the knowledge of good and evil.
    - John 6:51a I am the living bread which came down out of heaven; if anyone eats of this bread, he shall live forever; ...
    - John 6:53 Jesus therefore said to them, Truly, truly, I say to you, Unless you eat the flesh of the Son of Man and drink His blood, you do not have life within yourselves.
    - John 6:54 He who eats My flesh and drinks My blood has eternal life, and I will raise him up in the last day.
    - John 6:55 For My flesh is true food, and My blood is true drink.
    - John 6:56 He who eats My flesh and drinks My blood abides in Me and I in him.
    - John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.
  5. The food eaten, digested, and assimilated by us actually becomes us; this is a matter of mingling—1 Cor. 10:17.
    - 1 Cor 10:17 Seeing that there is one bread, we who are many are one Body; for we all partake of the one bread.
  6. The oneness that God desires with man is illustrated by what takes place when we eat, digest, and assimilate food—John 6:57.
    - John 6:57 As the living Father has sent Me and I live because of the Father, so he who eats Me, he also shall live because of Me.
  7. We are what we eat; therefore, if we eat Christ as the bread of God, we will become God in life and in nature but not in the Godhead.
- F. According to the Lord's word in Revelation 2 and 3, the overcomers have been recovered to the proper eating of the Lord as their food supply; they eat Him not only as the tree of life and the hidden manna but also as a feast full of His riches—2:7, 17; 3:20.  
Rev 2, 3 be omitted.

- Rev 2:7 He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, to him I will give to eat of the tree of life, which is in the Paradise of God.
- Rev 2:17 He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, to him I will give of the hidden manna, and to him I will give a white stone, and upon the stone a new name written, which no one knows except he who receives it.
- Rev 3:20 Behold, I stand at the door and knock; if anyone hears My voice and opens the door, then I will come in to him and dine with him and he with Me.