

Connect timeless truths with today's news.

NOURISHMENT FOR INFANTS

Scientists at the University of British Columbia this month announced a newly discovered link between maternal milk and infant allergies. Maternal milk is high in an antibody called immunoglobulin A (IgA). IgA derived from milk is well known to promote “good bacteria” in the digestive system, but the new study found that it also fights against bacteria that would otherwise cause infants to develop certain allergies. Microbiologist Katherine Donald, who led the study, was surprised by this outcome. “I was looking for good bacteria that IgA helped, but I ended up finding this [bad] one . . . that is actually limited by milk IgA.” More research is needed to understand the interaction, possibly to develop even better infant formulas than already on the market.

NOURISHMENT FROM THE LORD

Peter urges readers to imitate the craving of infants who want to be nourished from their mothers, only Peter means the nourishment from God and his Word. Believers have already “tasted” that the Lord is good and gracious, but now they need to continue growing. This comes by actively pursuing the things of God. The result is increased strength and spiritual health, living into the role of living stones in the spiritual temple of God: the church.

1. What is a source of food that you find particularly nourishing?
2. What are some ways that Christians are similar to babes?
3. When have you grown most in your faith? What caused the growth?

Additional Resources

Any videos or web materials are for your personal use. If you play any media files in class, be sure to have the necessary rights to do so.

[Contemporary Worship Weekly](#)

[Echoes Worship Weekly](#)

[Traditional Worship Weekly](#)

[Jeannine K. Brown's "Commentary on 1 Peter 2:2-10"](#)

[Joel B. Green's "Commentary on 1 Peter 2:2-10"](#)

[Video: BibleProject Overview of 1 Peter](#)