

Spiritual Nutrition...Yum!

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We have heard much about nutrition and its benefits to our body. From the five main food groups to the most popular current diets, the emphasis is on the chemical processes our body goes through with the foods we eat. I know people who have been “healed” of arthritis merely due to a change of diet. Others have been helped significantly in their fights against heart disease, brain issues, and cancer by choosing foods wisely. As much as the body should be taken care of, the eternal nature of the soul and spirit should receive at least equal attention, if not more.

How is your spiritual nutrition? Let’s do a check-up to ascertain the levels of our spiritual food groups. That way we can choose to shore up the weak areas and encourage ourselves with what we are doing well.

First, when we become Christians, we often absorb every facet of our lives as a God-given gift. We are as eager as a nursing baby to get the milk of the Gospel and the wonderful feeling of fullness it gives to us. We are encouraged to grow beyond the simple principles of the Gospel, yes, but do we lose our delight along the way? Have you recently just had a recounting of your blessings such that you could do nothing less than shout a hallelujah? “May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.” (Romans 15:13).

Next, we need to participate in spiritual disciplines as God leads us. Meditation, fasting, solitude, service, giving, suffering are some of those practices we may think are not too much fun. It can feel like hurrying through the helping of vegetables so we can eat the yummy starch on the other side of the plate. Most of us do not gravitate toward the spiritual disciplines, yet they have great power to build our immune system against the enemy. What might the Lord be asking you to do to bring your spiritual health up a notch? “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.” (Hebrews 12:13).

Third, how well are you doing at keeping the meat of God’s Word in front of your eyes and mind? The priests of the Old Testament were told to literally bind God’s law to their foreheads and bodies to remind themselves of the Word’s rulership over their attitudes and actions. When was the last time you memorized a verse that would remind you how to act when that nosy relative irritates you? The Word builds spiritual muscle for such times. “Keep your heart with all vigilance, for from it flow the springs of life.” (Proverbs 4:23).

Next, what did you have for breakfast this morning, spiritually speaking? Experts recommend that grains should be fed to the body early in the day. This is because the calories will readily and efficiently burn, giving energy and life to us. The early morning is an important time to the Lord as well. He asks to meet with us in the morning as the new day dawns, laying out our souls before Him, taking time for meaningful dialog, and setting our faces like flint toward the goals of the day. A morning worship time with the Almighty can change the destiny of our next 24 hours! "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." (John 15:5).

Last, our bodies need the vitamins and minerals from fruit. For most of us, fruit is a pleasing course of our meal, with sweet returns to our tongues. Have you thought of the fruit of the spirit in the same way? Take a little bite of joy or peace and make a place of goodness wherever you are. You will find you can completely infect a morose person, startle a moody spirit out of a group of people, or charm your family into their best by initiating your fruit into situations. "Peacemakers who sow in peace reap a harvest of righteousness." (James 3:18).

I pray good health to you wherever you are and in whatever your situation is. I encourage you to remain healthy physically, yet I also decree a resurgence of spiritual health over you. Be fastidious to eat heartily from the beautiful plate of nutritious spiritual food God has provided for you.

Here's to a great feast!