

MALNOURISHED

Over the last few months, there have been times when I increasingly started to feel physically run down. Some days, getting out of bed in the morning was a chore, which is unusual for me. I felt sleepy and tired all the time. I wasn't feeling right, and it was beginning to create some concern. What could be wrong with me? I began to assess myself and make associations between what I did and how it made me feel. This is what I found out. Over the last few years, I have developed a habit out of busyness and convenience to eat only certain things. Out of habit, I was not paying close attention to my diet. In one of my weakened moments, I went off the "diet" and ate several pieces of fruit. Over the following few days, I began to integrate a handful of things back into my regimen that I had neglected for...a couple of years. To my surprise, my malaise and fatigue began to dissipate.

Reflecting on this unique situation, I asked myself, "Does this ever happen to us spiritually?" Do we ever get to the place where we feel profound spiritual fatigue and malaise? Perhaps it is because we have been putting in the Kingdom hustle, planting and watering Gospel seeds and/or daily battling against the devil's schemes for our souls and those around us. But, on the other hand, could it be because, amid life's busyness, we failed to nourish ourselves with the Word of God? Either way, sustaining Kingdom work and darkness fighting is impossible without the proper diet. Through the "knowledge of him (God and of Jesus our Lord)," we are provided "everything we need for life and godliness (2 Peter 1:3)." Jesus himself said, "Man shall not live by bread alone, but by every word that comes from the mouth of God (Matthew 4:4)."

Whether milk for the newborn disciple (1 Peter 2:2) or solid food for the mature (Hebrews 5:12), God's word is the nourishment we need for sustainability and maturity. And nothing compares to its sweetness!

Psalm 119:103

How sweet are your words to my taste, sweeter than honey to my mouth!

If you aren't yet convinced, go read Isaiah 55. In his words to a malnourished people through the prophet, God makes nourishing promises that we now recognize as the all-nourishing "bread of life (John 6)." How awesome is that?

Enjoy the feast. May it revive and sustain your souls!

Shalom,
Ryan