

---

## ARE YOU EATING WELL?

One of the signs of good health is a good appetite, and, conversely, one of the signs of poor health is a poor appetite. Mothers of young infants are especially keenly aware to watch for this indicator of health.

Likewise, a good spiritual appetite means that we will have a strong craving for the word of God. Peter says, *“As newborn babes, desire the pure milk of the word, that you may grow thereby.”* (**1 Peter 2:2**) All Christians are to have this desire to learn more of God’s word. The time (and effort you make to find time) you take to read God’s word is a reflection of your desire for God’s word.

We should also have a desire to grow. We should desire to grow in knowledge. This requires diligence to add knowledge to our faith (**2 Peter 1:5-6**). Peter wrote that second epistle so that we would fulfill our responsibility to grow in the grace and knowledge of our Lord and Savior Jesus Christ (**2 Peter 3:18**).

How regular is your spiritual diet? Are you partaking of the bread of life daily? Jesus’ words are spirit and life (**John 6:63**). As with physical eating, an investment of several minutes each day will reap greater rewards than taking the same amount of time and lumping it all together just once each week. Most people eat two or three meals *per day*, and even if you use a microwave, it takes time to: go to the freezer, select a food, put it in the microwave, wait for the microwave to cook it, pour a drink, set the table, eat the meal, and clean up afterwards. Just think...if we took as much time investing in our spiritual diet as we do our physical diet, just imagine how much healthier we may be!

We also need regularity in the sense of a systematic reading of the scriptures. We should read it all (**Psalms 119:160 & Acts 20:27**), not just pick and choose the parts we like the most. Please follow the daily Bible reading schedule, and you will have taken in the God-given balanced spiritual diet.