

## Nothing is more important to your spiritual life and health than the Word.



**T**HERE IS A SAYING ABOUT HEALTH: You *are* what you *eat*." That's true in the physical sense, but it's also true of our spirits. We are spiritually what our minds and spirits take in. There is plenty to take in these days through the mass media, advertising, and the Internet, but most of it is spiritual junk food—or worse yet, spiritual poison.

That's why it's so important to make sure you're getting the right spiritual food—the good, wholesome, nourishing, faith-building, uplifting, encouraging, inspiring, truth of the Word of God. Jesus said, "The Words that I speak to you are spirit, and they are life" (John 6:63). The prophet Jeremiah said, "Your Words were found, and I ate them, and Your Word was to me the joy and rejoicing of my heart" (Jeremiah 15:16). Job said, "I have treasured the Words of His mouth more than my necessary food" (Job 23:12). The apostle Peter admonished, "Desire the pure milk of the Word, that you may grow thereby" (1 Peter 2:2).

Just like you have to eat in order to stay alive and have physical strength, you have to feed from the Word to stay alive spiritually and have the spiritual strength to overcome the problems of life. A balanced diet of God's Word is essential if you are to grow and stay healthy spiritually.