

When we usually talk about going on a diet we mean that we are going to limit our portions and cut out certain foods so that we can lose a little weight. But being on a diet simply means one's usual daily fare of food and drink. The only "diets" that work are those that force us to change our eating habits for life. The kinds of foods and drink that we ingest should always good for us and we should do it on a daily basis.

Spiritually speaking, we are to be on a diet of the word of God. That is, a proper feeding each day that will allow our souls to be nourished with the Word (1Pet. 2:2). Let me suggest for you the following spiritual diet:

1. Heavy on the Gospels.
Jesus is our example in all things and we should be spending the majority of our time in knowing Him. Get to know His teachings, miracles, and how He dealt with people.
2. Generous portions of the Letters.
Romans through Jude is the Holy Spirit's instructions to the church. There was no perfect congregation in the first century and believers do well to know this section of their Bibles.
3. Occasional Old Testament readings.
Just because we are no longer under the old covenant does not mean that the OT is useless to us. On the contrary, we have rich spiritual treasures awaiting us in reading through the Pentateuch, Poetry, and the Prophets.
4. Very little on Revelation.
Spending too much time in the book of Revelation is like eating too many sweets instead of meats, fruits, and vegetables. Revelation is part of the word of God, but due to its difficulties is only for those who have first mastered the other 65 books! Too much time spent here might actually ruin the rest of your diet!

Good luck on your new spiritual diet!

See you Sunday! -gls