

## Thoughts for Charles

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*Week ending 5/26/12*

***JEREMIAH 15:16, Your words were found, and I ate them, And Your word was to me the joy and rejoicing of my heart; For I am called by Your name, O LORD God of hosts.***

"You are what you eat." That is not only applicable to the natural man but to the spiritual man as well. Just as our physical condition will suffer if we only eat "junk food" so our spirit man cannot become healthy if we do not nourish our soul on the word of God. If we are to become fruitful and effective in our walk we must avoid the tendency to indulge carnal desires and embrace the disciplines of study and meditation of the word of God, prayer and regular attendance in a local body of believers. We must be careful to avoid the tendency to feed ourselves on just the "good stuff" that blesses us in the word. We must allow the challenge and correction that it contains to be a part of our spiritual diet as well. The Father wants us strong and healthy!

Remember beloved, it is not just about you. This generation deserves an opportunity to have an encounter with the Lord in all His authority and power. The only way that will be accomplished is through strong healthy believers who have spent time at the table of the Lord. So how has your diet been?

***1 PETER 2:2, as newborn babes, desire the pure milk of the word, that you may grow thereby,***