

07.08.21 – A Weekly Word for Covenant Church

Title: “The Dining Room – Do I Have A Balanced Spiritual Diet?”

Scripture Reading: [Isaiah 55:1-5](#) ; [John 6:25-59](#) ; [Deuteronomy 8](#)

Reflection: Pastor Henry

I don't know if the same is true for you, but throughout this week, in light of [Pastor Doug's message “May I Come In...To The Dining Room?”](#) this past Sunday, I've been doing a lot of reflecting on both my physical and spiritual habits and diets. In focusing our attention on Isaiah 55, Pastor Doug reminded us that for us to live well, we need both a healthy and balanced physical diet and a healthy and balanced spiritual diet.

When it comes to our physical diets, you and I have no shortage of reminders, promotions, and advertisements that beckon us incessantly to eat fresh, to have it our way, to obey our thirst, to be happy...be healthy, to follow your nose...it always knows, to think outside the bun, to come hungry and leave happy, and to do what tastes right. When it comes to reminders about our physical diet, prompts are everywhere. And even if we happen to miss all these external prompts for some reason, typically our stomachs do a great job of reminding us to eat something if it's been too long since we last ate. For us to live well, we need to have a healthy and balanced physical diet. So, most of us eat and drink at least 2 or 3 or 4 times each day.

But, what about our spiritual diets? For us to live well, you and I also need to have a healthy and balanced spiritual diet as well. Our spiritual hearts, just like our physical hearts and bodies, need regular and balanced 'mealtimes' for them to grow, mature, and be healthy and strong. Our spiritual heart needs to be fed and nourished with the word of God, with the presence of the Spirit, with times of prayer, with stillness and reflection, with psalms and spiritual songs. The Scriptures remind us again and again that we cannot live well on physical bread alone. Bimbo, Wasa, Multi-Grain, Hawaiian, and Wonder bread have their limits. We also need to consume the bread of life if it is going to be well with our souls.

The challenge you and I face is that we don't have as many external prompts and reminders from the world reminding us to pay attention to our spiritual diet as we do for our physical diet. Our phones, TV's, radios, and the billboards that we see do an excellent job of reminding us about physical diet. When it comes to our spiritual diet, not so much. So, you and I need to create and have a healthy and balanced spiritual meal plan that will feed our hearts and souls.

What is your current spiritual meal plan? Do you have one? What types of things are you including in your spiritual diet to feed your heart and soul? What is missing from your spiritual meal plan? How does your spiritual meal plan compare to your physical meal plan/diet? How often are you feeding your heart and soul? Are you feeding your heart and soul each day as often as you feed your stomach each day? What if starting tomorrow you had to survive physically on your current spiritual diet plan? How often would you be eating? Once a day? Twice a day? Once a week? Once every other week? Would you be hungry or satisfied?

Friends, our God calls out to us with this invitation: “Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare. Give ear and come to me; listen, that you may live. I will make an everlasting covenant with you, my faithful love promised to David.”

Do you have a healthy and balance spiritual diet that is feeding your heart and soul?

Prayer:

Jesus, Bread of Life, remind us once again that we cannot live well on just bread alone. We also need to consume the bread of life. You are our bread of life. AMEN.

Action Item for the Day/Week:

We often create meal plans to guide us and help us figure out what we are going to eat and drink for our meals each day.

This week also create a spiritual meal plan for the next 2 weeks. Write out a plan for what you are going to do and when you are going to do it each day for the next 14 days to feed your heart and soul spiritually.

Songs for today:

[All Who are Thirsty](#)

[We are Hungry](#)