

# "Supersize it!"



*“A wise person is hungry for the truth, while the fool feeds on trash.”*

*Proverbs 15:4 (NLT)*

You are what you eat. So true! Studies show that diet has huge influence on our minds and bodies. In fact, a healthy diet is a top factor in reducing weight and preventing disease (even neutralizing genetic predispositions.) Want to flourish? Supersize your intake of

healthy foods! Easier said than done... Healthier is not always convenient, takes more preparation time and, making the challenge even more difficult, many healthy foods taste bitter to an unaccustomed pallet.

Immersed in a world riddled with trashy (but delicious!) enticements, making a commitment to eating a healthy diet is not enough. Wise eaters must work to awaken their pallet so they begin to crave good food and choose to hang with likeminded people for encouragement. Once dialed in the results are worth it!

Likewise, a good spiritual diet leads to a flourishing life. Will you join the ranks of wise spiritual eaters?

*Reflect: Am I spiritually malnourished?*

Of course, the primary source of spiritual nutrients is the Bible, so why do most fail to read it daily? Perhaps they haven't awakened their pallet yet? If read as a textbook, one may evoke a memory of a four-year-old being told to eat his broccoli. Though it's good for him, he's not buying it! Welcoming only other options, his pallet grows accustomed to eating "trash."

As adults we're hardly different... How much would Starbucks sell if they offered black coffee only? Ahh, but add a splash of cream, sugar, or mocha and we hustle back the next day exclaiming, "Supersize it!"

What could lead you to crave spiritual food as much?

If asked what brings her back each day, a devoted Bible reader might say, "I never read alone!" The Word of God becomes sweet when eaten accompanied by the Holy Spirit.

*"But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you." Jesus Christ (John 14:26)*

Want to crave spiritual food? Add your sweetener! Having read some verses, engage the Holy Spirit. Ask, "What do you want me to know from this?" or "Why is this important for me right now?" Meditate, reflect on what's happening in your life, listen, write down what he brings to mind. Sweet! This dialog will make you hustle back the next day exclaiming, "Supersize it!"

*Consider: **Engaging the Holy Spirit makes me crave the Bible.***

While essential, craving healthy food doesn't assure spiritual flourishing. Imagine the temptation and tension arising from constantly hanging with others who are opposing. Wise eaters must be mindful of who they hang with, minimizing time with mockers.

*"Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night. They are like trees*

*planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.” (Psalm 1:1-3)*

Who do you hang with most often? What is their spiritual diet? Is it time to make some changes?

***Imagine: Forming a triple braided cord by hanging with others also advancing their Missions.***

Wise eaters live intentionally, prioritize what’s most important, and establish structures in support. What’s God’s top priority for your life?

*“My purpose is to give them a rich and satisfying life.” Jesus Christ (John 10:10)*

For you to flourish! Wanting you to be a wise spiritual eater, he places Intimacy with himself atop all... he’s the source of all spiritual nourishment! How will you foster and protect this special relationship?

*“A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.” King Solomon (Ecclesiastes 4:12)*

Form a triple braided cord (you, the Holy Spirit, other Mission minded followers) ... it’s not easily broken! Become a wise spiritual eater and daily you’ll be hustling back exclaiming...

## "Supersize It!"

Go off the grid and ask these questions:

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### Coach's Questions

- What does my spiritual diet look like (be honest)? How will I improve it?
- Who will I hang around with less? Who will I hang around with more?
- What must I change to make to Intimacy with God my top priority?

## Spirit Talk

Post this where you will see it regularly.

### Eat Wisely

*"Is anyone thirsty? Come and drink—even if you have no money! Come, take your choice of wine or milk—it's all free! Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen to me, and you will eat what is good. You will enjoy the finest food.*

*The Prophet Isaiah | Isaiah 55:1-2 (NLT)*



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~ DAN B.

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