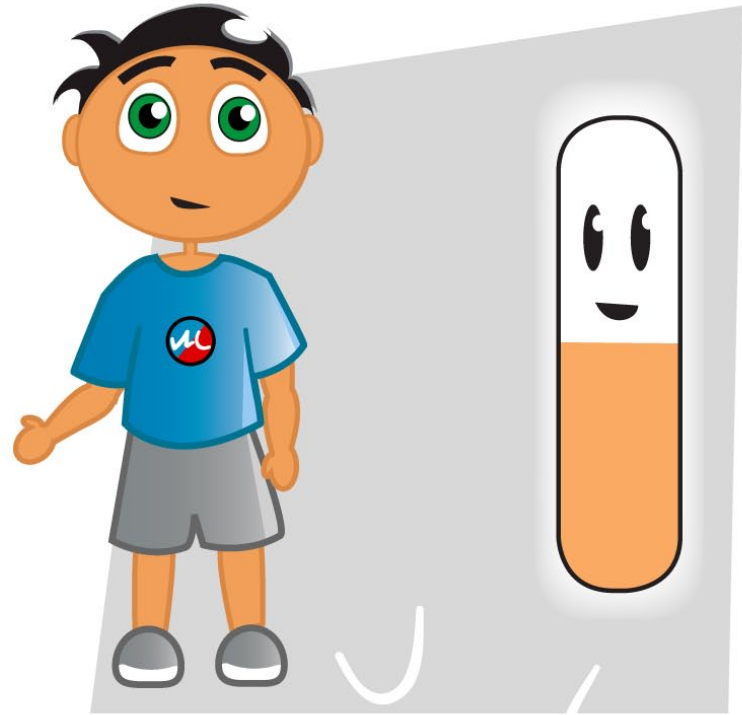


# Take a Vitamin



Reading God's Word is like taking a vitamin for a specific health benefit. When you've eaten a food with a particular vitamin in it, that vitamin is then available to strengthen your body in the ways it needs.



But before any of that can happen, first you have to eat it in order to receive its benefits.

Once it is a part of you, that vitamin goes to work on the areas that need strengthening. And even though you can't see the process of strengthening that goes on inside of you, and you might not feel the health benefit right away, you can know that it is nourishing your body.



Something similar happens when you read God's Word.

As you read and absorb God's Word, whether through memorizing key Bible verses or meditating on something you read, the Word that you have taken in will go to work to strengthen your spiritual life.

When you need a spiritual boost for a particular part of your spiritual life, take a spiritual vitamin through reading targeted truths of God's Word. That bit of God's Word you take in will go to work to bring you strength in the spirit.

I have hidden Your word in my heart that I might not sin against You (Psalm 119:11 NIV).

