

“LIFE THROUGH THE LENS”



A SMORGASBOARD OF SUPPLEMENTS

Our world appears to be obsessed with dietary supplements. Reports vary on usage rise or fall over recent years. We live in a country known worldwide for producing some of the most nutritious food in the world. So why are we attracted to pills and capsules for the everyday vitamins etc.?

We tend to have a similar outlook when it comes to our spiritual life.

God tells us he not only created us but supplies all we need for a balanced, healthy spiritual life. A life which can have a feeling of quiet fulfilment.

A balanced spiritual life will include:

FAITH – Believe and trust in the God of the Bible and what it tells us about God and His Son Jesus.

USE THE BIBLE – Regularly read this best-selling book. Think about what you read as if God himself is speaking to you personally.

TALK TO GOD about your life; the happy bits, the sad bits, your needs; your fears; talk to him about his love for you, which is real.

SPECIAL TIMES WITH GOD brings a closeness and understanding of what he might be wanting to do in your life.

HANG OUT WITH FOLLOWERS OF JESUS, either in a church group or as mates and friends. Enjoy their company; have fun. Live the life Jesus wants you to have as his friend.

SERVE others and find the joy in helping others

REST is an essential ingredient in a healthy spiritual life. When we stop trying to find all the answers, that is when God so often turns up and shares them with you. Sometimes as a thought, or a feeling. Sometimes as a word from a friend and sometimes in a voice that you hear. He does still speak.

Why spend time and energy looking for supplements to make life joyful and full when a God who loves and knows you holds out his open hand filled with all you need. Remember, Jesus himself said, “I have come so you can have an incredible and full life.”

Cheers, and God bless,

Kevin.