

Spiritually MALnourished	Spiritually Nourished
LACK OF JOY that smothers life beneath the crushing circumstances that we face	JOY despite circumstances
CLOUD OF DEPRESSION that makes us feel like life just isn't worth the trouble	CONTENTMENT that comes from fulfilling God's plan for your life
COMPLACENCY that results in strong opinions, but little action	PRODUCTIVITY that comes from being thankful, but never satisfied
RESTLESSNESS that says there must be more to life than this	PEACE that is able to accept whatever God's plan is for your life
LONELINESS that seeks to find fulfillment in anything and everything, but the one place it can truly be found	BELONGING that is found when you work to achieve a common cause (cause of Jesus Christ) with other believers
SPIRIT OF COMPLAINING AND CRITICIZING instead of thankfulness and praise	PRAISE that shouts, "GOD IS GOOD ALL THE TIME!"
IMMATURITY that is marked by instability and stunted growth	MATURITY that is able to see life from the proper perspective, God's perspective
LACK OF CONNECTION to God or to fellow believers	ENCOURAGEMENT that tastes the goodness of God (Ps. 34:8-9)
DISCOURAGEMENT about God's plan and purpose for your future	DETERMINATION that refuses to give up in the face of adversity (Gal. 6:9)

### How to Stay Spiritually Nourished to Make Pleasing God Our Top Priority:

- Bible Reading** – Daily reading and studying the principles for successful Christian living found in God's Word.  
*Start off each day by reading one chapter of the Bible. Psalms and Proverbs are great places to start.*
- Talking with God** – Daily talking (prayer) with God.  
*Try sentence prayers throughout the day. Thank Him for a gift. Ask Him for a need. P-R-A-Y*
- Worshipping** – Worship is any act or thought or word done in an attempt to please God.  
*Be intentional in thinking up new ways to please God each and every day.*
- Fellowshipping with Other Believers** – Experiencing life together through the good and the bad.  
*Take initiative to spend time with others. If you are too busy, clear some time on your calendar.*
- Sharing Your Life Story with Others** – Commitment to the Great Commission of Matthew 28:18-20.  
*You may not be a gifted speaker, but you still have an incredible story that other people need to hear. Share it!*
- Connecting to Your Church Family Through Activity and Service** – Requires ACTION!  
*If you feel strongly about something, be willing to be part of the solution through action.*
- Maintaining a Daily Focus on Jesus Christ** – An intentional lifestyle committed to pleasing Christ.  
*Use #1-6 as a checklist for daily living and try to do something every day to carry out each one.*
- Confessing Your Sins** - Acknowledging your sins DAILY.  
*CONSISTENTLY – SPECIFICALLY – SINCERELY. Sin is the one and only thing that blocks our communication lines with God (John 1:9).*

# YOU ARE WHAT YOU EAT

## GALATIANS 6

### WHY ARE SO MANY CHRISTIANS TODAY UNFULFILLED AND UNSATISFIED WITH LIFE?

*Do not be deceived; God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest (of real life, eternal life) if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers." Galatians 6:7-10*

### YOU \_\_\_\_\_ WHAT YOU \_\_\_\_\_

WHEN YOU EAT A JUNK FOOD DIET, YOU DEVELOP A JUNK FOOD BODY, PHYSICALLY AND SPIRITUALLY...JUST AS PHYSICAL PROBLEMS OCCUR WHEN YOU HAVE VITAMIN AND NUTRITIONAL DEFICIENCIES, PROBLEMS OCCUR SPIRITUALLY WHEN YOU DEPRIVE YOUR BODY OF SPIRITUAL NOURISHMENT. YOU REAP WHAT YOU SOW OR YOU ARE WHAT YOU EAT!!!

### SYMPTOMS OF SPIRITUAL MALNOURISHMENT

- 1) LACK OF \_\_\_\_\_ that smothers life beneath the crushing circumstances that we face
- 2) CLOUD OF \_\_\_\_\_ that makes us feel like life just isn't worth the trouble
- 3) \_\_\_\_\_ that results in strong opinions, but little action
- 4) \_\_\_\_\_ that says there must be more to life than this
- 5) \_\_\_\_\_ that seeks to find fulfillment in anything and everything, but the one place it can be found
- 6) SPIRIT OF \_\_\_\_\_ AND \_\_\_\_\_ instead of thankfulness and praise
- 7) \_\_\_\_\_ that is marked by an instability and stunted growth
- 8) LACK OF \_\_\_\_\_ to God or to fellow believers
- 9) \_\_\_\_\_ about God's plan and purpose for your future

### THE CAUSE OF SPIRITUAL MALNOURISHMENT

"What a person plants, he will harvest. The person who plants selfishness, ignoring the needs of others - ignoring God! - harvests a crop of weeds. All he'll have to show for his life is weeds! But the one who plants in response to God, letting God's spirit do the growth work in him, harvests a crop of real life, eternal life." THE MESSAGE

SPIRITUAL MALNOURISHMENT HAPPENS WHEN WE MAKE \_\_\_\_\_  
THE TOP PRIORITY IN DECISION-MAKING.

### THE RESULTS OF SPIRITUAL MALNOURISHMENT AND NEGLECT

"The one who sows to please his sinful nature, from that nature will reap destruction."

ARE YOU SOWING SEEDS OF DESTRUCTION OR SEEDS OF REAL LIFE, ETERNAL LIFE?!

### STEPS TO AVOIDING SPIRITUAL MALNOURISHMENT

Eating a healthy well-balanced diet rich in:

- |    |    |
|----|----|
| 1) | 5) |
| 2) | 6) |
| 3) | 7) |
| 4) | 8) |

\*ALL THESE STEPS HELP ENSURE THAT WE MAKE PLEASING GOD OUR TOP PRIORITY WHEN WE ARE MAKING DECISIONS.

### THE RESULTS OF A WELL-BALANCED SPIRITUAL DIET

"The one who sows to please the Spirit (God's presence in you), from the Spirit will reap eternal life or REAL LIFE, that looks like:

- |    |    |
|----|----|
| 1) | 6) |
| 2) | 7) |
| 3) | 8) |
| 4) | 9) |
| 5) |    |

### A GOOD FIRST STEP

"NO MATTER WHAT HAPPENS, ALWAYS \_\_\_\_\_, FOR THIS IS GOD'S WILL FOR YOU WHO BELONG TO CHRIST JESUS." I THESSALONIANS 5:18