

Spiritual Growth Exercise for March 2019

Feeding the Spirit

We all seem to understand that we need nutritious meals to maintain our energy level and optimize our health. Did you know you need to food for your spirit that includes healthy options as well? You do! Our bodies require food for both the body and the spirit and those needs are unique to the individual.

We learn over time what kinds of food work best for us providing us with the most energy. Some people can eat certain fruits and some cannot. In the same way, the choices we make to nurture our spirit are unique to the individual. I would not try to nurture my spirit by fishing, but someone else might find this to be the perfect food for their spirit.

I encourage you, during the month of March, while you are waiting for spring to come, to explore the options in your life for feeding your spirit. Pay attention to what makes your spirit move and take note of it. Then figure out how to make time (not find time) for these activities to ensure you have a healthy spirit.

