

The Right Diet

Scripture Reading — John 6:57-58

“Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me.”

John 6:57 —

If you are in the market for a diet, there are many to choose from: Atkins, South Beach, vegan, Mediterranean—the list goes on and on. I believe some diets might be helpful if used in conjunction with a healthier lifestyle. But many of them overpromise and underdeliver. As one doctor said, “The answer isn’t a crash diet. It’s permanently adopting healthy eating habits.”

When it comes to spiritual nutrition, there is no lack of available diets either. But only one spiritual diet works; only one provides the nutritional ingredient we need for a healthy walk of faith.

In today’s passage we read that the living Father sent his Son, Jesus, in order to find and save his lost ones. Now everyone who turns to Jesus in faith and depends on him for spiritual food connects to the life-giving strength of God the Father.

Do you want to be spiritually healthy? Do you feel exhausted and disappointed after going through a number of spiritual diets? Do you lack energy for your daily walk with God?

Turn to Jesus, and he will replenish your strength. Remember that every day we need some time for reading his Word, conversing with him in prayer, and reflecting on his love. Let Jesus become your source of spiritual nutrition, and he will never disappoint you. He is the one who supplies spiritual health, inner strength, and life everlasting.

Prayer

Father, we praise you for sending your Son, our only source of spiritual health. Keep feeding us in our walk of faith! Amen.

Devotion topics: [Life](#), [Christian Life](#), [Spiritual Food](#)

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Printed on May 27, 2019

