



## Day 34 - Soul Food

Saturday, December 28, 2019

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” (3 John 1:2)

In prior years much emphasis was placed on the physical attributes and appearance of a person. However, today's increase in anxiety, depression, insomnia and other disorders related to emotional and spiritual imbalance have claimed the headlines. Even society's youngsters and its rich and famous are not immune. These dysfunctional emotional conditions have forced society to re-examine the triune (body, soul, spirit) aspect of the human being. The current imbalance is the manifestation of past neglect in seeking after the things of God that are lasting and of real value. In our scripture from 3 John 1:2, John writes, “Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” The use of the words “even as” tells us that the emphasis was on the soul and spirit. So, as the soul prospered, good health and blessings would follow. Unfortunately in modern society, much time has been spent feeding the flesh to the detriment of the soul and spirit. The time to stop dining for the satisfaction of the flesh and to start eating and drinking from God's Word is now. God's Word is the real soul food that sustains us and makes us overcome all the obstacles of life. It is peace in the midst of trials. It is unspeakable joy. It is life and health. It is hope that does not disappoint. It is strength in the hour of weakness. It is sweet sleep that restores. Jesus says in Matthew 5:6, “Blessed *are* those who hunger and thirst for righteousness, For they shall be filled.” So, be sure to check which appetite you are feeding and fatten your soul today.

Prayer: “Lord, increase my hunger and thirst for the things you desire. Make me aware of my attitudes, thinking and behaviors that cause me to feed my fleshly desires at the expense of my soul and spirit. Make me whole today. In Jesus' name I pray. Amen.”

Pray for God's continued guidance, protection, provision and success for Cliffard Whitby (Macon-Bibb 2020 mayoral candidate) and the Whitby2020 campaign team and supporters.

Pray that God would grow and increase this movement and energize individuals to co-labor with us for positive change.