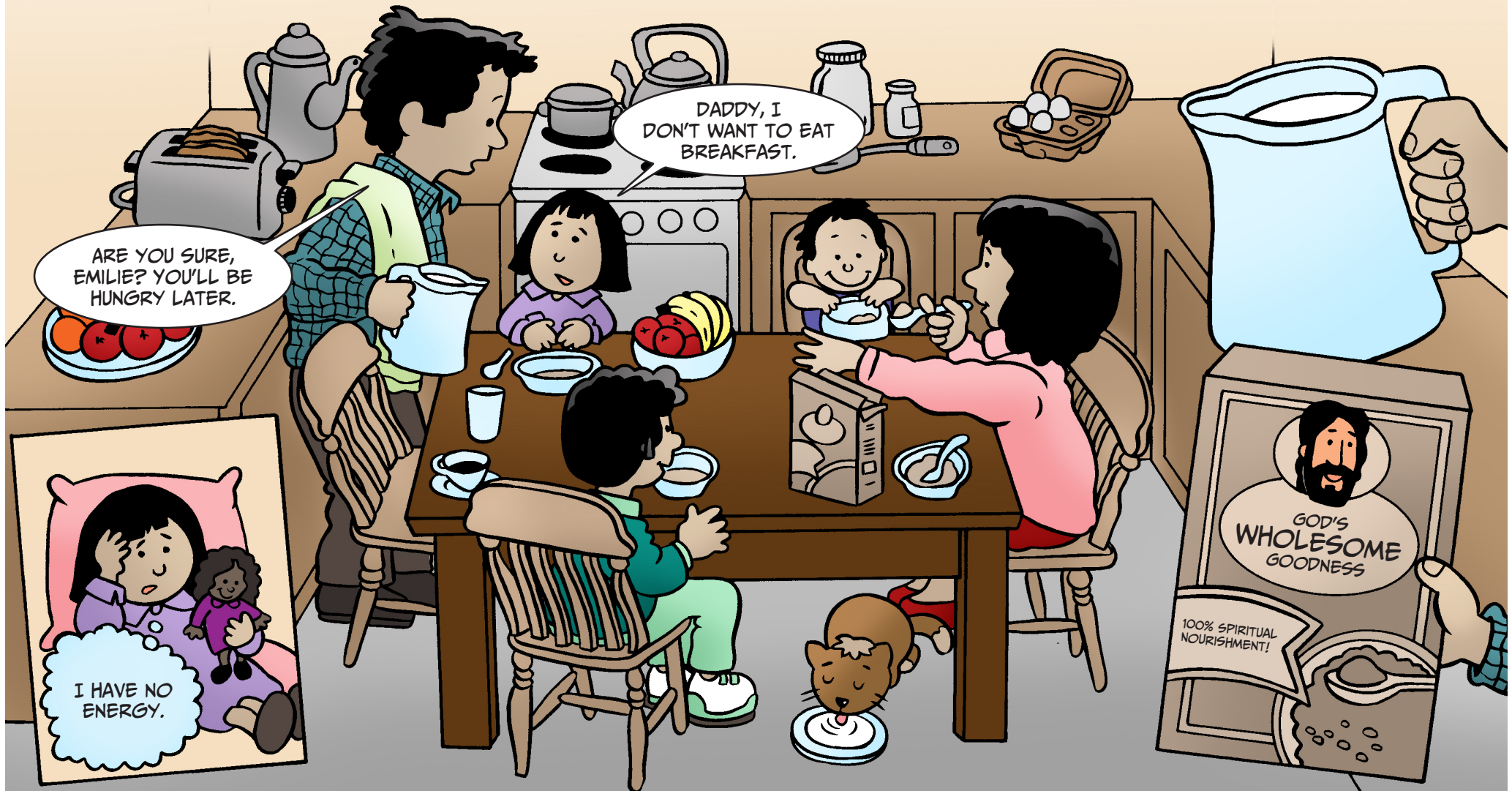


Fill Up on God's Goodness

Have you ever sat for a meal and not felt like eating? Perhaps you weren't hungry or the food was not what you wanted to eat, so you asked your mom or dad if you could skip the meal. Later on you might have felt unwell, and you didn't know why. It was probably because you were hungry.

Just like your body needs food to stay healthy and strong, your spirit also needs to be nourished properly.

How do you feed your spirit? With God's Word!



The Bible says, "When I discovered your words, I devoured them. They are my joy and my heart's delight."¹ When you spend time reading and studying God's Word, you open your heart to the goodness of God's Spirit.

I HAVE SOME
NOURISHING TREATS
FOR YOU, DEAR
CHILDREN!

WOW! LOOK
AT ALL THAT GOOD
GRAIN!

CAN I HAVE
SOME
TOO?

You need to feed your spirit the good grain of God's Word. Then your spirit can grow stronger because you are giving your spirit the proper care.

"People need more than food to live—they need every word that the Lord has spoken" (Deuteronomy 8:3 CEV).

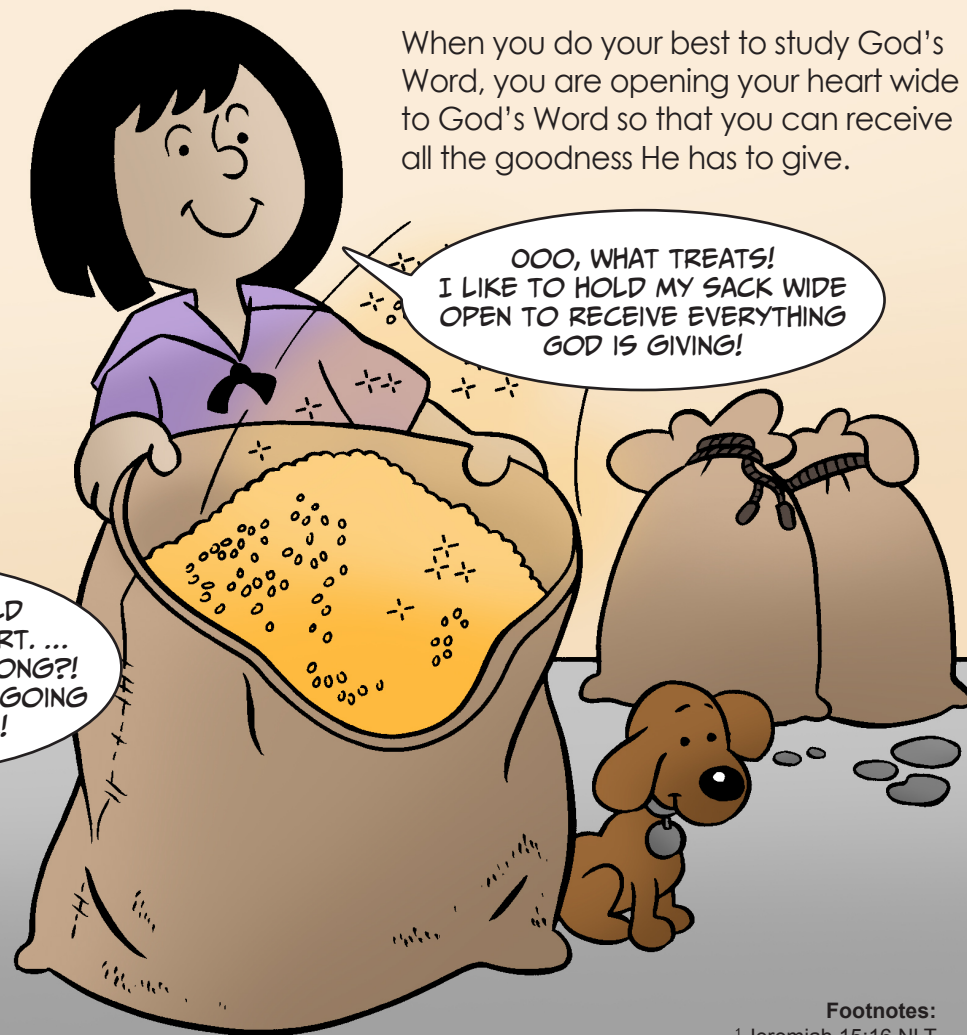
You can store God's Word in your heart.² That way you have it always with you. You do this by studying it, memorizing Scripture, and learning about God and His goodness.

But if you do not make the effort to study God's Word because you think it isn't important or you would rather be doing something else, then it is harder for your heart and spirit to receive all the goodness God has to offer.



The Bible says to "always remember what is written in God's Word. Study it day and night. Then you will be sure to obey what is written there. If you do this, you will be wise and successful."³

When you do your best to study God's Word, you are opening your heart wide to God's Word so that you can receive all the goodness He has to give.



Footnotes:
¹ Jeremiah 15:16 NLT
² See Psalm 119:11.
³ Joshua 1:8, paraphrased

Are you filling up your heart with God's good Word?