

In the backyard of our N.D. home we have some birdfeeders. When they are empty, it seems like the birds are complaining to us from the nearby trees. I feel guilty, apologize to them, and fill the feeders as soon as possible. Why would I feel so responsible for feeding the birds and yet I can be so negligent in feeding my own soul? The birds know that they need the right nourishment. Should I not know the same? My soul craves and *thrives on the loving, energy-packed words of it's Creator, Redeemer, and Sustainer*. "All creatures look to You to give them their food at the proper time." Ps. 104:27

A means of helping to hold yourself accountable for feeding your soul with His provision is to ask yourself later in the day what it was that you ate earlier in the day. If you can remember what you physically ate for breakfast, you should be able to recall your spiritual food as well. Consider journaling what you spiritually ate, so that later you can chew on it and digest it more, allowing the Spirit to do His work in you.

It is rare for me to reflect back on the omelet or pancake I recently ate. However, here are some journal entries of my most memorable spiritual meals recently:

- "Your God will be your glory." Is. 60:19
- "The Lord reigns, let the earth be glad." Ps. 97:1
- "The surpassing worth of knowing Christ Jesus." Phil. 3:8
- "God's mission of salvation is the biggest, loudest thing in the room." from "Walking With God Through Pain and Suffering" by Timothy Keller

As God's nutritious words hit the spot, dwelling richly in our hearts, we can sing and serve from our hearts like a songbird who has been properly fed. (Col. 3:16) He has faithfully provided our daily bread. We have nothing to complain about when we choose to not eat.