

# SSP

The Church of Jesus Christ



## SOUL FOOD FOR BREAKFAST

Starting your day with natural and spiritual food gives you strength in more ways than one

### In the morning rush, don't forget about your soul

By Bro. Josh Gehly

SOME SAY THE BEST PART of waking up is with Folgers in your cup. For others, they just can't leave the house in the morning before grabbing a bowl of cereal.

My friend starts every morning with a cup of coffee and golf putter in hand. I usually just down my vitamins with juice on my way out the door, but to be honest that doesn't happen as often as it should.

Breakfast provides our bodies much-needed fuel to start the day. If our bodies need to be recharged in the morning, what about our Souls?

#### **Nourishing Your Soul**

Let me be clear. You are not a body that may or may not have a Soul. You *are* a Soul. You *have* a body (thank you to the Apostle Paul and C.S. Lewis for that little insight).

So, if your body needs natural food in the morning to stimulate your brain and keep you alert, what about your Soul? Do you pray to God every morning that He watches you, protects you and keeps you?

#### **What Uses Your Fuel?**

Life is busy and only gets busier in

high school and college. The average day is a sprint inside of a weeklong marathon.

Part-time work, school work, extra-curricular activities, social events, relationships and family are all tossed into everyday life. Whether fun or stressful, these things often take our minds away from God. They might not present anything harmful or evil, (then again, sometimes they do) but each event takes a little fuel away from our spiritual fire.

We live *in* the world...  
...but are not *of* the world.

#### **Arming Yourself for Battle**

A sister once shared with me that every morning she would literally put on the armor of God. She would wake up and immediately arm herself. Every

morning she would spend time in prayer and meditation, pick up her shield of faith, unsheathe the sword of the Spirit, and gird herself with the breastplate of righteousness and the helmet of salvation. Her belt was truth and shoes the gospel of peace.

How many mornings have I walked out of the door, not only forgetting my vitamins, but forgetting the God who gave me breath through the night?

Here's a confession: it happened to me last week. I didn't pray, didn't read any scripture and didn't put on any pieces of the armor from God that morning. While driving to work that day, a car ran a stop sign *almost crushing* my vehicle. It was only then that my Soul woke up.

***Satan keeps us so busy we forget about the real battle. We go through the morning routine without any spiritual armor.***

#### **An Enemy Is Out There**

Satan hates you and wants to sift you as wheat. He wants to destroy your soul and body. Every morning, he stands armed and waiting. He keeps us so busy we forget about the real battle. We wake up, go through the morning routine, and head off to our busy lives without any spiritual armor.

Please consider at the end of the day when you slip or stumble: did I start the day by putting my armor on? Did I spiritually refuel my soul before going out into the world? Something as simple as a morning cup of the Spirit can change the outcome of your entire day...week...life.

#### **A Good Start**

So, with a morning pop tart and banana (or if you're English a fried egg with beans, sausage and a cup of tea), add a simple prayer. Read one verse of scripture. Put on the armor of God. Then run out the door and into the battlefield. God rewards those who diligently seek Him (Heb. 11:6) and the reward is the Holy Ghost (1 Nephi 10:17-22) that fuels your soul.

**This message is brought to you by your friendly neighborhood SSP team!**

We're here to support you. Please let us know how we can do that better. E-mail all your brilliant suggestions to SPP Chair Sis. Rachel

Benyola at [gmba\\_ssp@yahoo.com](mailto:gmba_ssp@yahoo.com).

