



## SPIRITUAL VITAMINS

### *A Daily Dose of God's Strength, Joy, and Truth*

Just like our physical bodies need vitamins to stay strong and healthy, our **spiritual lives** need nourishment, too. Without it, we grow weak in faith, tired in spirit, and vulnerable to the enemy's lies.

Think about it — if we can remember to take our vitamins for our body, we should never forget to take our **spiritual vitamins** for our soul. Every day we need to feed our faith, strengthen our hope, and let the Word of God renew our hearts.

“Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”

— *Matthew 4:4 (NKJV)*

**When you skip your vitamins, you might feel sluggish or weak.**

The same happens when we skip our spiritual nourishment. Our peace fades, our patience runs thin, and our joy begins to drain.

That's why we need a **daily dose** of God's presence — to keep our hearts healthy and our faith active. These “Spiritual Vitamins” are not found in a bottle but in **the Bible, prayer, worship, and obedience**.

**Let's look at 4 Spiritual Vitamins we need every single day to stay spiritually strong and full of life.**




### 1. Vitamin W – The Word of God

“Your word is a lamp to my feet and a light to my path.”

— *Psalms 119:105 (NKJV)*

Just as Vitamin D strengthens your bones, the **Word strengthens your faith**.

Read it daily — even one verse can change your direction. The Bible isn't just a book; it's your daily prescription from Heaven. It keeps your heart strong, your thoughts pure, and your spirit alive.


 **Daily Dose:** Read the Word before you read the world. Let Scripture be your first scroll of the day!

## 2. Vitamin P – Prayer

“Pray without ceasing.” — *1 Thessalonians 5:17 (NKJV)*

Prayer is the oxygen of your spiritual life. Without it, your soul feels starved.

Talking with God keeps you spiritually hydrated and connected. Prayer isn't just asking — it's aligning your heart with Heaven.


 **Daily Dose:** Set prayer alarms throughout the day — short, sweet, and full of faith. (*Our phones have an alarm – set these prayer alarms daily*)

## 3. Vitamin F – Faith in Action

“For we walk by faith, not by sight.” — *2 Corinthians 5:7 (NKJV)*

**Faith is your immune system against fear.**

When life gets hard, faith keeps you standing. Exercising faith daily means trusting God in your decisions, believing His promises, and acting on His Word even when you can't see results yet.


 **Daily Dose:** Speak faith out loud. Don't just believe quietly — declare it boldly!

## 4. Vitamin J – Joy in the Lord

“The joy of the Lord is your strength.” — *Nehemiah 8:10 (NKJV)*

Joy is your daily energy boost! It brightens your heart and builds resilience.

The world drains joy, but Jesus restores it. Rejoicing is a spiritual habit — it reminds your soul who's in control and gives strength when life gets heavy.

 **Daily Dose:** Smile, sing, and praise God even when things aren't perfect. Joy is a weapon against discouragement!

### Wisdom Nugget

“Spiritual strength isn't found in what you consume physically — it's found in what you *feed your spirit* daily.”

### Holy Highlight

“But grow in the grace and knowledge of our Lord and Savior Jesus Christ.”


— *2 Peter 3:18 (NKJV)*


Growth comes when we consistently take our daily spiritual vitamins — God's Word, Prayer, Faith, and Joy. Don't skip them — your spiritual health depends on it!

### Conclusion

So, before you start your day with Coffee/Hot Tea and vitamins, remember your **Heavenly prescription** too!

Take your daily dose of:

 **Word** to guide you.

 **Prayer** to connect you.


 **Faith** to strengthen you.


 **Joy** to refresh you.

When you fill your spirit first, everything else will flow with peace, purpose, and power. God is your Great Physician — and His vitamins never run out.

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 “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” – *3 John 1:2 (NKJV)*