

**John 6:63** “The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—they are full of the Spirit and life.”

When I was a kid, my younger brother and I had a Sunday night tradition. We would watch Swiss Family Robinson and eat Cup O’ Noodles. This movie is one of Disney’s all-time greatest about a family that is shipwrecked and forced to build a life on a deserted island. It’s a movie I still love today. My brother and I loved Cup O Noodles because they were easy to make and we could have as many as we wanted. Some nights we would have three of them each. It was a fun time.

Later in life, I recognized that those Cup O Noodles, though they had freeze-dried “vegetables”, these soups had 0 nutritional value at all. While this truth seems so obvious now as an adult, I had such a hard time believing that as a child. I honestly thought I was eating healthy. But the reality is those noodles harden up in our stomachs and make it very hard to digest.

Now as an adult, Naomi makes chicken soup with homegrown chicken, homegrown vegetables and organic grain quinoa. This soup is a very healthy soup with true bone broth and other ingredients.

The more we mature in our walk with the Lord, the more we can distinguish between what is spiritually unhealthy and healthy for us- what will bring life to our souls. Many times, what appears to be healthy on the outside is toxic on the inside. It could be a habit, a hobby, a relationship or it could be the level or intensity of our engagement with that particular thing.

As we strive to make Living the Word our primary objective as God’s People, let’s pray and ask the Holy Spirit to help us sift through our lives and root out what is not healthy, so that we can, in turn, engage with what is healthy.

All for the glory of God!

I love you and God loves you!

Pastor Eric Lundberg