

# M.I.D.S.T.

Just as food nourishes our bodies...Words nourish our spirits...

Be mindful of what you are putting in your body and spirit....

Is the food healthy? Are the words encouraging or do they tear you down like that unhealthy meal ...

Over time, just like a diet filled with grease will lead to a host of health issues (diabetes, heart attacks, etc.) ...

Words that tear you down will cause issues in your spirit (lack of self-esteem, self-worth, and awareness of who the Creator made you to be) ....

So, as we are in the MIDST of our days, situations and personal journeys ...

Seek to MIDST the people you encounter, be mindful of those who are NOT MIDSTing you, and remember to MIDST yourself ...

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#SpeakLife #MIDST

MOTIVATE | INSPIRE | DEVELOP | STRENGTHEN/SERVE | TEACH

