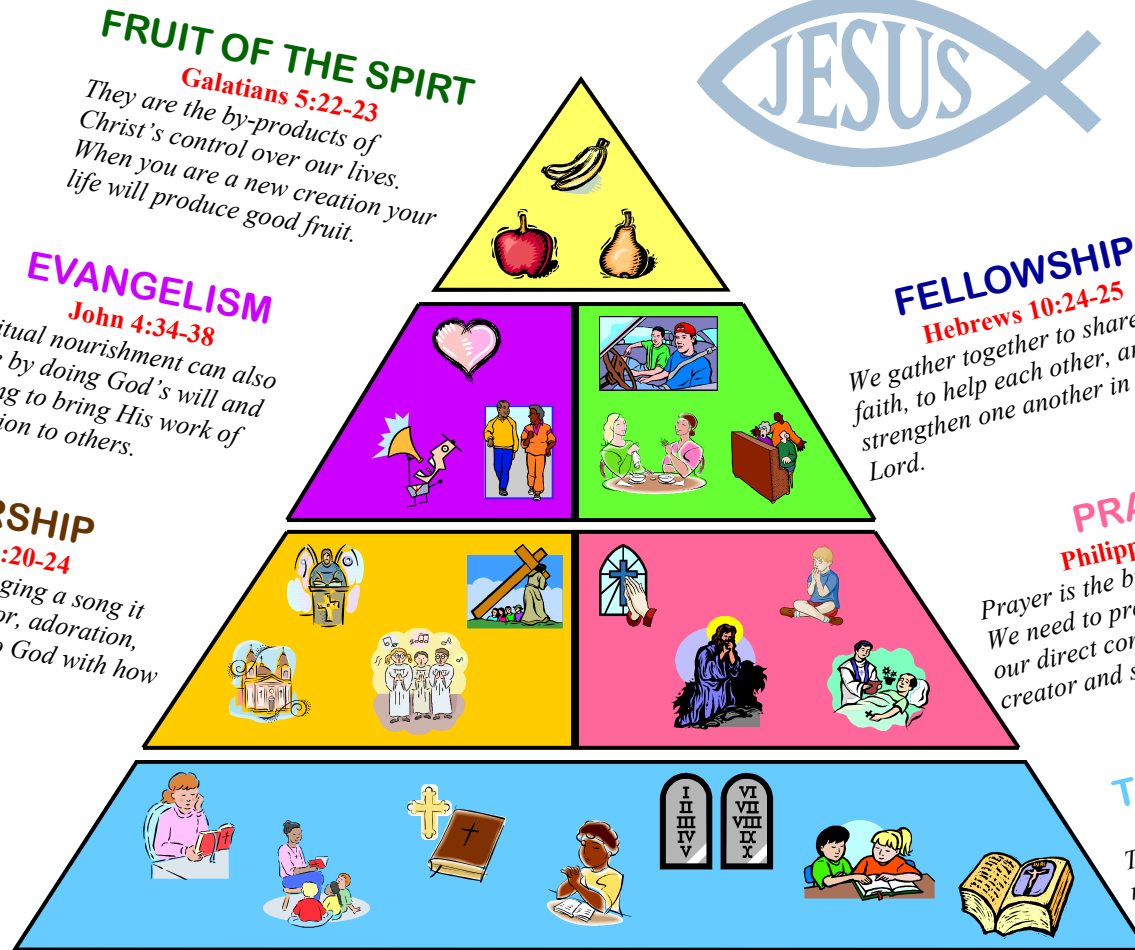


Nutritional Pyramid of a Healthy Christian Diet

"You must crave pure spiritual milk so that you can grow into the fullness of salvation..." 1 Peter 2:2



A Guide to Spiritual Food Choices for Growing Believers

Now That I'm a Christian, What Do I Do?

What Counts as a Serving?

The Word of God

- Daily studying the Bible
- Memorizing scripture
- Joining a small group Bible study
- Listening and retaining Biblical sermons

Prayer

- Staying connected to God
- Opening your heart to God
- Seeking guidance from God
- To be honest, humble, and personal
- Praying without ceasing (1 Thessalonians 5:17)

Worship

- Righteous living as God's masterpiece
- Praising God through music, words, and deeds
- Tithing & giving your money, energy & time
- Taking communion
- Getting baptized

Fellowship

- Spending time with other believers
- Being accountable to other believers
- Having Godly influences in your life
- Being challenged and strengthened by other believers (iron sharpens iron)

Evangelism

- Sharing Christ's mission with others
- Loving your neighbor more than yourself
- Knowing and sharing your personal testimony

Fruit of the Spirit

- Being controlled by the Holy Spirit
- Proof of you becoming a different person
- Having a positive uplifting attitude

How Many Servings Do You Need?

"Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next." 1 Timothy 4:8

Unlike other nutritional pyramids the Nutritional Pyramid of a Healthy Christian Diet doesn't suggest any amount of servings you need for each portion. As maturing Christians we need to commit every aspect of our lives to God who is the creator and sustainer of all life. We need to constantly be growing **closer to God in word, thought, and deed** by living out each portion of this pyramid every second of every day.

Why Having Daily Devotions Is So Important?

You began a relationship with God by saying a simple prayer of lifelong commitment to Him. God saved you and became your heavenly Father, and you became His child. **But that relationship must deepen.** It's easy to have a very shallow relationship with someone. You know their name, age, and where they live, but not really know them. That is not the relationship God desires to have with you he wants you to really know who He is. And if you want to really get to know somebody, you've got to **spend time with them.** In order to know God and His heart you first must be willing to be changed by Him. After you are willing to change that is where personal devotions come into play.

Devotions are personal alone time with God; this is done by setting some time (maybe 10 minutes) **every day to prayer** to God and then read the **Bible**, understanding what you have read, and then **applying** it to your life. God has already shared his heart through His scripture all we have to do is read it.

It's All About Balance!

This pyramid illustration is all about making it easier to understand what you need to do if you want to grow in your Christian walk. But the real **secret is constancy and balance.** *First if you are not constant with your walk of faith, you won't last. You need to daily read your Bible, never ceasing in prayer, living a life of worship, having regular contact with other believers, sharing your faith in words and actions, and always demonstrating the fruits of the spirit.*

Second, you need to **have balance with all six portions** of the pyramid. No one portion is more important than the next. If you read your Bible and pray everyday but you don't spend any time with other believers you are actually stunting your growth. Yes, some things are harder to do than others but we are all called to **do all** of these things not just the ones we enjoy or easily can do...

How Can You Tell That You're Growing?

There are two ways to get to the top of an oak tree. You can climb or sit on an acorn. The latter method doesn't seem to be practical does it? The purpose of this pyramid illustration is to help you get off your acorn and exert yourself in growing closer to God. But how does someone tell if they are actually growing? It takes a lot of **evaluation with yourself** and from **others.** This is done by **answering** some soul searching questions: *Is your general actions and attitude different now than before you accepted Christ?* Read 2 Cor. 5:17. *Do you still have a deep desire to grow and mature in the Lord?* Read Col. 2:6-7. *And finally is your attitude of that of Christ Jesus?* Read Phil. 2:1-11. There is no such gauge that exists to tell if a person is growing or not, but others can tell by your words and actions. One thing to remember you should never stop growing in Christ!