

A silhouette of a person sitting and reading a book, set against a background of a sunset or sunrise. The person is on the left side of the frame, and the book is held open in front of them. The background shows a gradient from dark to light, suggesting the sun is low on the horizon.

Did You Get Your Vitamin “B” Today?

In this case vitamin “**B**” is for spiritual health, meaning taking in and living out God’s Word—the **Bible**. Just as our body needs proper nourishment to be healthy, our spirit needs to be biblically fed to flourish, and to live the abundant life that God wants us to enjoy.

Many times I have walked by the mailboxes just as residents are getting their mail. If it is junk mail I often hear a sigh. If it is a bill I often hear a groan. But if it is a letter from family the resident doesn’t want to stand around and talk, but rather, they quickly leave to go to their apartment where they can read and re-read a letter filled with love for them.

In the Bible we find God’s *very heart* opened up to us. We read of His great love for all, and His provision for us to be forgiven, and to live in Him. The Bible is **Given**: *“All Scripture is given by inspiration of God, and is useful for teaching, rebuking, correcting and training in righteousness”* (II Timothy 3:16). God’s Word is a gift to us that is meant to be read and followed in our daily lives. The Bible is **Living**: *“For the Word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart”* (Hebrews 4:12). The Bible is not like any other book that has ever been written. The Bible is **Settled**: *“Forever, O Lord, thy Word is settled in heaven”* (Psalm 119:89). The only place in all creation where God’s Word is ever questioned is here on earth. The Bible is **True**: Jesus said: *“Sanctify them through thy truth: thy Word is truth”* (John 17:17). God stands behind every word in Scripture.

We can trust God’s Word, and it is precious. Time spent reading the Bible is never wasted time! God wants His Word to get into our hearts, and then be lived out in our lives. When we feed on the Bible daily we get our spiritual vitamin “**B**,” and the benefits are truly amazing!

Chaplain Todd