

Forward

Every house has a kitchen, we all need food. When you are not going to be home, you can take some with you, i.e. a brown bag, lunch box, or even an ice chest. Every man needs **food**, however, *man does not live by bread alone. Deut. 8:3*. We must feed our souls as well. My point in this book is not to argue the fact that we all have a mind, body, and spirit. I pick up where that one leaves off.

The **body** must be nourished and exercised. The **mind** benefits from healthy food, education, and exercise. Have you ever heard the phrase, “sharpen the saw?” So it is with the spirit, your **soul**. *Heb. 4:12 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.*

Many people out there are like the walking dead, spiritually dead, that is, or starving. Perhaps they are physically strong, maybe even intellectually genius, and busy night and day, but they have no spiritual “life” in them. Psychologist offices across the nation are filled with individuals seeking to understand, communicate, and find some sort of meaning and/or order in their lives. Go figure! *Rom. 8:28 And we know that in all things God works for the goal of those who love him, who have been called according to His purpose.* God, in his infinite, eternal wisdom, will give us purpose and meaning.

Just like with food or education, we do not get filled all at once. It happens one bit or bite at a time. We do not remain full, rather we burn it off as energy, fueling our lives and imparting into the lives of others, just ask any mother or teacher!

What I offer in this book is a pantry of encouraging words, some directly from and some directing to the Bible, God’s cupboard so to speak. His words bring me life. *John 14:6 Jesus answered, “I am the way, the truth, and the life.”* My goal is to help the reader fill his or her soul, to keep it full, and ultimately teach others how they can do the same. *Ps. 73:28 But as for me, it is good to be near God. I have made the Sovereign Lord my refuge; I will tell of all your deeds.*

Are you hungry? Welcome to my kitchen...

Introduction

I am otherwise known as “Produce Gal.” I bring in the choicest of organic fruits and vegetables offering the community nourishment at its best! Some folks do not know what to do with these lovely jewels of the fields when they get them home so I write recipes and produce entertaining cooking shows to guide them on their culinary path. I have also done personal training to help people get going on exercise programs.

One day it occurred to me that I ought to share my spiritual journal. These notes I accumulate, hoping to leave a legacy of wisdom, memories, tears, prayers, testimonies, encouragement, and even laughter for anyone who dares to read them! I share stories of lessons I have learned while navigating, sometimes muddling or backsliding, but always emerging at least one step stronger through my experiences, or “character-building opportunities” as I like to call them!

These morsels, or *Nutrition for Your Soul*, I offer to nourish, sustain you, or even offer as a little snack to feed your spirit any time of day. I prefer mornings to feed my soul. They say breakfast is the most important meal of the day to jump-start the body. I challenge you, dear reader, to jump start your soul every day. Grab a cup of coffee or tea, sit down, and enjoy your breakfast!

May you be blessed, encouraged, entertained, nourished, and filled.

Becky

AKA Produce Gal