

# Special Forces: Day Eleven

## Basic Training: Unit Two

### Nutrition 101

#### Proper Diet

We all know the proper diet is important. Moms take great pains to provide their children with the right foods that contain all right vitamins and minerals. I remember food groups from health class and the balanced diets placards in the school cafeterias. When I was a young single soldier living in the barracks and eating in the dining facility, a well-balanced diet was again available to me. I think all of the military services provide the troops the opportunity to have a well balanced, low cost diet.

To remain fit for SF and maintain the high state of physical fitness required to remain among the 'elite of the elite', I learned to really watch my diet. Over time, when I saw the results of maintaining a proper diet mixed with regular rigorous physical training, I actually developed a stronger desire for all the right stuff. Good eating habits resulted from setting personal performance goals. As a result, I could really tell when I was "off my feed."

#### Key Verse:

**"All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work. 2 Timothy 3:16,17 (NKJV)**

**"Pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus." 1 Thessalonians 5:17 (NIV)**

**"And they devoted themselves to the apostles' teaching and to the breaking of bread and to prayer." Acts 2:42 (NIV)**

As a Christian, I need the proper diet from the right food groups. We also need good self-discipline in order to maintain our 'spiritual' diet. I suspect that we all have a tendency to go for cake, ice cream and all sorts of unhealthy food. We 'eat' the wrong stuff and forget about what we really need. Without a conscious effort on my part my spirit could starve! Friends, I've been there and done that!

#### So What!

In the above verses I underlined what I consider the three main spiritual food groups: scripture, prayer and fellowship with other believers. I need to read God's word and learn from it, I need to have frequent conversations with my Lord and I need the fellowship and companionship of other believers.

As Christians we're all sailing in the same boat. The same Holy Spirit lives in all of us and gives us a desire to eat right. To remain fit for Kingdom service, we have the same needs. So I pause and ask myself, "How am I doing?" If I do not have the desire for scripture, prayer and fellowship, I must realize that there must be a reason! Guess where I will find that reason? In what I eat!

Friend, how are you doing?