

2nd Yr. Ambassadors

Lesson 21



Spiritual Vitamins

Vitamins are beneficial to our health and can help us prevent illness and live all the life that God has for us to live. That is what our time with the Lord, called Devotions, does for us. Spending time with God helps to prevent us from being sickened and poisoned by the world.



In Daniel, chapter 6, we read that Daniel had a daily habit of spending time alone with God. Every Christian needs to learn and practice this.

A survey was taken among Christian families which showed that only 2 out of every 10 Christians have a daily time of devotions in which they read and study God's Word and spend time in prayer. Without **good devotional habits**, a Christian will become **weak** in the faith. However, on the other hand, a Christian who learns to invest some time daily in the Bible and in prayer will **grow** in faith and will also find many spiritual blessings that others have missed.

Vitamins: The word "vitamin" was coined in 1911 by the Warsaw-born biochemist Casimir Funk (1884-1967). At the Lister Institute in London, Funk isolated a substance that prevented nerve inflammation (neuritis) in chickens raised on a diet deficient in that substance. He named the substance "vitamine" because he believed it was necessary to life and it was a chemical amine. The "e" at the end was later removed when it was recognized that vitamins need not be amines.

-Dictionary of Medical Terms

1. The Preparation for Daily Spiritual Vitamins

- You must prepare *internally*.

The first step of preparation is to yield your heart to the Holy Spirit as your teacher in God's Word (John 14:26).

The second step we must take to prepare ourselves is that we must **purpose** in our heart that we are going to be **faithful** in our devotions.

Without determination we'll soon lose our motivation. We must have a purpose that drives us, and we must sense the importance of what we are doing.

In the Book of Daniel, we find that Daniel had “*purposed in his heart*” that he wouldn’t defile himself with the King’s meat and drink. We must have that same kind of internal determination that what we are doing in our daily devotion time is good for us and is right to do!

- **You must also prepare *externally*.**

If you are going to have a good and productive time with Jesus, you must prepare ahead of time. It’s like knowing you are going to go out and eat at a buffet. You may decide to skip a meal so you can save your appetite for the ‘Buffet.’

Spending time with Jesus is even better than eating at an all-you-can-eat Buffet. Here are some steps for preparation:



Step 1. If you are going to have your special time with God in the early morning, you must get to bed on time. Don’t stay up watching TV. That will mess up your mind, make you more tired and could affect your time with God. Go to bed!

Step 2. Set an alarm clock to remind you of your time. It can be on your cell phone, your computer, your watch...



Step 3. Choose a place where you won’t get too many distractions or loud noise. At least let it be a place where you can easily tune people out. The bathroom can be a good place but your time might need to be short if you choose this route (smile).

Step 4. Soft instrumental Christian music is okay to use but we encourage you to practice listening to God with your own ears.



Preparation is Important.

2. The Plan for taking Spiritual Vitamins daily

- Set a specific time you will have your devotions. If you don’t do this, it won’t just happen.
- Set a specific place where you will meet with Christ. Daniel had a specific place where he spent time in prayer.
- Plan what Book and Chapter you will read and study. You may even use something like the Daily Bread for Youth.

- Keep your mind from wandering. This is done when you memorize God's Word. Read Psalm 119:11.
- Spend time in prayer. Prayer is that simple conversation with God where you reveal your heart and listen to His.
- Sit for a moment. When you are done, don't rush out. Chill for a moment and learn to listen to God.



3. The Problem with Taking Spiritual Vitamins

When you decide that you are going to do something that will benefit your spiritual growth, you can count on Satan opposing you. The devil will cause problems by trying to get you to mix your spiritual vitamins with other stuff.



- The devil will try to steal your attention away from what you are doing. Refuse to let your mind get distracted.
- Sometimes others will unknowingly keep you from your devotions. The phone will ring, someone stops by, parents may call you to do something... people can distract you without knowing it.
- Discouragement can and will become a part of your battle in taking spiritual vitamins. All of us fail, and even the best plans can go wrong. But if you miss a day or two in having your devotions, don't give up! Get back on track. If you don't overcome discouragement you will be defeated.

It will require Commitment from you as an Ambassador to take your spiritual vitamins daily.



Now click here to watch this Supplemental Video about your lesson: <https://www.youtube.com/watch?v=DLZN8z3JdGM>

Ambassadors

Year 2 Lesson 21 Quiz



Click here if you are taking your quiz online, then send the email you receive to your mentor to grade and discuss: <https://forms.gle/7qaeeyxk4Rk2EVhH6>

Complete this assignment and set up a time to meet with an adult mentor who will go over this with you. Mentor, after you have graded this lesson using the Answer Key, please enter the lesson online using the links on the website in order to receive credit. Thanks.

Student Name: _____

1. What is the first area of preparation when determining to develop a good devotion habit?
2. Are there any bad places to try to have daily devotions? If so, where and why?
3. What are the key ingredients of a daily devotional time?
4. How long should your daily devotional time last?
5. What benefits and blessings can you expect to see from developing a daily devotional habit?
6. What are some of the problems that can happen to keep you from having a daily devotion?
7. According to Daniel 9:4-9 what did Daniel pray about?

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Mentors Memo

Mentors: This lesson was designed to help your student(s) understand the importance of Devotions in the Christian's life.

The answers that they record will be from their own thoughts. I encourage you to read the lesson also and help them process their thinking about Devotions. Assist them in developing a plan for daily devotions as a habit in their lives, and if they are already in practice, encourage them to remain faithful and ask them the benefits they get from this practice.