

Sept 5, 2025

## Friends of Seedtime,

### Malnutrition

#### Not reading or hearing God's Word regularly

I suppose that's my informal definition of malnutrition. We can have all the best physical nutrition that science can give us... and we can remain *spiritually* lost without God's blessing. It is God who breathed life into his creation of dust and it is still him who sustains us today.

The physical aspect of nutrition that we normally consider (think vitamins and minerals) is far and away secondary to the necessity of hearing and reading God's word. We don't think this way because we often undervalue God's Word. Check out what Job said in the Old Testament in the column on the right. Yes, Job 23:12... go read it.

I am sure more folks will think rightly about this when we get to death's door.

Two reasons I mention this need for reading or hearing God's Word.

- 1). I have just turned the corner, having completed the latest round of reading the whole Bible and now it's time to turn the book back to the front and begin again. And there isn't a thought about it. This action is just assumed.
- 2). Laurie's father passed away just last week. It was a bit earlier than expected. He was elderly and died at home in peace. Many folks thought highly of him and for good reason. And it was a good reminder that we are all *near.. or at..* death's door. Are we hearing God's Word and embracing the answer key that is our Bible?

Bible reading isn't just for "certain people" who find it necessary as a part of the Christian "Club". It is essential to good nutrition for every living soul.... Haitian and American alike.

Haiti needs this good nutrition more than they need subsidized beans and rice. Thanks for helping us feed Haiti the best nutrition packed gift.

Thanks for walking with

**Seedtime  
and  
Harvest**

in discipleship Ministry



Frantz and family  
washing up  
before dinner.



## Seedtime and Harvest Ministry

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www.shepherdsstaffministries.org

Make checks out to: SSM  
Your financial support is appreciated

### Nutritional Priority

the Bible says this...

**Job 23:12** I have not departed from the commandment of his lips; I have treasured the words of his mouth more than my portion of food.

**Matt 6:25** Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. **Is not life more than food, and the body more than clothing?"**



Brian and Laurie Winzenried

**"WHILE THE EARTH REMAINS,  
SEEDTIME AND HARVEST,  
COLD AND HEAT,  
WINTER AND SUMMER,  
AND DAY AND NIGHT  
SHALL NOT CEASE."  
GENESIS 8:22**