

Milk is Important Physical and Spiritual Food

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Youngster develops life-long desire for physical and spiritual milk.

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Like most babies, little Luke loved the taste of milk.

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And while many youngsters eventually begin to prefer sodas, tea, etc., Luke continued to prefer cold, refreshing milk.

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During his elementary school years, Luke always ate pancakes with fresh fruit for breakfast. His beverage of choice - milk - of course.

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Luke's favorite lunch included green beans, mashed potatoes and sliced carrots. He washed down each delicious mouthful of food with a cascading waterfall of milk.

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Luke loved seafood and poultry, so, for dinner, his mom, Lucinda, prepared chicken, turkey or fish, along with a baked potato and a green vegetable. Luke always drank chocolate milk with his dinner.

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Although Luke didn't attend classes on weekends, Lucinda made sure she prepared his favorite meals on those days as well. And just like the Monday-Friday routine, Luke's weekend beverage was always milk. "I'm a growing boy," Luke reminded his mom. "And I insist on drinking milk to help me grow strong and healthy."

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Lucinda was happy to comply with Luke's request. "You're a wonderful son," she bragged.

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Lucinda, however, wasn't content to simply provide milk with Luke's three daily meals. She also insisted that he receive Mom's Daily Minimum Requirement for Scripture (MDMRFS), so she selected several Bible verses for him to read before school, after school and at bedtime. "I want you to get the MDMRFS for spiritual nourishment, too," she said.

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Even during Luke's high school years, he was a picky eater and continued to drink an abundant supply of milk every day. He lost his taste for baked potatoes, and developed a liking for fresh spinach and squash.

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Having acquired a desire for spiritual food early in life, Luke's taste for God's Word increased with the years. By the end of the first grade, he had memorized First Peter 2:1-3, "Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings, As newborn babes, desire the sincere milk of the word, that ye may grow thereby: If so be ye have tasted that the Lord is gracious."

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One day, after Luke began his senior year, he told his mom, "Thanks for giving me both spiritual and physical milk. I realize that both of them are important to being healthy in all areas of my life."

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"You're welcome," Lucinda said. "I felt so strongly about it that I began reading the Bible to you before you were even born. I even told your father that it wouldn't surprise me if you were quoting Scripture the day you were born."

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"I didn't miss it by much, did I, Mom?," Luke chuckled. "I didn't miss it by much!"

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To contact the writer of this column about speaking engagements, including Christian Comedy Fundraisers and/or puppet ministry, please email [kidcool4jesus@yahoo.com](mailto:kidcool4jesus@yahoo.com).

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