

# *Morning Manna*



*By Bass Mitchell*

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## **Introduction**

Every day I get tons of emails about how to improve some aspect of my life - from finances to physical health. I turn on the television and commercials constantly are trying to do the same thing. I walk into bookstores and see rows upon rows of how-to books on everything from weight loss to improving relationships. There are also some very popular shows on television dealing with makeovers of all kinds, not only on you but on where you live.

Nothing wrong with these programs. Some are, in fact, quite good and helpful. They offer practical and tried plans and programs for enriching our lives. If you are reading this, chances are you are one of the millions who have tried, for example, the Atkins Diet or the South Beach Diet. I have tried the Atkins and it works. My physical health is much better having lost some weight and exercising more.

But what I hardly ever see are resources for the most important area of life - the nurturing of spiritual vitality, the care of the spirit, of the inner life. What about a diet for your soul? What about soul food? Persons have plans for daily exercise, strict diets they follow, good financial programs for the present and future, even counselors for their mental health or personal trainers, but often neglect the care of their own souls or do not know how to care for themselves spiritually.

I have a friend who had it all together, at least on the surface. He was successful in his business. He jogged and worked out each day. He had a financial plan in place for his future. But one day he came to me and confessed, "Something's missing. I'm missing something somewhere, somehow..."

"What do you mean?" I asked him.

"Well," he replied, "I've got everything I want, everything I think I need. Things could hardly be better..."

"But something's missing?" I said for him.

"Yes, but I don't know what it is."

"Tell me this," I said. "I see you working out each morning. You enjoy that, right? It makes you feel good?"

"Right," he replied.

"You take good care of yourself physically. That's obvious. I wonder, what do you do for your spiritual life?"

He looked at me as if to say, "What in the world do you mean?"

"I mean, we are not just physical beings, you know. We are spiritual beings. We have a whole inner life, a life of the heart, of the soul that needs attention, exercise, if you will. I think what you're missing is the care of your own soul."

"You mean God?" he asked.

"Yes. The Divine. We need to nurture our spiritual lives, our sense of the Divine as much as we do our physical life. Know what it's like if you stop exercising? You begin to miss it, to feel weaker. Without spiritual exercise, without a plan, a program for renewing your spiritual vitality, you also become spiritually weak. I think that's what's missing from your life."

He was still doubtful. So I said, "Let me share something with you that has made a great difference in my life. I know you have tried the Atkins Diet because you're the one who shared it with me. It's worked for us both. But now I would like to share a diet

with you that works just as well for your spiritual life. I call it, "The Morning Manna Diet. Want to hear it?" He said that he did.

What I shared with him in words I later put into writing and it became this book. For the secret I shared is what I have learned in my own life about renewing spiritual vitality. "The Morning Manna Diet" is my own plan for getting and staying in good spiritual shape. My friend took what I shared, made it his own, and is now finding what he had been missing - a continual source of spiritual peace, strength, joy, purpose and spiritual vitality. I have shared it with others who have also found it of great help to them. It works. I use it in my own life. Now I would like to share it with you.

### **About This Book**

This book is in two parts. Part One begins by examining the meaning of spirituality as a deep yearning for contact with the Divine. Chapter 2 shows how God shares this desire to commune with us even more than we do. Chapter 3, building on our desire for God and God's desire for us, sets forth the secret of spiritual fitness which is at the heart of this book. Chapter 4 examines in detail the Morning Manna Diet and how to begin following it.

Part Two of this book is a reader and workbook section that provides you with what you need to begin following the Morning Manna Diet plan for a forty-day period. Well before that time is up, you will begin to see a profound difference in your spiritual vitality and energy. You will learn and begin to master a plan you will wish to follow the rest of your life.