



The Most Important Vitamin Supplement

Psalm 105:1-8

Many see the importance of taking Vitamin A, B, C, D, and E supplements. There is, however, one Vitamin that is far more important. It is Vitamin G. Apparently, Vitamin G is an outdated name for riboflavin, a B vitamin that supports eye, heart, nerves, and antioxidant health. This may be helpful,

but the true Vitamin G has more health benefits than all other vitamins and supplements combined.

The G stands for “Gratitude” and this supplement is not taken once a day, but continually throughout the day. The attitude of gratitude is to be constant, “giving thanks **always for all things** unto God and the Father in the name of our Lord Jesus Christ” (Eph. 5:20). The Gratitude supplement is recognized for its significant emotional and spiritual benefits. It is defined as an appreciation or thanks for benefits received: “Bless the LORD, O my soul, and **forget not all His benefits**” (Psalm 103:2). Vitamin G contributes to overall well-being, and to a life that is content and satisfied. Practicing gratitude can increase joy and improve inner health by fostering a God-conscious outlook on life.

Failure to take Vitamin G will result in crankiness, discouragement, self-pity, and many other negative effects. Indeed, this is the one vitamin which God commands us to take: “**In everything give thanks**, for this is the will of God in Christ Jesus concerning you” (1 Thess. 5:18). Practicing gratitude as a daily habit will translate into “**thanks-living**,” enjoying a life that is bursting with praise and appreciation for all that God has done. Have you counted your spiritual blessings lately? Are you grateful for all that you have in Christ? “Blessed be the God and Father of our Lord Jesus Christ, **who hath blessed us with all spiritual blessings in heavenly places in Christ**” (Eph. 1:3). Don’t neglect the most essential vitamin of all!



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