

What is Vitamin?

In short, it is a ministry that works as a supplement for the bible studies that take place during large group. We will spend more time to go deeper into passages that were covered during large group and to look at other passages that may have been missed. Much like a regular vitamin, you can take it (vitamin) to boost your immune system (your spiritual life). It's a great place to learn more about God and to experience your faith through bible study.

A place to freely share

Hebrews 10:24-25 And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

This is the key part to our Vision. We would like provide a space for people to come and be open with one another and to freely express themselves. This way we can build each other up and push each other grow in Christ. We were not called to grow on our own, rather the Bible encourages us to grow together as a fellowship in love. We encourage you to ask those silly questions that you may have been too intimidated to ask at large group, and those questions you didn't ask because you didn't want to open a can of worms, or even sensitive and controversial questions that may question our faith! We strive to push and encourage each other to grow with these "hard to answer" questions together so we can think things out together. But in order to grow, our focus must be placed on God.

Drawing near to God

James 4:8 Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

In essence we would like to provide a space for us to be open and for all of us to better understand what the bible tells us to do in our daily lives through our very conventional and super fun methods (approved by your kind leaders). We want Vitamin to be a place where we can focus solely on God. We plan to achieve this by first removing the distractions in our lives while we are at Vitamin and secondly, to draw close to Him by digging deep into His word. But it doesn't matter how close we are to God and how much we analyze the passage if we do not consistently feed on His words.

Feeding on God's word / Building a Passion for Reading the Bible

Matthew 4:4 He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"

Joshua 1:8 - This book of law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

2 Timothy 3:16-17 All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.

Like eating food in real life, our spiritual life needs sustenance as well. Our spiritual life is fueled by the consumption of the bible and His word. It is important to note that feeding does not only mean looking at a passage once, but over and over again. Often times, we may look at a passage and think to ourselves, "I read this once before. No need to study it again!" But feeding does not mean necessarily eating a different dish for each meal, but rather, each time we eat, even if it is the same dish, we may experience it differently. Likewise, studying a passage that is already familiar to us, like one that was studied during large group perhaps, may result in even deeper insight and points of views that may apply to our lives in a different way than when we first studied it.

Also like feeding in real life, eating one meal per week is not enough to satisfy us. Feeding must be consistent in order for it to be effective, both in our physical and spiritual lives. We desire for people to meditate on His word day and night instead of only at fellowship. Like walking along a long dark path, occasional flickers of light once every 7 kilometers is not enough for us to safely traverse the path. We need a constant source of light (the word of God) to be a lamp unto our feet. (Psalms 119:105) We aren't saying to read your bible every single breathing moment of your life, but we want to make reading the bible something enjoyable so that we are compelled to voluntarily read in our own time. The bible is the foundation of our faith and equips us for "every good work". As such we should strive to do it consistently, so that we may strengthen our faith and demonstrate it through our actions.

Putting faith into action

James 2:14-17 What good is it, my brothers, if a man claims to have faith but has no deeds? Can such faith save him? Suppose a brother or sister is without clothes and daily food. If one of you says to him, "Go, I wish you well; keep warm and well fed," but does nothing about his physical needs, what good is it? In the same way, faith itself, if it is not accompanied by action, is dead.

The Bible is the best way to learn about how to live our lives and we ought to desire to use it to the best of our ability. At Vitamin, we want to put a stronger emphasis on application and how to make something thousands of years old relevant in our lives today. We should live our lives as Christ did. This passage does not suggest that our salvation is based upon our works, but rather, our works are the necessary result of our faith. How can we say we believe if we do not obey? It is easy to say that we believe but it takes true faith to take action. In other words we want make it a habit to apply what we learn in the bible to our day to day lives to make our faith real. We can read the bible a hundred times and analyze every single word, but if we do not look at how it applies to our own lives and allow it to shape us, then studying it is meaningless.

Conclusion/ tl;dr

This year at Vitamin, we hope to be able to invite people into our ministry by creating an open and encouraging environment. Our main goal is to draw near to God by focusing on His words. We want to build a passion for studying the bible both at fellowship and outside of it, so that we may strengthen our faith and be well equipped to do His good works. And lastly, to make bible study relevant in our lives so that we can be molded by Him and become more like our saviour.