

Are You Eating Right?

Before we discuss “eating right”, my last post, [“What are you focusing on?”](#) , was about the need to focus on Jesus rather than the law. The difference is day and night, white and black and according to the Apostle Paul, life and death.

Galatians 5: 4 For if you are trying to make yourselves right with God by keeping the law, you have been cut off from Christ! You have fallen away from God’s grace.

In the same way, in the natural world, if we desire better health, we’ll put more focus on healthier food choices, which brings us to our topic today.

Everyone should know the concept of eating right for their bodies, right? The well-known saying “An apple a day keeps the doctor away.” has a lot of truth to it, or at least there is good logic to it, given that it is “eating right”. What if we changed that saying to be “A candy bar a day...”? It wouldn’t end the same, would it? ☐

Aside from getting hit by a bus, all things considered, I believe most will agree that the healthy diet leads to a healthy lifestyle, where the person lives longer, has a higher quality of life, and fewer ailments than those that don’t eat as well. I try to eat healthily, but I admit that most decisions I make are more for flavor than for health. I’ll choose bacon over broccoli any day of the week (not that I don’t eat broccoli at all), but I stay away from most fast food and do not drink sodas. But that’s just me!

Now let’s get to the good stuff, spiritual food.

Consider this passage from the Apostle Paul when giving advice to his apprentice:

1 Timothy 4: 7 *Do not waste time arguing over godless ideas*

and old wives' tales. Instead, train yourself to be godly. 8 "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." 9 This is a trustworthy saying, and everyone should accept it. 10 This is why we work hard and continue to struggle, for our hope is in the living God, who is the Savior of all people and particularly of all believers.

Keep in mind that they did not have fast food those days (at least as we know it), so it wouldn't have been mentioned. But apparently, they did have physical training. Here Paul gives value to physical training, but clearly values "training for godliness" much more. So I no longer worry myself over what people put in their physical bodies, but I am concerned about what people feed their souls with. Sure I want people to be physically healthy, but there will be physically fit people separated from Christ and unhealthy people meeting with Jesus on good terms.

Carefully determine what pleases the Lord.

While reading Ephesians I ran across some great verses that support the idea of living our lives with intention. You see if we wake up every day and commit the day to God, saying "Today I will commit myself to you, Lord", that sets the tone for the day. And suddenly, before your day even begins, you have volunteered to serve Him and do as He pleases for the duration of the day. Would that change things for you?

Ephesians 5: 1 *Imitate God, therefore, in everything you do, because you are his dear children. 2* *Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.*

... **10** *Carefully determine what pleases the Lord.*

... **15** *So be careful how you live. Don't live like fools, but*

*like those who are wise. **16** Make the most of every opportunity in these evil days. **17** Don't act thoughtlessly, but understand what the Lord wants you to do.*

Do you get the idea here that God wants you to put thought into your day and think about what you ingest spiritually?

What is your great “distraction”?

Take music for example. I like the Beatles, Rolling Stones, Rush, The Eagles, and Van Halen (today's classic anyway), just to name a few. I grew up listening to these bands and I can easily play their tunes in my head. While I used to think of this entertainment as neutral I no longer do. God's given me a conviction about this and I am much more careful about what I listen to. Please don't get me wrong, I am not telling you to destroy all of your secular music unless God has convicted you as well in this area. I'm not saying “Don't listen to this music.”, this is just my personal conviction,

***Romans 14: 22** You may believe there's nothing wrong with what you are doing, but keep it between yourself and God. Blessed are those who don't feel guilty for doing something they have decided is right. **23** But if you have doubts about whether or not you should eat something, you are sinning if you go ahead and do it. For you are not following your convictions. If you do anything you believe is not right, you are sinning.*

So here's the thing...

My flesh enjoys this secular music. It seduces me. When I listen to the Eagles “New Kid In Town”, it takes me to another place, and if I let it, it dominates my mind. Sometimes I can't get the music out of my head. Am I the only person that this happens to? I can play an old tune that I loved 30 years ago and three days later it's all I can think about! Is that crazy or what? This is what began to convict me; when I realized that this secular music dominated my mind.

I thought to myself “What if I could fill my mind with praise and worship music?” and that’s what caused me to reconsider what I intentionally listen to. I took this conviction seriously as though God was telling me “Larry, perhaps you shouldn’t be listening to so much secular music.” It’s like anything else that can dominate your mind, such as movies, TV, food, sports, exercise, shopping, work, sex, drugs, money, video games, etc.

“I am humble and gentle at heart” – Jesus

What I love about following Jesus is that He’s done this gradually and gently. First, it was my love for the New York Yankees; they used to dominate my mind. When I started to take God seriously, reading His Word gave me peace, more than I ever thought possible. Then April rolled around and Baseball season was in full swing. Just like an instinct (doing something without putting thought into) I started to follow the Yankees (just like every year prior). If they won, “Woo Hoo! the Yankees are awesome! ”, I was sky high. If they lost, “I can’t believe those stupid Yankees lost that game!, I am so bummed.” Keep in mind that there are 162 games in a season and the Yankees performance each day would determine my mood.

Isn’t that insane? It was an addiction for me. I would even watch the game online (simulated), waiting for every pitch! And this happened during work hours. That wasn’t healthy and this insanity started to rob me of the peace I was finding from spending time with God. So I could hear God nudging me “It’s time to distance yourself from baseball.” So I did. I am still a fan of the game, but a former Yankees addict. I am healed of that, but I know very well that I could get right back into it if I allowed it. They were clearly an idol to me, but no longer.

Isn’t that exciting how God changed me?

Do you see how God has been gently working on me? He didn’t convict me of everything all at once. I have a long way to go

and as I submit to Him daily in prayer and continue to read His Word and meet with other believers I'm certain that He will continue to work on my faults and what I spend my time doing. I have a long way to go as I have many faults still, but knowing what I know now, He will continue doing what He's been doing.

Philippians 1: 6 *And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.*

This change that I speak of was totally from God. I simply gave him myself each day in submission and read His Word diligently and this act of obedience has given the Spirit of God fertile soil to work in which led to spiritual growth.

Will this nourish me or harm me?

The things that fill our lives, whether they are relationships, books, activities, and substances we consume, can be either toxic or nourishing to our soul. Toxic is anything that leads us away from God by either poisoning our minds or taking the focus off of God. This is why baseball and secular music can be toxic for me. Nourishing is anything that leads us closer to God and promotes spiritual growth. This will include daily devotionals, sermons, Christian music, godly books, the Bible and genuine fellowship.

Just like certain plants need daily watering for growth, I believe we need to be nourished daily as well.

John 6: 32 *Jesus said, "I tell you the truth, Moses didn't give you bread from heaven. My Father did. And now he offers you the true bread from heaven. 33 The true bread of God is the one who comes down from heaven and gives life to the world." 34 "Sir," they said, "give us that bread every day." 35 Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will*

never be thirsty.

What will you purposely use to feed your soul?

Just like food, “Will you eat the Twinkie or the Taco?” Although Tacos might not be the best food (depending on how they’re made), they are certainly better than Twinkies.

Likewise, **if there was only one source** to choose from on a daily basis, would you consume Motor Trend/Field & Stream/a James Patterson Novel/People/Good Housekeeping or the Word of God?

I am convinced that if you are not in the Word of God each day, then you are, at the very least, missing out. Don’t you realize that there are people in the world that crave the Word of God and don’t even have access to it? But here in the US, we have Bibles that collect dust, while we rely on daily devotionals, a sermon once a week and “The next great Christian book” (if we read at all). I think daily devotionals can be good, but it’s the Word of God interpreted through the mind of man. This can be great, but I think God wants you to learn to feed from His hand directly.

Matthew 23: 8 *“Don’t let anyone call you ‘Rabbi,’ for you have only one teacher, and all of you are equal as brothers and sisters.*

Great habits are difficult to develop

That being said, I know that it is not easy to pick up the Good Book and just read. For those not accustomed to it, it is an acquired taste. Once you start the habit and develop it over time the Word of God comes alive. The more you read it, the more you’ll want to read it and the more you’ll know Jesus. The more you know Him, the more you’ll love Him. If it is a challenge to understand it, then find someone that might help you or send a message to me at Larry@KeepSeekingJesus.com

and we can discuss it. Your spiritual growth depends on it.

My friends, this is “eating right” and feeding our souls daily from an organic source, which will lead to spiritual growth and produce much fruit. If you seek Him, you will get to know God in a way that you’ve never thought possible.

I’ll leave you with this:

Colossians 3: 10 *Put on your new nature, and be renewed as you learn to know your Creator and become like him.*

Will you eat with me?

“Dear Lord, help me to get to know you more. Thank you for all that you have taught me so far and thank you for giving me a voracious appetite for your Word. Also, thank you in advance for what you’re doing in my life and where you plan on leading me. I want all that you have to offer me and I rejoice in this relationship with you. You are my Teacher and my Creator and I will praise your name. In Jesus name, amen.

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