



You Are What You Eat

I'm sure you've heard the expression many times. I have never heard anyone argue the point as to whether it is true or not, but I do believe the general consensus is that it really is true: "You are what you eat."

Spiritual Food

That applies to our spiritual well-being as well as our physical well-being. While intelligence is found in the mind, wisdom is found in the heart. Our minds are very important to our hearts! We cannot do without one or the other in the physical sense of bodily function, and we cannot do so in the spiritual sense either. We put food into our mouths which is digested in our stomachs; and its nutrients become the life of our entire body. In this same way, what we put in our minds is "digested" and absorbed into our hearts and influences our entire person and lives. We must be careful to feed our minds only the very best - the good and profitable things that will prosper our souls; for it is from our heart that flows who and what we really are; and out of the abundance of our hearts our mouths will speak.

The Word of God

The written word is very important. In a court of law, "he said" and "she said" holds very little weight. But, upon the placing of a written contract with a signature into the hands of the judge, often the case closes quickly in the favor of the person providing the written document. Also, what can be known about history as young as 100-200 years or as old as thousands of years? It is, again, the strength of the written word that tells the tale!

God has given us His written Word that we may know how to live and how to order our lives according to the will of God and, also, that we may know Him. You may say, "I don't understand the Bible. It's boring. I'm too busy to read it. When I try to read the Bible, there are too many unfamiliar words, so many different interpretations; and it doesn't seem to practically apply to my life." I have found that the more you read the Bible, the better you understand it, and it becomes more exciting.

Every Day

Make time to read your Bible - just as you make time to brush your teeth, comb your hair, and get yourself dressed in the morning. Like your physical grooming, your spiritual life will reflect in exact proportion the amount of time and attention you give to God's word. It is every bit as important to feed your soul as it is to feed your body. Not only is it the only way grow spiritually, but the application of God's word to your life can actually change your personality and your reactions to others around you!

I used to think that, unless I read great quantities of scripture, I didn't "do" my devotions. I have found, however, the best way to "feed" on the word is to stay with a certain passage of scripture - even if it is only one or a few verses - until it says something to ME. It is different than just reading and absorbing great portions of scripture for blessing, or from other forms of study. It is actually securing a personal word from the Lord (from His word) for myself and for whatever challenges and trials I may be facing that day.

Just What You Need

As you seek the Lord, He will give you direction through the word - instructions that are "profitable for... reproof, correction, instruction in righteousness." If you take what the Lord gives you, pray it back to God until your own heart is warmed with the message and then share it with someone else that day; the word (not your own expertise or talents) will work in the hearts of others, and it is only in sharing God's word "fed" into your life that you will have lasting influence and any authority.

Yes, you are what you eat. May we all eat that which is good.

-Holly Hageman; Copyright January, 2002

"Forever, O Lord, thy word is settled in heaven.

Thy faithfulness is unto all generations: thou hast established the earth, and it abideth." -Psalm 119:89, 90