

WHAT'S IN YOUR DIET?

That we live in a diet-conscious time can hardly be denied. One can scarcely read a magazine or watch an early-morning show without some reference(s) being made to what we should or should not be eating. Some are on a diet to lose weight, while others are on diets that restrict sugar and salt intake. We are constantly being reminded of the fact that “we are what we eat.” To a significant degree, our health and even our physical lives are dependent upon our choices of food.

This principle carries over into other areas of life as well. What we feed upon mentally will affect the course of one's life. As Solomon, a man well known for his wisdom, declared, “As he thinketh in his heart, so is he” (Proverbs 23:7). The apostle Paul later declared, “Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report: if there be any virtue, and if there be any praise, think on these things” (Philippians 4:8). The old saying, “Garbage in, garbage out” is sage advice. It was troubling, though not surprising, that by the time a typical American teenager turns 18, he or she has witnessed 40,000 dramatizations of murder and 200,000 other dramatized acts of violence, according to a report in *U. S. News & World Report* even several years ago. Add to that the number of sexual images so common on television, movies, the internet, billboards, etc., and is it any wonder illicit sex among our youth has almost or altogether become expected and violence has become more commonplace?

A positive influence upon old and young comes from feeding upon the word of God, the Bible. In being tempted, Jesus quoted the Old Testament saying, “Man shall not live by bread alone, but by every word that proceeded out of the mouth of God” (Matthew 4:4). In God's word is heart-healthy “milk” for the new student of the word (Hebrews 5:13) and “meat” for the more mature in the faith (v. 14). Feeding upon this word, you will be able to say with David, “How sweet are thy words to my taste! Yea, sweeter than honey to my mouth” (Psalms 119:103). You will also be able to say with Job, “I have esteemed thy words more than my necessary food” (Job 23:12). **Is God's word in your dietary plan?**