

## You Are What You Eat

Joe Slater

Our physicians urge us to eat plenty of fruits, whole grains, and vegetables while limiting the fats and sugar. I don't listen as well as I should! A well-balanced diet can help us to be in good health and live a longer time. Junk food may appeal to our taste buds, but its effect on our health makes it a net loss.

“You are what you eat” applies to the spiritual as well as the physical realm. Jesus said, *“Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day. For My flesh is food indeed, and My blood is drink indeed. He who eats My flesh and drinks My blood abides in Me, and I in him”* (John 6:53-56).

Those who heard him were thinking in fleshly terms, as usual. The idea of eating human flesh and drinking blood offended them. But Jesus wasn't advocating cannibalism! Nor was He speaking of the Lord's Supper which He would establish at the close of His earthly ministry. He explained the metaphor of eating His flesh in 8:63 – *“it is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.”* To eat His flesh and drink His blood is to believe and obey His word as being of such importance that nothing else matters. All else is junk food. You desire above everything else to be like Him.

Think of a child who “eats, drinks, and sleeps” a favorite sport. It's all they think about. It consumes them! When we become as dedicated to Jesus as children (and parents!) are to sports, we can say we are eating and drinking Him. We'll consider all else to be junk food.

Remember, you are what you eat!

## Sheep Need A Shepherd

*“Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do His will, working in us that is pleasing in His sight, through Jesus Christ, to whom be glory forever and ever. Amen”* (Hebrews 13:20-21 ESV).

I never liked being compared to sheep even before I read Phillip Keller's “A Shepherd Looks at The Good Shepherd.” Sheep blindly follow one another; they constantly go astray; they are unable to find their way back, and they are helpless. When I learned those things and more about sheep, I must admit that God comparing us with sheep is a good comparison.

*“All we like sheep have gone astray; we have turned ~ everyone ~ to his own way”* (Isaiah 53:6). *“I know, O LORD, that the way of a man is not in himself, that it is not in man who walks to direct his steps”* (Jeremiah 10:23). We like to be in control of our lives. When we are young, we believe that we are invincible. We feel certain we are going in the right direction. The truth is that we are just stumbling blindly along, heading toward destruction.

Jesus told a parable about a lost sheep and how the shepherd leaves the ninety-nine where they are safe and goes to seek the one lost sheep (Luke 15:3-7). God sent His Son among the sheep with the purpose, *“For the Son of Man came to seek and to save the lost”* (Luke 19:10). Jesus is the good Shepherd who takes care of His sheep.

Our Shepherd guides and equips us with everything we need. To follow His lead, we must be in His word, seek His help through prayer, and seek aid from brethren who are spiritually mature so that we will stay on the right path.

--Ed Wittlif (Ft. Worth, TX)

## Evolution And Grief

So you believe evolution is true? So you honestly think "survival of the fittest," natural selection, and adaptation explain everything?

Then help me understand why humans grieve. Why do we mourn those who have touched our lives and passed on before us? What's the survival aspect of that? I mean, when you really get down to it, if it's simply survival of the fittest, shouldn't we be rejoicing that we are the ones to survive?

Why do we cry? Honestly think about it. What survival benefit does that offer? Your vision gets blurry. You get emotionally drained. Why would mankind evolve tears? How did you allegedly "evolve" tear ducts? And how did certain emotions learn to trigger those ducts while other emotions don't?

And why do we continue to love those who passed on? What evolutionary value does that have? Why do we spend moments of our lives reflecting back to time with the individual who passed away if it is all about getting our genes into the next generation?

An honest person looks at grief, crying, and the love we have for those who have passed on and realizes evolution cannot adequately explain these very real behaviors. But a God who created us – who knew He would experience the loss of a child, would certainly know about them. Aren't you thankful God created mankind with the ability to love and laugh? You see, life is a lot more than survival of the fittest. It's really about arrival of the sinless – who reconciled mankind back to the Creator!

--Brad Harrub

**Too many people think the grass is greener somewhere else; but the grass is greener where you water it. Remember that.**

--J.J. Hendrix