

## YOU ARE WHAT YOU EAT

### Marc Gibson

The above phrase was the name of a show on the BBC America cable channel starring Dr. Gillian McKeith, a British nutritionist, who promotes “empowering people to improve their lives through information, food and lifestyle” (from her official website - [www.gillianmckeith.info](http://www.gillianmckeith.info)). On her show, she takes a couple of overweight, malnourished folks and changes their diets and lifestyle to improve their health and lose excess weight. One of the more interesting things she does early in the process is to fill a table with a week’s worth of the person’s diet of food. It is usually a repulsive, unsightly pile of garbage foods full of fat, sugar, cholesterol, and other unhealthy components. By this disgusting visual, the point is clearly made to that person the harm they are doing by putting such garbage in their bodies on a weekly basis, and that **they are what they eat!**

Not only does the physical body suffer from eating bad food, the soul will suffer if we feed it the junky filth of this world. What would a table look like if it was filled with one week’s worth of the food you feed your soul? Yes, all the things you let pass before your eyes and ears. Would it be a repulsive, disgusting collection of worldly filth with only a few pieces of good material scattered throughout? Could this be a reason so many Christians struggle with serious spiritual health issues such as apathy, weakness, foul language, sexual immorality, marriage troubles, forsaking worship, etc.? If we feed from the things of this world, should we be shocked if **we are what we eat?**

Just like our physical bodies, our souls need consistent good nourishment to be healthy and strong. Everyone has a soul that needs fed, but what do we feed it? A diet consisting of spiritual junk food will result in a sickly, weak soul. But perhaps some simply don’t know where to find good spiritual food.

*Listen to Jesus:* “I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst” (John 6:35). Jesus is not saying that He will eliminate our hungering and thirsting, but that He will provide the constant nourishment needed by our souls. “Blessed are those who hunger and thirst for righteousness, for they shall be filled” (Matthew 5:6). A constant feeding on God’s word along with the “digestion” of careful meditation will result in a healthy application of the righteous principles of godly living. We will not be attracted to the junk food of denominational religion filled with the commandments and traditions of men. We will be equally nauseated by the worldly trash offered up by the media and entertainment industries.

**It’s true – You Are What You Eat! What have you been feeding your soul lately?**

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