

# “You Are What You Eat”

Pastor Al Brice | November 11, 2018

Every day we're tempted to eat foods that we know are not good for us. What we feed upon we will become, physically and spiritually.

Nutritionists have a name for this; it's called “**CRAVINGS.**”

There are good cravings and bad cravings. When it comes to food, we give in to bad food cravings, then we beat ourselves up because of the guilty feelings of not being strong enough to eat the healthy foods. But we know that if we continue to eat bad, unhealthy, processed foods, eventually we will pay a big price. If we eat the right foods, then our bodies will have energy, health, and longevity.

\* Let me get a spiritual son and daughter to tell you what can happen to you if you eat the wrong foods: our former Praise and Worship pastors, now pastoring in Tuscaloosa, Alabama, Pastors Scott and Kristi Schatzline.

They put themselves on a healthy program, disciplined their bodies to stay with it, and the results are phenomenal. Are the temptations still there? Do they have to fight the fight of faith? Do they have to say 'no' to their fleshly cravings? YES, EVERY DAY!!

The same goes for your spiritual life, which includes your whole being: spirit, soul, and body.

**1 Thessalonians 5:23 NLT:** Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.

If your spiritual life is strong, it can get you through any issue, circumstance, temptation, wilderness time, sickness, financial droughts, relationship issues, and yes, even help you to discipline your body to get and stay healthy.

But, if you don't develop a strong spiritual life, you will live a roller coast life of frustration, anger, constantly giving in to temptation, depression, lack, feeling worthless, weak, no hope, and no vision or purpose for living.

**Proverbs 18:14-15 NKJV:**

<sup>14</sup> The spirit of a man will sustain him in sickness,  
But who can bear a broken spirit?

<sup>15</sup> The heart of the prudent acquires knowledge,  
And the ear of the wise seeks knowledge.

“**Sustain**” – ‘Strengthen or support mentally or physically; to carry through; to bear up; to encourage.’

**Proverbs 18:14-15 The Passion Translation:**

<sup>14</sup> The will to live sustains you when you're sick,  
but depression crushes courage and leaves you unable to cope.

<sup>15</sup> The spiritually hungry are always ready to learn more,  
for their hearts are eager to discover new truths.

**Proverbs 18:15 NKJV:** The heart of the prudent acquires knowledge, And the ear of the wise seeks knowledge.

Look at what God told Joshua to do if he wanted to have a successful, prosperous life, and defeat all of his enemies.

**Joshua 1:7-9 NLT:** <sup>7</sup> Be strong and very courageous. Be careful to obey all the instructions Moses gave you. Do not deviate from them, turning either to the right or to the left. Then you will be successful in everything you do. <sup>8</sup> Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. <sup>9</sup> This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”

1. You must feed yourself the Word of God daily and continue to grow and learn the knowledge of God's Word.

- **The Israelites: Deuteronomy 8:3 NLT:** Yes, he humbled you by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors. He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the Lord.

- **Proverbs 24:13-14 NLT:**

<sup>13</sup> My child, eat honey, for it is good,  
and the honeycomb is sweet to the taste.

<sup>14</sup> In the same way, wisdom is sweet to your soul.  
If you find it, you will have a bright future,  
and your hopes will not be cut short.

2. How do you stop living the roller coaster life, get off, and start living a fulfilling and strong life with purpose, hope, and success?

- **Proverbs 24:10 NKJV:** If you faint in the day of adversity, Your strength is small.

- **Proverbs 24:3-6 NKJV:**

<sup>3</sup> Through wisdom a house is built,  
And by understanding it is established;

<sup>4</sup> By knowledge the rooms are filled  
With all precious and pleasant riches.

<sup>5</sup> A wise man *is* strong,  
Yes, a man of knowledge increases strength;

<sup>6</sup> For by wise counsel you will wage your own war,  
And in a multitude of counselors *there is* safety.

3. Successful living

- **Romans 12:1-2 AMP:** Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies [dedicating all of yourselves, set apart] as a living sacrifice, holy and well-pleasing to God, *which is* your rational (logical, intelligent) act of worship. <sup>2</sup> And do not be conformed to this world [any longer with its superficial values and customs], but be transformed *and* progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you].