

STAYING FIT IN CHALLENGING TIMES

PART SEVEN: Watch Your Diet!

SUNDAY FEBRUARY 22, 2009

GENERAL OBSERVATIONS

1. A PROPER diet is FOUNDATIONAL to good health.
2. PROPER NUTRITION is the foundational element of a PROPER DIET.
3. Nutrition is DESIGNED to be taken at REGULAR INTERVALS.
4. Nutrition is designed to SUSTAIN LIFE and provide ENERGY for MEANINGFUL WORK.
5. Healthy people are people who understand and practice GOOD NUTRITION.

COMMON OBSTACLES TO GOOD NUTRITION

1. Too much JUNK FOOD.
2. Too much RICH and FATTY food.
3. Too many SWEETS.
4. IRREGULAR eating HABITS.

CONTRIBUTING FACTORS

1. SCHEDULE restraints.
2. STRESS.
3. CRAVINGS.

SPIRITUAL PARALLELS

OUR SPIRITUAL DIETS ARE OF UTMOST IMPORTANCE.

As with most diets, we need to:

1. Eliminate or reduce our intake of the harmful stuff.
2. Increase our intake of the good stuff.
3. Develop regular eating habits.

A FEW SUGGESTIONS TO GET STARTED

1. Set up a REGULAR TIME each day for reading the Scripture.
2. Read a quantity that is COMPATIBLE with your CAPACITY.
3. Expand your capacity and scope:
 - A. Study a TOPIC.
 - B. Study a BOOK.
 - C. Study a BIBLE CHARACTER, etc.

RESPONSIVE READING

Matthew 4:1-4; John 6:27; Hebrews

5:11,12; 6:1-3; 2 Timothy 3:14-17

Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, He was hungry. The tempter came to Him and said, "If You are the Son of God, tell these stones to become bread."

Jesus answered, "It is written: `Man does not live on bread alone, but on every word that comes from the mouth of God.'"

"Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On Him God the Father has placed His seal of approval."

We have much to say about this, but it is hard to explain because you are slow to learn.

In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food!

Therefore let us leave the elementary teachings about Christ and go on to maturity, not laying again the foundation of repentance from acts that lead to death, and of faith in God,

instruction about baptisms, the laying on of hands, the resurrection of the dead, and eternal judgment. And God permitting, we will do so.

But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it,

and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus.

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.