

# You Are What You Eat

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BIG SANDY, Texas—In my article on Jan. 28, I wrote a few thoughts about personal denial and how a person can recognize who he is. In that article, I shared five ways in which a person can examine himself.

At this time, I want to give each of the five concepts its own personal article. In this article, we will discuss the first concept—you are what you eat.

## **Avoiding a wrong emphasis**

Before we discuss some principles of food and drink in the Bible, let us acknowledge a truth—what a person eats and drinks should not take a higher priority than God intended.

*Romans 14:17*—"For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit."

*1 Corinthians 8:8*—"But food does not commend us to God; for neither if we eat are we the better, nor if we do not eat are we the worse."

## **Quality food and water**

Now that we have established that a person should not elevate matters of eating and drinking ahead of more-important matters, let's notice some scriptures in the Bible about food and water.

*Genesis 41:47, 49*—"Now in the seven plentiful years the ground brought forth abundantly . . . Joseph gathered very much grain, as the sand of the sea, until he stopped counting, for it was immeasurable."

*Deuteronomy 14:26*—"And you shall spend that money for whatever your heart desires: for oxen or sheep, for wine or similar drink, for whatever your heart desires; you shall eat there before the LORD your God, and you shall rejoice, you and your household."

*1 Kings 19:6-7*—"Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. And the angel of the LORD came back the second time, and touched him, and said, 'Arise and eat, because the journey is too great for you.' "

*Daniel 1:12-14*—"Please test your servants for ten days, and let them give us vegetables to eat and water to drink. Then let our appearance be examined before

you, and the appearance of the young men who eat the portion of the king's delicacies; and as you see fit, so deal with your servants.' So he consented with them in this matter, and tested them ten days."

*Luke 24:42-43*—"So they gave Him a piece of a broiled fish and some honeycomb. And He took it and ate in their presence."

*John 4:6-8*—"Now Jacob's well was there. Jesus therefore, being wearied from His journey, sat thus by the well. It was about the sixth hour. A woman of Samaria came to draw water. Jesus said to her, 'Give Me a drink.' For His disciples had gone away into the city to buy food."

*John 21:9-10*—"Then, as soon as they had come to land, they saw a fire of coals there, and fish laid on it, and bread. Jesus said to them, 'Bring some of the fish which you have just caught.' "

### **Be careful about alcohol**

Here are a few words about consuming alcohol in moderation. (Although moderate use of alcohol is permissible for most people, there are some people who should refrain entirely from alcohol.)

*Leviticus 10:8-9*—"Then the LORD spoke to Aaron, saying: 'Do not drink wine or intoxicating drink, you, nor your sons with you, when you go into the tabernacle of meeting, lest you die. It shall be a statute forever throughout your generations.' "

*Ephesians 5:18*—"And do not be drunk with wine, in which is dissipation; but be filled with the Spirit.' "