

Garbage

by Jason Moore

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Baptism is not contradictory to faith; it is an indication of faith for one is *“buried with Him in baptism, in which you also were raised with Him through faith in the working of God...”* (**Colossians 2:12**).

It is possible for a man who has been baptized to have never really discarded sin. What about you? Did your conversion involve any putting off, any regarding of this world's gain as dung, any circumcision of the old body of sin? Surgery is always accompanied with some degree of pain. If there was no discomfort in our conversion or if we are not familiar with the uneasiness of change, then it is likely that there has been no change.

Ever throw away something on accident only to have to return later to dig it out of the trash? Unfortunately we can sometimes discard habits and sins only to dig them up later. Do you not see the ugliness of that picture? How odious a sight to see a man wearing garments he has dug from the bottom of the dung heap. How much more sickening it must be in the sight of God when we who are to be clothed in His holiness put on the sin-stained, decay-ridden garments of our past.

Yes, you can tell a lot about a person by what they throw away. Be careful then what you throw away. And watch what you keep.

— via Gospel Truths
Mulvane, Kansas

You Are What You Eat

by Wayne Goff

We have all probably heard the saying, “You are what you eat.” From the standpoint of physical diet, the more healthy things you eat, then the healthier you will be. Food that may be temporarily pleasurable but possessing very little nutrition we call “junk food.” It’s junk! It may taste good but if it’s full of sugar, processed fiber, high carbs, etc. — it will have little or no nutritional value. On the other hand, **healthy foods** like fruits, vegetables, nuts, and even dark chocolate will give your body the energy it needs to carry on through the day.

The **benefits** of healthy food are amazing! Such foods reduce the risk of heart disease, stroke, obesity, and boost a person’s mood due to healthy energy. So why do most people **not** eat healthier? The lack of motivation mostly comes from **learned** behaviors. In other words, most of our “favorite” foods are those we grew up with and there is an emotional tie to these foods. Eating them makes us feel good, and they remind us of the loving environment from which we came.

On the other hand, if you grew up in the “microwave generation” then you probably grew up eating what was “quick and easy.” No wonder fast food restaurants have exploded in number and variety!

Well, I’m running out of space to make my point, so keep in mind what Jesus taught us: *“...It is written, ‘Man shall not live by bread alone, but by every word of God’”* (**Luke 4:4**). As important as healthy eating is for the **body**, healthy spiritual food is even more important to the **soul**! *Yet how many Christians are suffering from spiritual malnutrition?* So the solution is pretty simple. Start with the basics: (1) *“desire the **pure milk of the word that you may grow thereby**”* (**1 Peter 2:2**); (2) then develop a taste for *“**solid food**,”* **Hebrews 5:14**. (3) Learn to **like** spiritual food. Job said, *“I have treasured the words of His mouth more than my necessary food”* (**23:12**). (4) Do not be **content** with just getting by — a little here, a little there, and not much of anything. Develop a robust spiritual diet and God’s Word will open up its treasures to you!

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