

Pleasant View Proclaimer

Pleasant View church of Christ

Is Your Diet A Spiritual Issue?

March 19, 2017

Issue 305

There are three things people don't talk about in public: how much money they make, how old they are, and how much they weigh. (It used to be taboo to talk about bedroom and bathroom things in public, but that has changed, unfortunately.) People are embarrassed by those things because they can't be explained away—they are finite numbers. Your bank statement can't lie. Your age is what it is. And the scale in your bathroom doesn't care about how much you *used to* weigh; it just tells you what you weigh *now*.

It seems clear from Scripture that your age and income have no bearing on

your faith—it is not a sin to be old or poor. But is it a sin to be unhealthy and/or overweight? Does God care how much we eat and what we eat? Here are a few things to think about:

(1). *You only have one body.* Billionaire Warren Buffett said this to a classroom of teenagers: "What if someone gave you the car of your dreams? Any car you wanted, you go it. You'd be thrilled. But what if they told you that it would be the only car you could ever own? One car for life. How would you treat that car? We have been given only one mind and one body. How do you treat them?" God has given every person on earth one body to use.

You won't get to trade it for another one. How do you treat it when it comes to your diet?

(2). *Are you addicted to bad food?* Since we are the crowning jewel of God's creation, we should control the other things God made. As the Bible states, we should have "dominion" over creation. If a created thing—including food—has dominion over you, you have an addiction.

(3). *A poor diet affects your service to God.* Even though not all poor health is caused by poor eating habits, we can strive to be as healthy as possible so we can serve the Lord better.

James Hayes

Items of Note:

- Isabella Demonbreum had successful surgery Friday on her adenoids and tonsils.
- Elizabeth Demonbreum's grandmother, Carol Saling, is being treated for cancer as well as recovering from two heart attacks. Stints were implanted last week.
- Sympathy is extended to Mamie Hamilton on the loss of her sister, Cladie Bell Hollis. Arrangements are incomplete.

This Morning's Sermon: "Peace" Happy Haven Contribution Today

THOSE WHO WILL SERVE THE CONGREGATION

Sunday School

Read: Gupton

Pray: Hovis

Morning Worship

Wait on the Table: Garrett

Serve: J. Demonbreum, E. Walker, Billingsley

Pray: John Hayes

Pleasant View church of Christ
2500 Highway 49 East
P.O. Box 189
Pleasant View, TN 37146

Sunday School: 9:30
A.M. Worship: 10:30
P.M. Worship: 6:00
Wednesday Bible Study: 7:00 pm
Phone: 924-9714

James 3:16
“For where jealousy and
selfish ambition exist, there
is disorder and every evil
thing.”

A Sunday School teacher was trying to teach her students about right and wrong, so she asked this question: “If I got into a man’s pocket and took his wallet with all his money in it, what would I be?” A confident student raised his hand. “Well, you’d be his wife.”

Worship Habits

Worship is (should be) a meaningful experience. It is a time for the body of believers to come together and approach the throne of God with praise and petition. There are common, biblically prescribed activities included in worship, but the quality of the worship depends on the worshipers. God will only be pleased when His followers give Him what He wants in a manner befitting a child of God. That’s why it is so important that each Christian engage their mind, body, and spirit in the worship experience. Here are some questions to ask yourself as you worship:

(1). *Have I freed myself from distractions?* If you sit in a place that makes

it difficult for you to stay focused on the proceedings, move. There are no assigned seats. Make sure you do not have to struggle to concentrate on what’s happening.

(2). *Is my family engaged in worship?* Children can listen to a preacher as easy as they can listen to their school teacher or their coach. What are you doing to ensure that they are following the message? Will they fully *appreciate* what is being said, like an adult would? No. But they’ll understand more than you think.

(3). *Am I singing the songs?* Worship is about expressing praise to God. If the song is known by all the worshipers, there is no reason why each

Christian cannot sing every song. Singing in worship is not a talent-based situation. God is not concerned with our musical abilities. He just covets our praise.

(4). *Have I prepared myself for worship?* Did you rush into the building at the last moment? Do you have your contribution ready to give? Did you bring your Bible? Do you have something to write with and write on if you want to take notes during the sermon? We cannot treat worship the same way we treat other things in life. It is special. It is spiritual. And it requires our utmost involvement.

James Hayes
