

You Are What You Eat

We've all heard the phrase, "*You are what you eat.*" Simply defined it means that one should eat healthy if he wants to be healthy. However, did you know that this phrase can trace its routes back to the early 1800's? The first mention of the phrase 'you are what you eat' came from the 1826 work *Physiologie du Gout, ou Medetations de Gastronomie Transcendante*, in which French author Anthelme Brillat-Savarin wrote: "Tell me what you eat and I will tell you what your are."

Let me be honest with you: If the phrase were to be taken literally, I would be considered mostly chicken wings and spaghetti. Thank goodness that is not the case, but there is something to be said for the relationship between consumption and identity. If one consumes unhealthy food, they are much more likely to see themselves with an unhealthy perspective, and vice versa.

Ezekiel says this regarding the vision given to him by the Lord:

"Only take care, son of man, that you don't rebel like these rebels. Open your mouth and eat what I give you." When I looked he had his hand stretched out to me, and in the hand a book, a scroll. He unrolled the scroll. On both sides, front and back, were written lamentations and mourning and doom. He told me, "***Son of man, eat what you see. EAT THIS BOOK. Then go and speak to the family of Israel.***" As I opened my mouth, he gave me the scroll to eat, saying, "***Son of man, eat this book that I am giving you. Make a full meal of it!***" So I ate it. It tasted so good—just like honey," (Ezekiel 2:8 - 3:3, The Message).

Like Ezekiel, we have been given a powerful message from the Lord to share with our people. The only way...THE ONLY WAY that we will fulfill our responsibility to "*go into all the world*" is if we first consume God's Word, if we "*eat this book.*" Do you read your Bible? Do you read your Bible every day? Do you consume it? Do you digest it, thinking about it, letting it affect you at the most fundamental levels of life? If not, start this week. Start consuming, eating God's Word this week. After all, you are what you eat!

Josh

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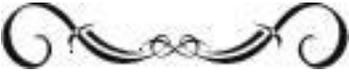


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Deacons: Jerry Bolar, Joel Ingram, and Matthew Sills
Ministers: Raymond Lasley and Josh Vires
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Sunday, July 9, 2017

<p>Prayer List Updates</p> <p>Frankie Towell – had procedure Thursday for pain management</p> <p>Larry Towell – cataract surgery postponed</p> <p>Terry Elliott – Deanna Cagle’s uncle; leukemia</p> <p>Terry and Corrigan Lafferty – mission trip in Nicaragua</p>	<p>Upcoming Events</p> <p>July 23 2 pm baby shower for Kimberly Vires in the activity building; it’s a boy!</p>  <p>Memory Verse</p> <p>I will bow down toward Your holy temple and give thanks to Your name for Your constant love and truth. You have exalted Your name and Your promise above everything else.</p> <p>Psalm 138:2</p>	<p>Correspondence Course Ministry</p> <p>week of July 3-8: 14 lessons graded</p> <p>July Haiti Needs</p> <p>pencils/pens pencil sharpeners</p>
<p>Birthday</p> <p>Irma Shipley July 9</p> <p>Anniversary</p> <p>Rudi and Deanna Cagle July 10</p>		<p>Last Week’s Attendance</p> <p>Sunday morning: 53 Sunday evening: 35 Wednesday evening: 37</p>

Weekly Service Assignments

Sunday Morning		Bible class: 9:45 am worship: 10:45 am	Sunday Evening 6:00 pm	
First Prayer	Josh Vires		First Prayer	Joel Ingram
Announcements	Matthew Sills		Closing Prayer	Rudi Cagle
Scripture Reading	Larry Towell		Lord’s Supper	Raymond Lasley Rudi Cagle
Lord’s Supper	1. Donnie Langston 2. Raymond Lasley	3. Rudi Cagle 4. Justin Beach	Wednesday Evening 7:00 pm	
Second Prayer	Ken Beach		First Prayer	Ken Beach
Closing Prayer	Jerry Bolar		Closing Prayer	Matthew Sills