

Announcements

Dorothy Brasiel * Al & Jo Byrnes * Betty Cannon
Joyce Coones * Sleatha Gore
Essielene Henderson * Faye Kilpatrick
Devoise Lord * Sally Smith
Gary Ogden * Randy McElroy

Upcoming Area Gospel Meetings

- **Cherry Sink** congregation, *Trenton* * April 5–10
Steve Dewhirst, preaching * 7:30 PM Sunday
through Friday.
- **South Pine** congregation, *Ocala* * April 19–24
Danny Roberts, preaching * 7:30 PM Monday
through Friday.
- **Northeast** congregation, *High Springs* * April
24–26 * Ed Culp, preaching * 7:30 PM Friday and
Saturday.

Quotable Quote:

We cannot properly prepare for eternity by placing our soul's destiny in the hands of mere men who have no more access to God's Word than we do.

— Chad Sychtysz, *The Gospel of Grace*, p. 3

Chiefland Church of Christ

Meeting at 211 NE 2nd Street in *beautiful* Chiefland, Florida
PO Box 2539 • Chiefland, FL 32644 • (352) 493-1242

THINGS ABOVE

“Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth”

—[Colossians 3:1–2]—

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Junk Food Christians

By Phil Robertson

Prior to the 1900s, the average American ate about 5 pounds of sugar per year. According to the Center for Science in the Public Interest, the average American in 1999 ate 158 pounds of sugar. In 1942, the average American consumed 60 12-ounce colas. However, in 1997, the average was 576 12-ounce servings of coke. In the 1950s, the average American ate 4 pounds of French fries per year. In 2001, we ate an average of 30 pounds of fries. Today, less than 28% of Americans meet the USDA guidelines for daily fruit consumption. Only 32% meet the

USDA guidelines for vegetable consumption. Seeing these statistics, it is no surprise that the U.S. is one of the most overweight nations in the world. Although we carry a lot of pounds, very little of it is from food that is good for us.

Unfortunately, our nation is seeking spiritual sustenance in much of the same way. In the words of author Edwin Crozier, “We like our religion like we do our food — fast, easy, tasty, low on nutrients and sugar-coated.” We may be “going to church” but we are not feasting on what is good for us.



The prophet Amos warned the nation of Israel of spiritual malnutrition — “Behold the days are coming, says the Lord, that I will send a famine on the land, not a famine of bread nor a thirst for water, but of hearing the words of the Lord” (Amos 8:11). This does not mean God was intentionally denying them of spiritual food. It was quite the contrary. He constantly offered food for their souls. But the people hated spiritual advice (5:10) and preachers who rebuked them (7:10–13). Therefore there was a famine of the Word in the land and God condemned the people for it (5:21–24).

In light of this story, it would be good for us to ask ourselves a few questions:

- ◆ Is my religion a diet of junk food or the meat of the Word? (Hebrews 5:13–14)
- ◆ Do I “go to church” to be entertained or to seek a closer walk with God? (Psalm 119:105)
- ◆ Do I treasure God’s commands or is my obedience optional? (Psalm 19:10; John 14:15)
- ◆ Am I seeking truth or just social fellowship? (John 17:17)
- ◆ Do I crave sermons that challenge my character and faith or do I seek speakers who will tickle my ears? (2 Timothy 4:2–4)

Look around and you will see that we definitely need to change our diets. We need to get rid of the junk food and return to a diet that will strengthen us spiritually. We need to return to the purity of God’s word and reject the artificial sweeteners that may enhance the taste but will never nourish the soul.

Once we return to the Word we will find it can be rather “sweet” (Psalm 19:10). But please be advised, Jesus is the “living bread that came down from heaven” (John 6:51). And shunning His spiritual diet is to reject His provisions for eternal life (John 6:26–27).