

FOOD 4 THOUGHT

A QUARTERLY PUBLICATION

Discomfort ... a warning



During a routine visit to his doctor, a patient commented: "Doctor, I think I have achieved some immunity against parasites and other infections that bothered me a lot twenty years ago; I can now eat anything and drink water from any stream, without any ill effects."

In response, the doctor checked him over carefully and then said: "You are very ill and are suffering from extreme weakness. A healthy body reacts quickly and violently against infectious germs, but you have become accustomed to the presence of these harmful elements, and have a false sense of well-being. We need to start aggressive treatment for you to regain your strength."

Take the example of an individual who goes to a party, and setting aside prudence, consumes too much alcohol. When it comes time to return home, he insists on driving his car, claiming: "I have never felt better." Once on the road, his reactions are slow, his eyesight blurred, and his judgment about speed and distance are impaired. Seconds before plowing into a tree, he can be heard to say: "Leave me alone; I'm perfectly fine."

Pain is a good thing. When someone is sick, they should feel sick. How else will he know that something is wrong? One of the great dangers

of alcohol is the numbing effect it has on a person's reasoning. A man can get used to such abnormal conditions, unconsciously building a mental defense against suffering, and he comes to feel nothing.

The lack of happiness and peace is to the soul what pain is to the body: a warning that something is wrong. God made us such that we should have joy and peace, but because we have wandered away from Him, we are sick spiritually. In God's kindness He gives us a reminder, by allowing us to be spiritually ill at ease. A happy person is a fulfilled person, and the worst thing that can happen is for someone to be happy in his sins, and satisfied not living close to God.

The world draws people into believing that happiness is gained by obtaining material comforts, new inventions and pleasures.

Few stop to think that while these things may be good in themselves, perhaps they merely maintain the illusion that men are no longer spiritually sick, when in fact they are deceiving themselves.

There is no cure except God. Jesus said, "*Peace I leave with you, my peace I give unto you, not as the world gives, give I unto you*". □

The deception of the urgent

"I did not mean to forget God." This will be the lament of many someday when it is too late to rectify the error. They may not have been against a life "in tune" with the purposes of the Creator and may never have mocked Jesus Christ. They may be good and responsible people.

They are those who feel the urge to earn a living, care for the children, pay off the house mortgage, ensure the education of their family, help another generation to settle in their own homes and enjoy themselves a little playing with the grandchildren. All good stuff! They never decided not to follow God. They always hoped to find the opportune time and the convenient situation. The urgent things in life had taken priority, but the truly important ones might get postponed until it is too late

The error of these people is that they think life today is not related to eternal life. They believe God is not interested in the everyday details of home and work and that one has to better his personal conduct before he can approach God.

The truth is that carrying out daily responsibilities is not at odds with a life of spiritual focus. These are things that can be done simultaneously. God reveals Himself and even enters into the framework of suffering, problems, and personal weaknesses. God is deeply interested in the smallest detail. The only thing that prevents Him from being at our side is that we close the door.

It is necessary to achieve the correct relationship between the urgent and the important. What is important should be at the forefront.

For example, perhaps we continue to work when we should be taking a walk or visiting a friend. We work two jobs when one would be sufficient. As a result, the mind works as in a fog and decisions lack wisdom. For fear of offending someone, we accept commitments

that harm us. The urgent becomes a tyrant.

However, some people have realized this and have gotten freedom from this tyranny. They have discovered that God is not a liability but a necessity and a focus. You can also find the same freedom.

We do not have to abandon our daily obligations in order to be religious. Nor is it a matter of giving God a certain percentage of our time. The secret is for Christ to begin to be the center of everything: work, education, all our obligations and even our leisure time. The stress caused by the many urgent things we cannot complete or resolve, will be replaced by the joy and satisfaction that life is finally as it should be. We will confidently face any problems.

Jesus once said, *"Without me ye can do nothing."* How well He understands us!



Unexpected Danger



In some countries, near major cities, there are often hundreds of families who have chosen to live along placid river banks. Some have no alternative because they lack the resources to live in a better, safer place. Others, although they could live in more favorable conditions, choose the simpler lifestyle with few responsibilities.

Children born into this environment accept this as normal and do not aspire to anything different. They have little regard for those who occasionally offer material assistance and words of advice. Neither do they heed the authorities who once a year warn them of the danger of flooding, due to rising water levels in the river. Many meetings are held between families living there and the local authorities to discuss how to improve the situation, but in the end nobody offers a concrete and permanent solution.

This is more or less a picture of how most people spend their lives here in this world. It is not fashionable to believe in a final judgment, yet Jesus Christ, the Son of God, taught that life on this earth is fleeting with judgment to follow. Men do not pause to reflect

on that reality. They engage in accumulating things, having fun and raising their families, not heeding impending disaster.

The Bible, conclusively demonstrated to be the Word of God, declares that an individual's life on earth is merely a moment in a larger reality. We should not call into question the goodness of God if one day we receive the consequences of our lack of concern for the coming judgment.

In comparison, there are probably few who are at risk from a river overflowing its banks; however, everyone without exception will be judged by God and must be prepared. The apostle Paul said that the penalty for our sins (which are countless) is eternal death, but the gift of God is eternal life. Recognizing our plight while we have life and opportunity, we must repent of our sins, accepting that Jesus died and rose again to pay for our sins with His blood thus delivering us from condemnation. When we repent and believe, Jesus gives us eternal life.

The Bible says: *"It is appointed unto men once to die and after this the judgment."* Are you prepared?

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Are you Self-sufficient?

Have you ever tried to breathe in a vacuum? It is not necessary to experiment with this idea; we know logically that would be impossible. But it is precisely what the person who boasts of his self-sufficiency is attempting to do.

No one can deny the tremendous potential of a person who is dedicated to learning and research. Around one hundred years ago, some prominent men believed that there was nothing more to invent. However, precisely in this period of history technology was introduced that is now most useful: the automobile, the airplane, radio, television, nuclear physics, space travel, life-saving drugs, computer, cell phone, etc. What has been discovered in recent years only awakens hope as to how much man can still achieve.

However, the work of man is not ultimately to create but to discover. He finds himself in a world that predates him by many centuries. His mission is not to change the natural laws according to his whims, but to discover them and adapt to them. At times man can feel very wise and powerful, not recognizing his position as a dependent being.



A human being cannot survive more than a few minutes without oxygen, no matter how self-sufficient he believes himself to be. This is just a very basic example that demonstrates unequivocally the foolishness of pretending to be self-sufficient.

If we consider air as a symbol of the presence and indispensability of God, the lesson is obvious. The degree of success in life is directly related to the ability to adapt to and apply the laws of the environment, whether physical or spiritual. Believing that we can be spiritually self-sufficient leads to a dead end. For this reason we must depend on God and what He says because He alone is self-sufficient. □