



# BIBLEWAY MINISTRIES

MAKING A DIFFERENCE—THE BIBLE WAY



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## You Are What You Eat

**R**ecently a team of clinical psychologists at the University of Kansas researched the connection between sugary foods and depression. In the journal, *Medical Hypotheses*, the team cited the effect less sunlight during winter has on the body's circadian rhythm, or sleep pattern. When sleep patterns are thrown off-balance, this can lead to Seasonal Depression Disorder (SAD), which causes sugar cravings. Sugar causes an initial rush which is followed by a sudden emotional crash, which heightens feelings of depression.

The team proved the truth of the statement, "We are what we eat." Have you ever poured water in your car's gas tank and expected improved engine performance? We have better chances of seeing this happen than of launching into the New Year with a fresh start after feeding our minds negativity from last year.

Last year included events and circumstances which touched us in positive and negative ways. While we cannot change what happened, we have full control over our response to these influences. That's where a good mental diet can make a difference. The Apostle Paul acknowledged the importance of good brain food in Colossians 3. What we feed on will affect the object of our focus, the direction of our thoughts, the way we view others, the way we see God, and our attitude toward the happenings of life.

Are you feeding yourself a steady diet of sugary thoughts, which may taste good in the moment but are only empty calories void of nutrients? This includes thoughts such as sexual immorality, impurity, passion, evil desire, covetousness, anger, wrath, malice, slander, obscenities, or dishonesty? (Colossians 3:5, 8–9) Beat the New Year blues by cutting junk thoughts out of your diet and replacing them with compassion, kindness, humility, patience, forgiveness, love, and gratitude. (Colossians 3:12–15) You'll find you have more energy and clarity to embrace the challenges and opportunities of the New Year.



## Past, Present, or Future — Where's Your Focus?

In 330 B.C., Aristotle wrote some insights regarding the effects of thought. The great philosopher declared that, barring physical defects, he could watch a man walking and tell whether that man's thoughts were about the future, the past, or the present.

He noted young men habitually look upward; their thoughts are in the future. Middle-aged men look straight ahead; their thoughts are in the present. Old men look downward; their thoughts are in the past.

He claimed the direction of one's gaze determined the orientation of that person's thoughts. If a man looks steadily upward, he will tend to think of the future. If he looks straight ahead, he will be concerned with the present. If he allows his gaze to rest on the ground, his thoughts will wander back along the path of memory.

Where is your focus as you enter the New Year? 2019 may have been your best year ever, or it could have been your worst. Dwelling on the past can't help you in the present. Celebrate it; grieve it; learn from it — then move on. The Apostle Paul had many successes behind him. But he was wise enough to look ahead to the future. After acknowledging his assets, he said, "I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus." (Philippians 3:13-14)

Paul could concentrate on the future because his eyes were locked on the right target: Jesus Christ. He longed to understand Him and allow Him to transform his life.

*Ask God to help you begin your year with your focus on Jesus. Take note of this moment, for He will use every circumstance to accomplish this end as your year unfolds.*



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