

Special- You are what you eat
Philippians 4:8

I. INTRO

- A. Liz and I having healthy smoothies at lunch. Not always what I want to eat, but I know they're good for me...
 - 1. Big difference if I have taco bell (pepto).
 - 2. Mood, energy, thinking

II. WE

- A. A lot of us are feeling that sick/ugh feeling in our hearts, minds, souls.
 - 1. Fatigue, anxiety, depression, easily angered
- B. It all has to do with what we are consuming. You really "are what you eat".

C. What we consume directly influences our emotional health.

D. 24 hours news cycle. (News logos popping up again?)

- 1. Designed to keep us enraged so we keep watching/listening and they keep selling ad time

E. Politicians

- 1. Have to demonize one side in order to get us to be loyal to the other side.
- 2. No gray... everything is black or white
- 3. Every election has been the end of our democracy.
- 4. Remember when Martin van Buren lost to William Henry Harrison in 1840 and how that destroyed our country? Or when the Vp shot and killed the former treasury secretary? Yeah me neither.

F. Social media (Logos?)

- 1. Where everyone and their friends' aunt's cousin is an expert who knows what's really going on.
- 2. Partly informed opinions & Gossip
- 3. Faceless debating.

G. Religious leaders

- 1. Decide what God is mad about and what he blesses.
- 2. Start fights where there is no fight
- 3. Vaguely predict things that are only clear to them

H. Friends/Family

- 1. Gossip.
- 2. Finding the negative in every situation/person.
- 3. Venting pain and frustration in ways that are harmful to others.

I. Never leaves us feeling fresh, healthy, joyful.

- 1. Last time watched the news, social media, gossiped... "Oh man I'm so glad I did that. I just feel so refreshed and full of love?"
- 2. Yet we often keep consuming it in greater and greater quantities

J. Question... (JF or Not)

1. Is what you're consuming making you healthy?

- a. Joyful and peaceful?
- b. Anxious, angry, frustrated?

K. Want to be healthier?

III. GOD (Philippians 4:4-8)

A. Paul... what it means to follow Jesus. Phillipi 62 AD

B. Key to emotional health... especially now...

C. You're gonna fight me at some point. Goal is to off end everyone just enough... (angry crowd- leslie knope townhall meeting?)

1. Not talking about me...

2. **Yes I am.**

3. None of this is optional for a Jesus Follower.

4. This is what we are either allowing or resisting God to transform us into.

5. Not a JF? Encourage you to try this- it works! Many positive health benefits... Focusing on beauty, truth, and justice starts you out in the right direction.

D. Read v. 4-7

E. V. 8

F. Fix your thoughts

1. Dwell, meditate on, deliberate consideration.

2. What do you spend your days dwelling on? How's that going?

3. **Our thoughts shape our reality**

4. Might be time to change your diet.

5. To what?

G. Whatever

1. Anything that fits this category

2. Not just talking about church stuff, xian music, books, (Something funny here?) etc... WHATEVER

3. Not as deep and mysterious as you might think...

H. Whatever is TRUE

1. Opposite of dishonest or unreliable.

2. Example- Half truths

3. See it in headlines (both sides)... "30% think this is terrible!"

a. That means the vast majority are ok with it.

b. Trying to create outrage

4. Selective pictures/video/dialogue out of context

5. Jesus Followers: Let's dwell in truth... no matter if it's good for your prescribed narrative or not.

6. **What's true is true no matter the speaker's view or what it means for you.**

7. Just b/c the person who is on the other side says it... doesn't mean it's automatically wrong.

8. No one (you, political party) has a monopoly on the truth.

9. **Conspiracy theories...** Slight taste of truth that makes it believable. (Pic of UFO's?)

a. Creates worry, enemies...

b. There is only one powerful force controlling world events... and you can trust him he's been doing it a long time.

10. Fact check before you post... opinions aren't facts... site some real data.

11. We don't believe in the resurrection b/c it feels good... it's rooted in historical, written, eye witness evidence.

12. Personal- "So and so says/feels/thinks..." Have you talked to them first?

13. JF's are to be committed to the truth

14. Are you more committed to the truth or your opinion?

I. Whatever is HONORABLE

1. Noble, worthy of respect, honors others... not flippant or dismissive.
2. If you consume the constant, flippant demeaning of others whether they are friends, acquaintances, celebrities, political figures... you are going to start seeing most people around you through those lenses.
3. Categories of who's acceptable and who isn't.
4. Looking for faults... Easy to find, by the way, we all have them; nobody is perfect...
5. Makes it easy to dehumanize and dismiss them as "that type," idiots, losers, low-lives, THEY, etc. "I know more than they do and/or I know better than they do."
6. **Everyone is worthy of honor whether they deserve it or not.** just like you
7. Instead think on things that are worthy of respect... the good qualities of the people... especially those you disagree with.
8. I have a tough question I want to you to consider but you may not like very much...
9. **Do you look to honor those you disagree with or dismiss them?**

J. Whatever is RIGHT

1. Conformed to the heart of God.
2. The Law of Love. **Mark 12:30-31**
3. Is it worthy of God's approval... dwell on that.
4. Is this helping me love better?
5. Or just creating anger, hatred, paranoia?
6. Filter through the law of love
7. Does this person im listening to/viewpoint display the law of love?
8. **Would you rather win or love?**

K. Whatever is PURE

1. Wholesome, w/o fault (chaste)
2. You wouldn't purposefully eat a bunch of harmful chemicals and poison. (pic?)
3. Why choose to feed your heart and mind with the same?
4. **Do your words nourish or poison?**

L. Whatever is LOVELY

1. Pleasing, acceptable, promotes peace, beautiful
2. Is this voice divisive or unifying? Create ugliness or beauty?
3. Does it bring peace to the world?
4. Fear?
15. Example: "This could possibly be a big danger!"
 - a. Could, possibly, might be, unknown (not known or knowable)... don't give it the time of day.
 - b. We deal in facts in this kingdom.
5. **Do you promote peace and unity or fear and division?**
6. FACT: **Jf's have more in common with Jf's from opposite political parties than they do with non-Jf's in their own political party.** (Cross pic? or People serving? or something?)

M. Whatever is ADMIRABLE

1. Is it positive and constructive?
2. Or is it negative and destructive?
3. Look at yourself
4. Do you have to comment on every post you disagree with? ("just keep scrolling" **dory**)
5. Is it "admirable" to spend so much time on media that you ignore those closest to you right now when they most need you- Friend? Spouse? Parent? Neighbor? Kids?

6. Is it positive or constructive for you to binge and consume a ton of media? A filling meal is satisfying, but consistent overeating is not healthy for anyone.

7. Do your words build up or tear down?

N. Sums it up... **Think about things that are excellent and worthy of praise.**

IV. YOU

A. BUT JON! We need to be informed about what's happening! Stand up for our rights!

1. I'm not saying don't read/watch/listen to news.
2. Degree in history, taught the constitution...
3. As citizens of a democracy (something nowhere in scripture... btw) we have a responsibility to be informed... not be obsessed.
4. **We have a responsibility to be informed... not obsessed.**
5. Real question is what voices are you dwelling on? How much? What is your most consistent, predominant source of input? How much are you consuming?

B. **Influence is power. What voices are you allowing to have power over you?**

C. Evaluate... Think about your typical day/week

1. What voices are you consistently consuming?

a. Excellent? Praise-worthy?

2. Are they healthy for you?

a. Excellent? Praise-worthy?

b. How do you know?

c. **Jesus- "Whatever is in your heart determines what you say..."** Matthew 12:34

3. What is your voice saying?

a. We have the power to influence others...

b. Is what you are contributing True? Honorable? Right? Pure? Lovely? Admirable?

c. When people walk away from a conversation with you what are their thoughts/feelings?

d. Fear, anger, anxiety- Nutty Bars?

e. Peace, hope, love, courage- Full course nourishing meal?

D. JF- This is who God is wanting to make you more and more into... Will you allow him or resist him?

E. Not JF? Check out the biographies of Jesus (**Matthew, Mark, Luke, John**). This is someone who navigated his highly politicized times with dignity and yet still managed to have an outsized impact on the people in his sphere of influence and the greater world around him. Are those things you want for yourself?

F. 3 Step Plan...

1. Filter your world through truth and love.

a. **Pray**

b. **Consume** the Truth of God (**John 3:16-17**)-

"For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. God sent his Son into the world not to judge the world, but to save the world through him."

Only thing that fits every single category.

- Wisdom to see truth? Read Proverbs. Or challenge this week: **James at least once.**
- c. **Question**- Ask is this what love looks like?

V. WE

- A. What if Jf's were known for their love, joy, peace, patience, kindness, goodness, gentleness, and self-control? (Galatians 5:22-23)
- B. What if people said... "These Christians are a bit crazy They believe that God became a man, died and then rose again... but they are so committed to the truth... they are so loving... careful with what they say and promote... that there might be something to this."
- C. What if when people interacted with you they left the encounter feeling loved, peaceful, and hopeful?

D. Your influence on others flows out of what you allow to influence you.

IX. OUTRO

Questions

1. Being honorable of other opinions around you... how are you feeling about what you are seeing and hearing around you in the media? What meal would you describe these voices as?
2. Read James 2:19-27. What stands out to you? How do you think this passage can relate to the message from this week?
3. Tough one- what do you need to do in response to the message this week with your consumption/reactions/thought patterns?