

What's On The Menu?

When my wife and I go into town we pass a DQ billboard. In the past, about everything advertised there would look appealing to me. (show sign) Several months ago my wife and I decided to be more conscious about our food and what we drink.

We came across a program called Full Plate Living. It is not a diet. It is more of a healthy dedicated way of living. So now when we drive past and see that DQ sign nothing on there even looks appealing. We realize that from a healthy perspective, certain foods are not good for our bodies.

Spiritual Application:

Philippians 3:17-21 (Paul writes to the church at Philippi)

Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do. For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

Paul is not talking about literal food here. Rather he is making a spiritual comparison to an appetite for sin.

Romans 6: 5-14

For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin— because anyone who has died has been set free from sin.

Now if we died with Christ, we believe that we will also live with him. For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. The death he died, he died to sin once for all; but the life he lives, he lives to God.

In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life, and offer every part of yourself to him as an instrument of righteousness. For sin shall no longer be your master, because you are not under the law, but under grace.

My wife and I could not be healthy by just stopping eating food altogether. We had to replace the bad with the good. In the same way, we need to recognize sin for what it is. And realize how it impacts our lives and the lives of those around us.

Matthew 5:6

Blessed are those who hunger and thirst for righteousness,
for they will be filled.

We can call that Full Jesus Living!