

Be careful what you eat

Satan attacks us through our senses using our minds - Eph 2:1-3 - As for you, you were dead in your transgressions and sins, 2 in which you used to live when you followed the **ways of this world** and of the ruler of the **kingdom of the air**, the spirit who is now at work in those who are disobedient. 3 All of us also lived among them at one time, **gratifying the cravings of our sinful nature** and **following its desires and thoughts**. Like the rest, we were by nature objects of wrath.

We are commanded to “test everything” and respond based on that test - 1 Thess 5:19-22 - 19 Do not quench the Spirit. 20 Do not despise prophecies, 21 but **TEST EVERYTHING**; hold fast what is good. 22 Abstain from every form of evil. ESV

We are told to test EVERYONE - 1 John 4:1-3 - Dear friends, **DO NOT BELIEVE EVERY SPIRIT**, but **test the spirits to see whether they are from God**, because many false prophets have gone out into the world. 2 This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, 3 but every spirit that does not acknowledge Jesus is not from God. This is the spirit of the antichrist, which you have heard is coming and even now is already in the world. ***Acknowledges** - homologeo (hom-ol-og-eh'-o); to assent,

QUESTION: If this is so, why are there so many people ingesting so much garbage?

We carelessly allow these things without testing them - 2 Cor 11:4 For if someone comes to you and preaches a Jesus other than the Jesus we preached, or if you receive a different spirit from the one you received, or a different gospel from the one you accepted, **YOU PUT UP WITH IT EASILY ENOUGH**.

We allow worthless debates - 2 Tim 2:23-24 - 23 **DON'T HAVE ANYTHING TO DO WITH foolish and stupid arguments**, because you know they produce quarrels. 24 And the Lord's servant must not quarrel; instead, he must be kind to everyone, able to teach, not resentful.

***Foolish and stupid define those topics outside of God.**

We allow getting pulled in by topics not based on Faith - Titus 3:9 But **AVOID foolish controversies and genealogies and arguments and quarrels about the law**, because these are **unprofitable and useless**.

We keep giving importance to things not based on God - 2 Tim 2:16 **AVOID godless chatter**, because those who indulge in it WILL BECOME more and more ungodly.

If we are really being honest, the real reason we are so spiritually poisoned is because of us

Man tends to be “self-serving” instead of serving God - 2 Tim 4:3-4 - 3 For the time will come when men will not put up with sound doctrine. **Instead**, to **SUIT THEIR OWN DESIRES**, they will gather around them a great number of teachers to say what their itching ears want to hear. 4 They will **turn their ears away from the truth and turn aside to myths**.

We do this Because we value things here more than we value God, we set ourselves up to be spiritually poisoned - Matt 6:19-21 - 19 **"Do not store up for yourselves treasures on earth**, where moth and rust destroy, and where thieves break in and steal. 20 But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. 21 For **where your treasure is, there your heart WILL BE also**.

The only way to receive good Spiritual nourishments is to ONLY Trust God!!!

True Spiritual nourishment means filtering self to receive God ALONE - Prov 3:5-8 - 5 Trust in the Lord with all your heart and lean not on your own understanding; 6 in **all your ways** acknowledge him, and **he will make your paths straight**. 7 Do not be wise in your own eyes; **fear the Lord** and shun evil. 8 This will bring health to your body and nourishment to your bones.

The key component to taking in the correct information in our relationship with God is Reverence

Ps 111:10 -The **FEAR OF THE LORD** is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.

Prov 1:7 -The **FEAR OF THE LORD** is the beginning of knowledge, but fools despise wisdom and discipline.

We receive information and use the only true standard of measure, the Bible - Acts 17:11 Now the Bereans were of more noble character than the Thessalonians, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.

Bottom line; A strong walk with Jesus keeps us in “the know” and protects us from what’s wrong -Col 2:2-4 - 2 My purpose is that they may be encouraged in heart and united in love, **so that** they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ, 3 in whom are hidden all the treasures of wisdom and knowledge. 4 I tell you this so that **NO ONE MAY DECEIVE YOU BY FINE-SOUNDING ARGUMENTS**.