

31. WE ARE WHAT WE EAT (JOHN 6:32-35;41-43; 47-51) 10/21/12  
FIRST CHRISTIAN CHURCH, ATCHISON, PASTOR LEE HENDON

WE ARE WHAT WE EAT THEY SAY....SINCE THEY SAY IT, IT MUST BE TRUE! WHICH IS NO PROBLEM FOR ME 'CAUSE I LOVE TO EAT LOTS OF DARK CHOCOLATE! **YUMMY!** THEY SAY DARK CHOC-OLATE IS GOOD FOR THE HEART & THE FOOD OF THE gODS - SINCE THEY SAY IT, IT MUST BE TRUE! WHICH IS WHY I HAVE SUCH A STRONG HEART & AM SO DIVINE...WELL, 50/50 AIN'T SO BAD... I DO HAVE A STRONG HEART!

HOW ABOUT SOME DARK CHOCOLATE FOR YOU.....

YUMMY BUT BE SURE TO TAKE YOUR WRAPPERS WITH YOU SO PATTI WON'T BE MAD AT ME! TASTE GOOD....IS GOOD FOR YOUR HEART - MAKES YOU DIVINE! OR SO THEY SAY.....

**WE ARE WHAT WE EAT.** THE NOTION THAT TO BE FIT & HEALTHY YOU NEED TO EAT GOOD FOOD IS PRETTY POPULAR THESE DAYS. WAS FIRST RECORDED IN 1826, "TELL ME WHAT YOU EAT & I WILL TELL YOU WHAT YOU ARE." THE NEGATIVE OF IT WAS RECORDED IN 1923, "NINETY PER CENT OF THE DISEASES KNOWN TO MAN ARE CAUSED BY CHEAP FOODSTUFFS. YOU R WHAT YOU EAT."

SOME OF YOU THINK OF ME AS A PICKY EATER - OKAY, GUILTY AS CHARGED. I FIRST BECAME SO WHEN I TURNED 30 & WENT FROM 140 LBS TO 160 LBS OVER NIGHT IT SEEMED. SCARED ME - FOR SURE GOT MY ATTENTION. AT THE TIME I WAS WORKING OUT WITH WEIGHTS & RUNNING AT THE PRESIDENT'S HEALTH CLUB IN BEDFORD, TX. THEY HAD THIS NEAT LITTLE YELLOW BOOKLET THAT LISTED THE FAT GRAMS OF EVERY KIND OF FOOD & SNACKS. I STARTED CARRYING IT WITH ME & COUNTING **FAT GRAMS** - KEPT MY FAT GRAMS UNDER 25 & IMMEDIATELY LOST WEIGHT - EVER SINCE I TRY TO AVOID FATTY FOODS - I AM WHAT I EAT.

BELIEVE IT OR NOT, THAT IS WHAT IS GOING ON IN THIS PASSAGE WITH JESUS. THE JEWISH FATHERS ATE MANNA IN THE WILDERNESS - THEY WOULD GET HUNGRY AGAIN - EAT AGAIN - ON & ON. AS THE MANNA CAME DOWN FROM HEAVEN, SO HAS THE SON OF GOD COME DOWN FROM HEAVEN. THEY ATE THEIR FILL OF THE MANNA, WE ARE TO EAT OUR FILL OF JESUS - TAKE HIM IN - LET JESUS NURTURE & NOURISH OUR LIVES. WE WILL HUNGER NO

MORE WHEN JESUS IS OUR FOOD FOR LIFE. WE ARE WHAT WE EAT.

GOD THE FATHER GAVE THEM & GIVES US THE "**TRUE BREAD**." THAT IS AN EYE BROW RAISER FOR ME WHEN SOMEONE - EVEN JESUS - SAYS THE "**TRUE**" THIS - THAT - OR THE OTHER. "**TRUE**" DISTINGUISHES & SETS JESUS APART AS THE BREAD THAT IS SPECIAL, UNIQUE & DIFFERENT - NOT LIKE SOURDOUGH, WHEAT OR LEVEN BREAD OR EVEN THE MANNA IN THE WILDERNESS. DING, DING, DING.... WHILE COMMON, EVERYDAY BREAD IS BASIC TO SUSTAIN THE LIFE OF OUR PHYSICAL BODIES - JESUS IS THE TRUE BREAD TO SUSTAIN OUR SPIRITUAL, ETERNAL BODIES. **TRUE** MEANS NOT COUNTERFEIT OR INCOMPLETE - JESUS IS THE REAL, MEAL, DEAL. WHICH IS TO SAY THAT JESUS IS THE MAIN COURSE FOR OUR LIFE ADVENTURES. THERE ARE MANY & VARIOUS WAY IN WHICH WE CAN TRY TO SATISFY THE HUNGER IN OUR HEARTS & THE THIRSTING OF OUR SOULS. DRUGS, ALCOHOL, SEX, MONEY, POWER, SUCCESS, BIGGER & LARGER HOMES, NEWER & FASTER CARS, ON & ON - THESE OFTENTIMES PROMISE A LIFE SATISFACTION THEY JUST CANNOT DELIVER. THEY CANNOT SURVIVE THE TEST OF TIME - THEY DESTROY & WEAKEN THE BODY - STRESS & ADDIC-TIONS KILL NOT HEAL - THEY SURELY WILL NEVER SURVIVE THE TEST OF ETERNITY. ONLY THE BREAD OF LIFE, JESUS, STRENGTHENS & NOURISHES US FOR OUR ETERNAL VOYAGES.

JESUS SAID, "I AM THE BREAD OF LIFE; THE ONE WHO COMES TO ME SHALL NOT HUNGER; THE ONE WHO BELIEVES IN ME SHALL NEVER THIRST." WE CAN NEVER IMPROVE ON SUCH A CLAIM AS THAT OF JESUS. THEN **WHY ARE WE STILL HUNGRY & THIRSTY?**

*AFTER A TRIAL HAD BEEN GOING ON FOR THREE DAYS, FINLEY, THE MAN ACCUSED OF COMMITTING THE CRIMES, STOOD UP AND APPROACHED THE JUDGE'S BENCH. "YOUR HONOR, I WOULD LIKE TO CHANGE MY PLEA FROM 'INNOCENT' TO 'GUILTY' OF THE CHARGES." THE JUDGE ANGRILY BANGED HIS FIST ON THE DESK, "IF YOU'RE GUILTY, WHY DIDN'T YOU SAY SO IN THE FIRST PLACE AND SAVE THIS COURT A LOT OF TIME & MONEY?" FINLEY LOOKED UP WIDE-EYED AND STATED, "WELL, WHEN THE TRIAL STARTED I THOUGHT I WAS INNOCENT, BUT THAT WAS BEFORE I HEARD ALL THE EVIDENCE AGAINST ME."*

**GUILTY ARE WE** - OUR PLATES OF LIFE ARE AWFULLY FULL - PILED HIGHER & DEEPER WITH FOOD STUFFS & WAY TOO OFTEN OUR SELECTED PORTION OF JESUS IS WAY **TOO SMALL IF AT ALL** -

YOU KNOW IT IS TRUE! THERE IS MUCH EVIDENCE AGAINST US. JESUS IS THE BREAD OF LIFE. WE ARE TEMPTED TO IMMEDIATELY JUMP AHEAD TO THINK ABOUT THE LORD'S SUPPER, RIGHT? WRONG. **DON'T DO THAT**. THIS IS NOT ABOUT COMMUNION OR THE LORD'S SUPPER. IT IS ABOUT THE FEEDING OF THE 5,000 - JUST AS JESUS SATISFIED THE HUNGER IN THEIR STOMACHS - JESUS SATISFIES THE HUNGER OF OUR HEARTS & SOULS. IF THERE IS EVER ANYTHING YOU WANT TO SPECIALIZE IN IN LIFE LET IT BE JESUS!

WHEN JESUS IS OUR LIFE SOURCE WE CAN WEATHER THE TRIALS & TRIBULATIONS OF ANY & ALL LIFE SITUATIONS & CIR-CUMSTANCES. I AM A LITTLE SUSPICIOUS OF THE CHRISTIAN THAT IS SO EASILY BLOWN TO & FRO, ROUND ABOUT LIKE A WEATHER VANE BY EACH & EVERY LITTLE HANG NAIL OF LIFE. SURE I KNOW LIFE'S PROBLEMS & DIFFICULTIES CAN RUN DEEP & STRONG - I FEEL DEEPLY FOR MANY OF OUR CHURCH MEMBERS - GATHER ROUND, JESUS IS OUR BREAD OF LIFE THAT STRENGTHENS & SUSTAINS US NO MATTER WHAT. ***WHAT WE NEED IN LIFE IS FOUND IN JESUS.***

WE CAN BE SUCH SHALLOW FEEDERS - THINKING THAT LIFE IS ALL ABOUT A ROOF OVER OUR HEADS, THREE SQUARES A DAY, THE THREADS COVERING OUR BODIES, SOMEONE TO LOVE, FAST CARS & MONEY IN OUR POCKETS - THESE ARE ALL TEMPORAL IN THE TIME & SPACE OF EARTHLY EXISTENCE. AND I LOVE THESE THINGS, DON'T GET ME WRONG - GOD HAS GIVEN THESE THINGS FOR OUR EARTHLY EXISTENCE & PLEASURE - BUT THESE DO NOT SATISFY THE DEEPER LONGINGS OF LIFE. BE FED BY JESUS & ALL THE REST DOES INDEED FALL INTO PLACE INTO THEIR PROPER, MORE SATISFYING PORTIONS.

THE REAL MEANING OF LIFE BEGINS WITH BELIEVING IN JESUS AS YOUR LORD & SAVIOR. ***DO YOU BELIEVE IN JESUS?*** IF YOU DON'T HAVE THAT BELIEF ALIVE IN YOU THEN YOUR HUNGER & THIRST WILL NEVER, EVER BE SATISFIED. AS I LOOK BACK OVER MY LIFE, FROM ITS ROOTS IN POVERTY & SCARCITY TO MIDDLE CLASS SATISFACTION THERE HAS BEEN & CONTINUES TO BE A **COMMON LIGHT** THAT HAS GUIDED ME THRU EVERY STRESS & STORM, EVERY HAPPINESS & JOY, EVEN UNTIL RIGHT NOW - THAT LIGHT HAS BEEN MY BELIEF IN JESUS AS GOD'S SON & MY SAVIOR. POVERTY CAN COME KNOCKING & IT HAS.

POOR HEALTH CAN BE LURKING AROUND THE CORNER & IT IS.  
DEATH ITSELF CAN STARE ME IN THE FACE - MANY A TIME IT HAS.  
FRANKLY SPEAKING, I CAN LAUGH AT THEM ALL BECAUSE I  
HAVE JESUS AS MY FOOD FOR ETERNAL LIFE. JESUS IS MY ALL IN  
ALL - ONCE THAT HAS BEEN DECIDED - UNTIL THAT HAS BEEN  
DECIDED - WELL, LIFE JUST AIN'T WORTH LIVING - JESUS WOULD  
EXCLAIM THAT THERE IS NO LIFE IN US. AS EASY AS EATING A  
SLICE OF BREAD - BELIEVE IN JESUS....HE IS THE BREAD OF LIFE.