

# You Are What You Eat

Message for Thanksgiving Sunday, October 13  
by Bruce Fraser

## Children's Message:

Carl was a young boy. His mother died when he was just an infant. His father, trying hard to be both father and mother, was doing his best. He planned a picnic. The little boy had never been on a picnic. So they made their plans, fixed the lunch, packed the car, and then it was time to go to bed before the picnic the next day.

But Carl just couldn't sleep. He tossed and he turned, but the excitement was too much for him. Finally he got out of bed and ran into the room where his father had already fallen asleep. He shook his father, and his father woke up. His father looked around, saw his son and said, "What are you doing up? What's the matter?"

Carl said, "I can't sleep!"

The father said, "What's the problem? Why can't you sleep?"

Carl said, "Daddy, I'm excited about tomorrow!"

The father said, "Well, son, I'm sure you are. And it's going to be great day tomorrow; but it won't be a great day if we don't get some sleep, so why don't you just run down the hall, get back in bed and get a good night's rest."

So Carl trudged down the hall to his room and got in bed. Before long, sleep came... to the father. But a little while later, Carl was back beside his father's bed. He was pushing and shaking his father. His father turned on the light beside the bed. He almost blurted out some harsh words, until he saw the expression on his son's face. He said, "Carl, what's the matter now?"

Carl said, "Daddy, I just want to thank you for tomorrow."

Let us thank God for our tomorrow. We don't know what's going to happen, but we know that God is with us and that's the main thing that matters.

## Thanksgiving story

Before getting into my main message, I want to share with you a wonderful story. One of my

mottos, especially when it comes to being thankful, is "Look at what you've got, instead of what you've not." This story is a beautiful example of that.

Michael Joyce's memory, and some of his speech have been snatched by Alzheimer's. The disease is so advanced that he forgot he was married to his wife of 38 years. But he is in love with her, and he is also an honourable man, so he proposed to her on a recent morning. She said "Yes."

Linda, his wife, explained to a reporter: "You don't say to someone with Alzheimer's, 'Oh, we're already married,' So, I said, 'Of course I will,' thinking he might not remember."

But the next morning, when Michael woke up he asked her, "So, when are we doing this?"

The Joyce's live in Frankton, New Zealand. They have a website in New Zealand called "Neighbourly" which is like Facebook just for your neighbourhood. So she went online and posted this message:

*Amidst the often sad and frustrating times living with Alzheimer's... there is joy! My adored hubby of 38 years suffers from Alzheimer's. Two nights ago, out of the blue, with tear-filled eyes, he asked me to marry him! Michael had clearly forgotten we were already married but I absolutely went along with him and said I would be delighted to be his wife. In spite of his confused mind, he obviously knows and feels this is something he really wants to do... to Michael it will be our Wedding Ceremony and to our friends and myself, a truly precious memorable occasion.*

She went on to ask if anyone would be willing to marry them over the weekend. Several people responded enthusiastically offering to officiate. A professional photographer volunteered to take pictures, free of charge.

On their wedding morning, Linda wondered if he would remember. But when he woke up, he announced, "Today's the day."

The beaming couple exchanged vows Saturday at a scenic lake near their home as friends looked on and ducks waddled by in the background.

Afterwards Linda went back on “Neighbourly” and posted:

There’s been a lot of sadness and a lot of frustration. And despite all the fogginess, today has been pure joy.



**Message:** “You are what you eat”

### **GROCERIES FOR LIFE!**

That’s the headline for a contest I dreamed up. In order to get your name in the draw, all you had to do was to buy your groceries at the supermarket running the contest.

My guess is that this store would be swamped by customers, even people driving from 100 km away or more. Maybe they would only buy a bag of sugar. But everyone would want to have a chance at a prize like that. Imagine never having to buy food again!

There must have been a similar excitement in the air when Jesus produced the bread and fish to feed 5,000 people (see John 6:1-14). The next day they chased him halfway round the Sea of Galilee. Word of this miracle would spread like a forest fire. My guess is that there would now be even more people clamouring to be with Jesus.

So the air must have been absolutely electric when Jesus declared that day:

John 6:35, New Revised Standard Version:  
 “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

Imagine! Never going hungry. Never aching from thirst.

What kind of things do people *really* hunger for? What about you? What do you need that would make you truly happy—and *keep you happy*? If you need a new car, winning one in a draw will likely make you jump for joy. But how long will that last?

John D. Rockefeller was the person who founded the Standard Oil Company in 1870. At one point, he controlled 90% of all the oil used in the United States. He is considered to be the richest person ever in modern history. If his money was converted into 2019 dollars, he would be worth about a third of a trillion dollars.

Someone once asked him, “How much money is enough?” His answer: “Just a little more.”

So many people feel that they never have enough. They set a goal—say a new piece of furniture or a better vehicle. But when they attain that goal, there’s always something else they want now. The reason this happens is because those things (and the money to get them) do not satisfy our real needs.

I heard of a young couple who worked hard, saved their money, and finally built their dream home. It was what they had always wanted. Just a week before they moved in, their only child, a wonderful girl six years old named Jennie, died of some freak bone infection. They said afterwards to their pastor, “We would gladly close the door and walk away from this house, if only we could have our Jennie back.”

Again: What kind of things do people really hunger for? Even more than food? Even more than money? Things like love, joy, peace. Those are not physical things; they are things which are found in relationships with others.

The Bible gives a recipe for how to find lasting peace and all other good things.

**Philippians 4:8-9, Good News Bible:**

In conclusion, my friends, fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honourable. Put into practice what you learned and received from me, both from my words and from my

actions. And the God who gives us peace will be with you.

In other words, if your life is focussed on good things, positive things, then you will naturally flow with peace and joy. The opposite is also true: if you always look for the bad in people, if you are always ready to criticize, then you will be miserable, and so will everyone around you—that is, if they stay around you for long.

There's an old saying, just as true today as when it was first spoken: "You are what you eat." This is perhaps even more true in spiritual matters than in nutrition.

The ultimate way in which we can focus our lives on positive things is to focus on Jesus Christ. There are many wonderful, inspiring stories to be told of people in the world. But none will meet our needs as completely as focussing on the life and character of Jesus Christ.

He truly is the bread of life. Feed on him and you will never be hungry for something else. Drink from that fountain of living water, and you will never be thirsty for something else.

Remember: You are what you eat.

### **Next Steps:**

- Pray: Say "Thank-you" to God for all that you have, all that you are, and all the people in your life. Focus on what you've got, instead of what you've not.
- Give thanks especially for Jesus. Say "Yes" to Jesus, and surrender to him, allowing him to work in your life. Let him be your "bread of life" and "living water."
- Practise contentment. Be satisfied with enough. Be happy with God.