

INSIGHT FOR LIVING

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Food and Health

Grandma and Grandpa were farmers. They spent many early mornings and late afternoons hoeing, plowing, digging and planting fields. They did not sit behind a desk in air-conditioned offices but worked with their hands and were usually drenched in sweat under the heat of a blazing sun. Physical labor, fresh air and sunshine purified their bodies. Grandma and Grandpa were not couch potatoes who sat around looking to be entertained by Soap Operas and Sporting Events. They were constantly on the move, making fires drawing water, fishing, hunting, planting and harvesting. Grandma canned food and Grandpa salted meat in the smoke house for the upcoming winter. Most of their activities required a reasonable amount of physical exercise such as romping up and down on a horse drawn carriage in route to church or traveling to the general store. Running through fields, picking cotton and bailing hay provided enough physical activity to keep them in good shape. Exercise was a way of life. They had to constantly to perform manual labor to sustain life.

The physical lifestyles of Grandma and Grandpa helped burn off unwanted calories. There were no televisions or radios to disrupt their daily routine of slopping the hogs or feeding the chickens. There was very little interference with their verbal communication. They talked at length with their spouses, children and neighbors. Verbal communication also helped in a small way to burn off excessive calories.

Grandma and Grandpa ate energy producing foods filled with fat producing calories; the kinds of foods necessary to sustain the riggers of farm life. A plow and a mule helped Grandma and Grandpa burn off excess calories. They did not sit around talking about exercise programs for they were men and women of action.

The time has come for those who engage in little or no exercise to modify their diets by decreasing foods such as fatty steaks, cheesecakes and sour cream. The foods filled with LDL (low density lipoprotein), which is commonly referred as bad cholesterol, which clogs arteries and leads to heart attacks and strokes.

Exercise and proper diet can increase the level of HDL (high density lipoprotein), which is referred to as good cholesterol. The kind of cholesterol, which destroys bad cholesterol (source: Raleigh Times 4-5-88).

There are two choices when it comes to health. Take control of your health by eating properly and exercising or loose control of your health to an expensive medical doctor.

When one actively works toward preventing sickness and disease there is usually an increase in confidence and a boost in one's psychological well being. Men, women, boys and girls can no longer afford to overlook the art of prevention because cures have become too expensive in a world that sees no end to rising medical cost. Television constantly bombards the airways with advertisement that promote prescription drug use.

Many companies realize that if a person gets hooked on recreational drugs that increase sexual desire etc., that there is a chance that they will be reliable customers for years to come.

Food Tips

1. Consult a physician before radically changing your diet
2. Use fats oils and sweets sparingly
3. Avoid the over use of salt
4. When possible refrain from the over use of spices especially hot ones
5. Avoid excessive unnecessary eating
6. Try to eat at the same time each day
7. Drink plenty of water for some studies show that water is a natural fat burner, which cleans the system and retards the appetite.
8. Slow your rate of food consumption
9. Eat as early in day as possible and avoid night snacks
10. Eat plenty of fresh vegetables
11. Pray for spiritual guidance in diet and lifestyles decisions

There is no universal diet for everyone but it suggested to a balanced diet from of the five food groups if a physician approves it:

- Bread, rice and pasta
- Vegetables
- Fruits
- Milk Yogurt and Cheese
- Meat, poultry, fish, dry beans, eggs and nuts

Overcoming Depression

In layman's terms there are mainly two kinds of depression, biological and environmental. Most biological forms of depression are caused by a chemical imbalance, which requires extensive psychological therapy and medical treatment. The other kind of depression is environmental depression, which is usually a by-product of negative thinking patterns initiated in one's environment.

Many negative thinking patterns are difficult to overcome. Some people live their entire life without ever overcoming the problem. Most people who have negative thinking patterns also have a poor self-image and a sense of hopelessness.

Socrates said “what a man thinketh so is he.” When a person receives positive physical, psychological and spiritual reinforcement during the early years, they tend to grow up well adjusted and feel good about themselves and others. The child who grows up in a loving nurturing home with a mother and father has a great chance of growing up with a sense of well-being.

The environment of the home and the values and attitudes of the parents go along way in determining the deposition of the child. Every effort should be made in the home to provide every opportunity for children to live balanced lives where their physical, emotional and spiritual needs are met.

To decrease the odds of experiencing depression observe the following:

1. Seek professional help if feelings of hopelessness exists for an extended period of time
2. Follow the teachings of Jesus Christ
3. Reflect on the positive rather than the negative
4. Build up your fellow man rather than tearing him down
5. Feel special knowing that you are created in the image of God

Common Signs of Depression

1. Fatigue, the inability to sleep
2. Difficulty in concentration
3. Boredom/ Anxiety
4. Feelings of hopelessness

Dealing with Depression

1. When there are prolonged feelings of depression check with a physician or a mental health agency
2. Pray for spiritual and emotional guidance
3. Talk with a trusted counselor, friend or minister
4. Change your routine, take a break
5. Work out stress, exercise on a regular basis
6. Organize daily activities
7. Set realistic goals and objectives
8. Prepare to deal with stressful situations
9. Be optimistic expect good things to happen and look for good in others
10. Go outdoors and get some fresh air
11. Seek a support group of friends and relatives

12. Go to church follow the teachings of Jesus

The Importance of Youth Being Connected

When youth have no connection with their past heritage and no allegiance to the church or family, they tend to have no respect for civil or religious authority. The lack of a positive connection to Jesus Christ tends to cause a young person to float from one temptation to another.

Jails are filled with young people who have no sense of direction or purpose in life (the kind of guidance that comes when there is a strong devotion to Jesus Christ and the family.) The same can be said about our schools. They are filled with many youth who experience one problem after the other because of a lack of a strong anchor in the home or the church.

Many young people are searching for someone to set clearly defined limitations. They are looking for someone who cares to set limits when they are wrong. Parents and Teachers must remember that children do not feel loved when they are allowed to have freedom without limitations. Children respond best in a loving structured environment, which instills the Christian values of love and respect. Those who grow up in such an environment tend to respect the great institutions of the church, the family and marriage institutions, which are the foundations of a civilized society. When there is respect for the great institutions ordained by God a foundation is laid to honor and respect the property and personal rights of other men, women, boys and girls.

Ways Youth Can Get Connected

1. Teach Youth about their past heritage
2. Encourage Youth to attend workshops and seminars to stay informed on current events
3. Lecture young people on the benefits of being connected to the church and having respect for parents and family
4. Sponsor family Retreats
5. Teach Youth about the consequences of having no respect for parents or the church
6. Teach Youth about parental authority
7. Promote a spirit of harmony and cooperation

Christian Salvation

Men and women throughout the ages have sought physical protection from wild animals, as well as, the scorching heat of a hot sun and the bitter cold air of winter.

Protection from natural dangers found in ones physical environment has been a priority of men and women down through the ages because many natural dangers often present an imminent threat to life and existence. Men, women, boys and girls have also sought spiritual protection from a higher being; a spiritual authority higher than themselves.

Within the Christian Faith the term often associated with spiritual protection is the word salvation. Standard Christian Doctrine teaches that men and women need salvation because sin entered into the world through one man Adam, and through him all men are born with the capacity to sin; therefore all mankind is in need of salvation.

I Corinthians 15:22 says, "For as in Adam all die, so also in Christ all shall be made alive." According to the Bible salvation is awarded through the grace of Jesus Christ.

Grace is the unmerited or unearned love of God, which is unconditionally, bestowed upon all mankind and it redeems or (saves) the sinner who repents and accepts Jesus Christ as Lord and Savior.

Salvation Scripture References:

- Luke 19:10
- Acts 4:12
- Luke 9: 56
- Matt. 18:14
- I Tim. 1:15
- I John 2:22
- Matt. 19:16
- John 3:3

How Can A Person Be Saved?

The scripture says salvation is granted when a person accepts Jesus Christ as their Lord and Savior.

John 3:16 says "For God so loved the world that He gave His only begotten Son that whosoever believes in him shall not perish but have eternal life. (N.A.S.)

Stages of Salvation

- A. A person repents of his or her sins(which means to change one's mind turning away from sin; a genuine feeling of regret or remorse toward sin (Ezekial 18: 30)
- B. Regeneration means to be born of the Spirit of Jesus Christ, to accept him as Lord and Savior, to be justified made right with God; to be forgiven of one's sins (John3:3, Titus 3: 4-5)

- C. Sanctification means to make holy: the process of growing to Christian maturity (John 17:19; II Thess. 2: 13)
- D. Glorification- The final stage of home to be with the Lord; dwelling in heaven with Jesus. Perfection is reached during the stage of glorification a. II Tim 4:8
b. Cor. 5:10

Over two thousand years ago Pontius Pilate the Roman governor of Judea asked the crowd to choose between Jesus and Barabbas. It was a custom to release a prisoner during the Passover Observance. The crowds yelled give us Barabbas.

Jesus represented all of things that are pure and just. He was innocent of all charges and had committed no sin. The only thing he was guilty of was that he had loved somebody. He had given sight to the blind and given water to the thirsty and given food to the hungry and had shown compassion to the less fortunate.

Barabbas on the other hand was a criminal. He had caused insurrections throughout the Roman Empire. He was guilty of many crimes. He deserved his punishment. He represented the ways of the world. Yet the crowd chose to release Barabbas and to crucify Jesus. Whom will you choose?