What you take in affects who you are

For as long as I can remember, various agencies and groups have been trying to affect what we eat: “The FDA says this.” “The food pyramid recommends this.” “The food label shows this.” While the reasons for that may vary, the bottom line is that the food we take in affects us, even if we do not realize it.

The exact same reality faces us on the spiritual level. What we take in affects us, even if we do not realize it. Peter said, “…as newborn babes, desire the pure milk of the word, that you may grow thereby” (**1 Pet. 2:2**). When you take in “the word,” it causes you to “grow” in a good way. But the same is also true of evil—when you take it in, it causes “evil things” to “come from within and defile” you (**Mark 7:21-23**).

So, what are you allowing into your soul? Are you (yes, you!) allowing hate into your soul through what you are taking in? Are you (yes, you!) allowing immorality, vileness, suspicion, doubts into your heart? Or, are you flooding your soul with heart-transforming values straight from God’s Word? It matters what you take in, even if you don’t realize it!

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