

## **Junk In = Junk Out**

### **Ready:**

"So I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup> For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever<sup>[a]</sup> you want. <sup>18</sup> But if you are led by the Spirit, you are not under the law." - Galatians 5:16-18

### **Set**

I tell my track and cross country athletes a little phrase throughout the season. It goes like this: Junk in = Junk out.

Think about that for a second. We know this to be true when it comes to athletic performance. The body needs a healthy caloric intake, with proper balance of proteins, carbohydrates, fats, vitamins, and nutrients in order to perform at the peak level. And even on top of this, the body needs to be properly rested and hydrated. If the body is treated poorly by only being given empty calories (high fat and/or carbohydrate with little to no vitamins, minerals, and nutrients), is dehydrated, or has not been given ample rest, then it will break down. I've seen this, and I have also experienced it.

I've seen this principle apply to other areas of my life. When I have not been digging deeply into God's Word, when I have been lazy, or when I have been allowing negative entertainment into my life, guess what happens in my friendships or marriage. Junk in = Junk out.

In Philippians we are continually reminded that Jesus Christ needs to be our central focus. When we are focused on Him, when we pray, when we read His Words (the Gospels), when we worship Him, when we read His Word (cf. John 1:1-5), and when we recite the Good News (the gospel), then we grow. God uses these ways to mold us into the very likeness of Jesus.

Read these passages out loud:

"Finally, brothers (and sisters), whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put into practice. And the peace of God will be with you." Philippians 4:8-9

"Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with Him in Glory." Colossians 3:1-4

We can tell when we are meditating upon what we need to – when our hearts and minds are focused upon God's eternal and true ways when our lives bear forth the fruits of the Spirit and not the fruits of the flesh. Examine your life. If you see yourself looking contrary to Jesus, then ask yourself "why?" All of us can get better at making sure we are feeding ourselves better spiritual food.

The four most basic ways we can do this are as follows.

Pray (Mark 1:35; Philippians 4:6-7; 1 Thessalonians 5:16-18).

Read the Scriptures (Psalm 119:9-11; 2 Timothy 3:16-17).

Be active in a church (Ephesians 2:19-22; 4:11-16; Hebrews 10:19-25; cf. Deuteronomy 4:10).

Demonstrate your faith by good works (Romans 12:1-21; Philippians 2:12-13; James 2:14-25).

All four of these are equally important. I challenge all of us to grow in all four.

## Go

1. How often do you pray?
2. When was the last time you memorized a passage of Scripture- not just a verse, but a passage?
3. Would you consider yourself to be fully invested at your church?

## Workout

Philippians 4:8-9; Colossians 3:1-4

## Bible Reference:

Philippians 4:8-9

Colossians 3:1-4



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