

Your body and mind

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By Judith Biggs

BIG SANDY, Texas—Have you ever given much thought to what you put into your body and into your mind?

God created us with a marvelous body that helps us to prosper physically in this life. He has also created us with a marvelous mind that helps us to prosper emotionally and mentally in this life.

Into your body

Let’s consider our body for a moment. Let’s say that you are fixing to take a bite of food or to take a sip of a drink.

If that food or drink turned into a creepy-crawly thing, would you eat or drink it? I daresay the answer would be *no!*

Yet we as people do this all the time and *never* give it a second thought. Not only do we eat and drink things that make us unhealthy, but we also pass along our bad habits to our children. When we give treats to our children, are we aware of what we are truly giving to them?

Creepy-crawly things are excellent at camouflage. They come in every size, shape and color. They come to us as fast food, processed food, prescription drugs, over-the-counter drugs, alcohol, sodas and the like.

Just because something doesn’t kill you right away doesn’t mean it is not a poison. The world is full of slow poisons.

Into your mind

Now let’s consider our mind for a moment. What you put into your mind affects the body. What you put into your body affects the brain.

Would you willingly let creepy-crawly thing enter your mind? Are you allowing toxic thoughts to disrupt your life?

I recently read a book called *Who Switched Off My Brain?* by Dr. Caroline Leaf. The book is short and to the point.

Dr. Leaf is a scientist in the field of how the brain works.

In her book she lists what she calls "The Dirty Dozen," which are areas of our life targeted by toxic thinking. They are:

- Toxic thoughts.
- Toxic emotions.
- Toxic words.
- Toxic choices.
- Toxic dreams.
- Toxic seeds.
- Toxic faith.
- Toxic love.
- Toxic touch.
- Toxic seriousness.
- Toxic health.
- Toxic schedules.

God's wonderful creation

Like many believers, I like to read Christ's instruction in Mark 12:29-31. I am commanded to love God and to love my neighbor as myself.

In reminding people about real self-love, I often say: "Please don't love me as you love yourself."

I think you see what I mean, don't you? Some people have so little self-respect that they can't properly respect other people. They view the world around them with the same distorted lens of seeing themselves.

When God finished His creation in Genesis 1, He called it good. God gave us the blessing of well-designed bodies and minds. Let's remember to keep the creepy-crawly things out of our mouths and out of minds. Let's strive to avoid slowly polluting God's creation.