

THE HERALD

Newsletter of the Orrville Grace Brethren Church

Did You Know That You Eat What You Watch?

Blog by Joe Schillero - Guest
Speaker at OGBC on October 14th

We've all heard the old saying, "You are what you eat." If you eat wholesome, healthy food you'll probably be physically healthy. If you eat processed, greasy, junk food you'll probably be unhealthy. There's nothing complicated about those equations. But do you ever think about the statement, "You eat what you watch?" Considering the fact that the average child sees over 20,000 commercials each year; many of them advertising junk food, we might want to think more about that statement.

Consider the following verses of Scripture in relation to our media choices, "See then that you walk carefully, not as fools but as wise, redeeming the time, because the days are evil. Therefore, do not be unwise, but understand what the will of the Lord is" (Ephesians 5:15-17).

Are you walking with Christ carefully?

Are you being wise with your time? Do you understand what the will of the Lord is concerning time management in your life? When it comes to television, our society seems to be spending a lot of time as couch potatoes and it apparently is affecting our physical well being.

Did you know that the average American will spend over 1,555 hours in front of a TV screen this year? That's over 4 hours per day. During that time span we will see multiple advertisements with all kinds of reasons to eat and to eat unhealthy. Consider the following 4 statements backed by statistics from the American Academy of Pediatrics:

KIDS WHO WATCH A LOT OF TV EXERCISE LESS

It certainly doesn't take a brain surgeon to figure this one out. If your kid is sitting in front of a TV for 4 or 5 hours a day, he or she is not running, swimming, riding their bike, skateboarding, etc. That's a lot of calories NOT being burned.

EATING AND WATCHING TV SHOULD NOT GO HAND IN HAND

How many of us grab something to eat every time we sit in front of the TV or we

sit in front of the TV every time we eat something. This is a bad habit that many of us have developed which leads to both TV and food addiction. I've done this a lot through the years. However, I've changed my habits. And most of the time, I try to separate these 2 areas of my life. It's made a difference in both my TV viewing and my waistline.

ADVERTISING WILL CAUSE YOU AND YOUR KIDS TO EAT 134% MORE

The statistics are alarming. Today 1 in 3 kids are considered to be obese. One way to almost guarantee your child will eat more is to stick them in front of the TV set. They will more than double their food consumption.

ADVERTISING WILL CAUSE YOU AND YOUR KIDS TO EAT UNHEALTHY

Not only will you and your family eat more food watching a lot of TV, you will eat unhealthy food. In fact, approximately 90% of advertisements for food are for junk food. McDonalds doesn't spend millions on advertising for nothing.

Overall, I am a pretty healthy individual. I try to eat healthy and exercise most of the time. However, many of my biggest eating binges have been as a result of sitting too long in front of a TV set.

One of my favorite Bible verses is 1 Timothy 4:8 which says, "Bodily exercise profits a little, but godliness is profitable for all things, having a promise of the life that now is and of that which is to come."

I believe it's all about balance. Bodily exercise does profit a little and should be a part of a balanced lifestyle. Our bodies are the temple of the Holy Spirit. However, our spiritual well being is of much more importance. We all need to be reminded that neglecting the spiritual discipline of **GUARDING OUR HEARTS WITH ALL DILIGENCE**, may be causing us to **CLOG** the arteries of our physical hearts. Won't you examine your families Television habits this week? Maybe it's time to get off of your 'easy chair', shut off the TV and go for a walk with your family. Your arteries will thank you. **YOU EAT WHAT YOU WATCH!**

Do the Lyrics Really Matter?

Blog by Joe Schillero

There is plenty of scientific and psychological evidence to back up a resounding 'YES' to this question. Our brains are very complex computers that retain and process information not only directly but also subliminally and unconsciously. In this article, I would like to tackle 3 perspectives from a common sense and Biblical point of view.

PERSPECTIVE #1: "I DON'T LISTEN TO THE LYRICS; I ONLY LISTEN TO THE MUSIC."

When I minister to youth concerning music, I will often times show them the lyrics to 'inappropriate songs' on my Power-

Point presentation. I'm amazed how often they will verbally finish the lyrics before I finish showing them on the screen.

Apparently, they do listen to the lyrics. The truth is that these complex computers called our brains retain much more of what we see and hear than we realize; even if we're just passively listening to a song.

How many of us have woken up to a song on the radio and we can't seem to get the lyrics out of our head all day long. I'm amazed that I can still remember commercials that I heard from 30 years ago. Did I sit down one day with note cards to memorize those commercials? Of course not. I passively memorized them through repetitive listening. We do listen to the lyrics whether we're trying to or not.

PERSPECTIVE #2: "THE LYRICS DON'T AFFECT ME."

God seems to have a different opinion on this one. Proverbs 23:7 proclaims, "As a man thinks in his heart so is he."

Apparently what we're 'thinking' about affects the state of our hearts. This isn't our physical heart that God is speaking of but our spiritual hearts. Our spiritual hearts determine our attitudes, desires, affections, pursuits, motives, etc. In fact, Proverbs 27:19 says, "A man's heart reveals the man." People may think they know us, but God sees who we really are by looking at our hearts. 1 Samuel 16:7 say, "Man looks at the outward appearance but God looks at the heart." I believe that it's naïve to think that we can listen to music filled with sex, violence and profanity on a regular basis and it will not affect our hearts. Of course,

most of us will not become violent killers, or internet predators, but can we say that the lyrics that we listen to are pleasing to God? Would Jesus listen to these songs? Remember, moral failure rarely occurs through a blow out. It usually occurs through a slow leak. Let's be mindful to "Guard our hearts with all diligence, for out of them spring the issues of life." The lyrics DO affect us.

PERSPECTIVE #3: "THE LYRICS ONLY REFLECT WHAT'S GOING ON IN OUR CULTURE."

Unfortunately, that is a true statement. The lyrics do reflect what's going on in our culture. What's going on in our culture is spiritual and moral decay! I can understand an artist wanting to write and sing about issues that are going on in our society. Musicians have been doing that as long as music has been around. But, that doesn't mean that we should 'glorify' or 'approve' of those issues in the song lyrics.

Ephesians 5:11-12 says, "Have no fellowship with the unfruitful works of darkness, but rather expose them. For it is shameful even to speak of those things which are done by them in secret" Some of those 'shameful things' done in secret do reflect what's going on in our culture. But if God says that we shouldn't even 'speak' of those things, should we be making song lyrics out of those things and putting them to music? The sad truth is that we are doing that now and some of those songs are becoming top 40 hits. **THE LYRICS DO MATTER IN OUR MUSIC SELECTIONS.** As parents we need to

monitor what are kids are listening to. When is the last time that you checked your child's music selections? There are many useful sites on the internet for checking out song lyrics. Do a Google search for popular song lyrics and check out what your child is listening to. If you are a young man or women reading this article, you don't have to wait for your parents to check out your song lyrics. You can make the choice to choose musical content that is spiritually healthy and God honoring. The Lyrics do matter. Let's choose them wisely.

FUNNIES

A six-year-old boy called his mother from his friend Charlie's house and confessed he had broken a lamp when he threw a football in their living room.

"But, Mom," he said, brightening, "you don't have to worry about buying another one. Charlie's mother said it was irreplaceable."

On his way off the front porch, a young boy met a salesman coming up the steps.

"Is your mother home?" the salesman asked the small boy.

"Yeah, she's home," the boy said, scooting over to let him past.

The salesman rang the doorbell, got no response, knocked once, then again. Still no one came to the door.

Turning to the boy, the fellow said, "I thought you said your mother was home!?"

The boy replied, "She is; but this isn't where I live."

Little Jimmy's preschool class went on a field trip to the fire station. The firefighter giving the presentation held up a smoke detector and asked the class: "Does anyone know what this is?"

Little Jimmy's hand shot up and the firefighter called on him.

Little Jimmy replied: "That's how Mommy knows supper is ready!"

A four-year-old boy and his father went to the beach. There was a dead seagull lying on the sand.

The boy asked his father, "Dad, what happened to the birdie?"

His dad told him, "Son, the bird died and went to heaven."

Then the boy asked, "'And God threw him back down?"

Teddy came thundering down the stairs, much to his father's annoyance.

"Teddy," he called, "how many more times have I got to tell you to come down the stairs quietly? Now, go back up and come down like a civilized human being."

There was a silence, and Teddy reappeared in the front room.

"That's better," said his father. "Now will you always come down stairs like that?"

"Suits me," said Teddy. "I slid down the handrail."