

You Are What You Eat

[Watch Online](#)

John 4:32-34 But he said unto them, **I have meat to eat that ye know not of.** Therefore said the disciples one to another, Hath any man brought him *ought* to eat? Jesus saith unto them, **My meat is to do the will of him that sent me, and to finish his work.**

Meat in verse 32 above in the Greek is broses ([G1035](#)), which mean that which is eaten, of the soul's food, either which refreshes the soul, or nourishes and supports it.

Meat in verse 34 in the Greek is bromia ([G1033](#)) which means that which is eaten.

Jesus' food was to do the will of the Father. He ate this, He devoured it.

What is our food?

What are we taking into our souls? What are we watching, seeing, reading, thinking about...?

Are you eating the Father's Food – healthy food? Or junk food – Satan's Food?

When we partake healthy food in the natural, what are the effects on our physical bodies?



What about when we partake of junk food in the natural, what are the effects on our physical bodies?

Are we sick, weak or dying?

What are we eating?

There is a saying "You are, what you eat".

"The light of the body is the eye: therefore when thine eye is single, they whole body also is full of light; but when thine eye is evil, thy body also is full of darkness." Luke 11:34-36

Jesus' eye was single – not partaking of even a little bit of evil. ([1 Corinthians 5:6-8](#))

Noah Webster 1828 Dictionary

"Evil

1. Having bad qualities of a natural kind; mischievous; having qualities which ten to injury, or to produce mischief.
2. Having bad qualities of a moral kind; wicked; corrupt, perverse; wrong; as evil thoughts; evil deeds; evil speaking; and evil generation.
3. Unhappy; producing sorrow, distress, injury or calamity; as evil tidings; evil arrows; evil days.

Moral evil is any deviation of a moral agent from the rules of conduct prescribed to him by God."

Luke 11:34-36 The light of the body is the eye: therefore when thine eye is single, thy whole body also is full of light; but when thine eye is evil, thy body also is full of darkness. Take heed therefore that the light which is in thee be not darkness. If thy whole body therefore be full of light, **having no part dark**, the whole shall be full of light, as when the bright shining of a candle doth give thee light.

We are what we eat. So, let's get rid of the spiritual junk food and have our eyes be single, so the whole body can be full of light and that light can give light to others.

Oh Lord, give us your meat to eat that we may do your will. Amen.