



The Caller

A Weekly Newsletter of the Elizabethtown church of Christ
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YOUTH RALLY

Learn to DISCERN

August 2-3

Elizabethtown Church of Christ

Keynote Speaker:
Joe Wells

Topics Include: Absolute Truth, Social Media, World View

Class Topics & Teachers are:

Kurt Montooth – Anxiety & Depression

Matt Ashby – Discerning Your Self Worth...Made in God's Image

Dennis Hogan – Discerning Our Gratitude

Sunday's Sermons:

**A.M. — When We Think Life Stinks
Psalm 73:1-11**

**P.M. — Code of Hammurabi
Romans 2:14-15**

Never Fast When It Comes to the Word of God

Intermittent fasting is quickly catching on as something many are trying for various reasons. Most are trying intermittent fasting in an effort to improve their health. It seems that intermittent fasting may provide a number of health benefits. Among some of the benefits I have seen listed on websites include, weight loss, lowering of blood sugar, blood pressure, inflammation levels, as well as reducing insulin levels and extending life expectancy. All sound like good reasons to try intermittent fasting.

Not all intermittent fasting is created equal...at least that is how it appears when you consult various proponents of intermittent fasting. Among the different forms of intermittent fasting are Eat Stop Eat, the Warrior Diet, Leangains, and Alternate Day Fasting. I know some people who have tried almost all of these forms of fasting. Though any of these might be able to be used as a means of religious fast, often religious fasting has a more unique purpose. This article is not a discussion of religious fasting for spiritual purpose; it is an article that mentions physical fasting to contrast how though there could be benefits to physical fasting, there is only harm which comes when we fast from the Word of God.

Peter tells early Christians who were facing persecution that even newborn babes (new Christians) should desire the sincere milk of the word to grow thereby. When I think of little babies, I think of those who desire to feed or eat often. Peter tells new Christians to do the same.

Jeremiah 15:16 record the following words, "Thy words were found and I did eat them and thy word was unto me the joy and rejoicing of my heart for I am called by thy name oh LORD God of Hosts!" Here is another example from Scripture that indicates that reading and studying the Word of God is compared to eating.

I do not know if you have tried intermittent fasting or if you plan to do so in regard to your physical food intake. Some doctors praise the practice and other doctors question the practice. But this one thing I can assure you, the Great Physician, encourages a continual feeding upon the Word of God! Paul told Timothy, "Study to show thyself approved of God, a workman who needed not to be ashamed, handling aright (rightly dividing) the word of truth" (2 Tim. 2:15). Why? Because "All Scripture is given by inspiration of God and is profitable to doctrine, reproof, correction in righteousness that the man of God might be complete (perfect) thoroughly furnished unto all good works" (2 Tim. 3:16-17).

John F Board
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