## **Cross Country**

No. 28

Three days on the road has made me realize just how large the United States actually is and I didn't even drive from coast to coast.

It has also made me realize just how vastly different the landscape can be from region to region and how man has done exactly what God commanded him to do "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every moving thing that moves on the earth." (Genesis 1:28) Men have settled in vastly different terrain but I still saw various animals corralled in the vast fields, fish aquariums in the cities and man harvesting the fields for food. (Genesis 3:17-19)

It has made me realize again just how creative our Creator is. Beautiful mountains ranges for miles. Rock formations of all shapes and sizes, big blue skies, lush green fields and rivers flowing to the sea. His sun rises in the east and sets in the west no matter where you are but can be vastly different depending on the landscape He has chosen. "The heavens declare the glory of God; And the firmament shows His handiwork." (Psalms 19:1)

One of the most comforting experiences on the trip however was knowing that brethren were just around the corner ready to greet you, help you and worship with you in like manner as you do back home. "From there we circled round and reach Rhegium... and the next day we came to Puteoli, where we found brethren, and were invited to stay seven days..." (Acts 28:13-14) We have a large family!

I haven't written anything you didn't already know but it is always a great reminder to know these things remain true and stead in your life. Stacy

## **Securing Our Minds (Avoiding Junk Food)**

by Don Wright

People have been conned by the devil in the realm of entertainment more than any other walk of life. Even as Christians, we have allowed the devil to fool us into thinking that what we allow into our minds by way of books, magazines, the internet, and especially TV, really does not matter. Most of us know the difference between right and wrong. We know what pleases God and what is offensive to Him. When it comes to our behavior, we strive to be morally upright. However, many of us have concluded that as long as we behave ourselves morally, it is okay to allow filth into our hearts through the gateway of our eyes.

Television is not, in and of itself, sinful, but there are a lot of sinful things that come from it. There is enough profanity, blasphemy, and obscene gestures on TV today to make almost anyone blush! The average child will see 20,000 murders before he's 16 years old, plus thousands of bedroom scenes, 95% of which are between unmarried persons, and now persons of the same sex. One man described television as junk food for the soul. This is what he said:

"Junk food is artificially flavored and colored, excessively sweetened, and highly addictive. It is harmful to physical and mental health and its consumption interferes with or even deprives one of beneficial, healthful

nourishment. Television is an almost precise spiritual equivalent of junk food. The entire content of its programming is unedifying, un-nourishing, opposed to sound mental and emotional health, and filled with value training which is diametrically opposed to a sound and healthy society. The lifestyles and ideals it portrays are artificial, corrupt, and undesirable. Moreover, television is highly addictive."

While this quote is a little bit of an exaggeration (the entire content of television is not corrupt), much of what the author of this quote said is true. If one carefully examines the moral content of television programs, he will see that they portray the exact opposite kind of morals and ideals as the Bible does.

Let us not allow the devil to take advantage of us by planting unhealthy seeds into our hearts through different means of entertainment. Instead, let's do all we can to keep our hearts pure. Remember, Jesus said, "Blessed are the pure in heart, for they shall see God" (Matthew 5:8). Let us do our best to secure our minds by thinking about the kind of things Paul refers to in Philippians 4:8.

**Philippians 4:8 (ESV)**<sup>®</sup> Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Do not give the devil a stronghold in your mind (2 Corinthians 10:4-5), but rather, fill it with the Word of God.

Let's all protect our minds from Satan at all costs. Winding Down with the Word

## Some Things God Is Not

Vernon Teagarden

God is not what many people think He is:

- 1. God is not a respecter of persons (Acts 10:34-35). Therefore God demands the same from all men.
- 2. God is not a man (Jn. 4:24; Lk. 24:39). Therefore God does not think as man does (Isa. 55:8-9)
- 3. God is not mocked (Gal. 6:7). God has spoken His will and He will not allow man to get out of reaping what he sows. God means what He says!
- 4. God is not the cause of confusion (1 Cor. 14:33). The confusion that exists in the religious world is not God's fault. God wants unity among believers (Jn. 17:20-21).
- 5. God is not the God of the dead but of the living (Matt. 22:32). Therefore God is not dead but alive!
- 6. God is not one to forget. Some think that as time passes, God will forget their sins. Others fail to work hard in the kingdom thinking God will forget their labor. He will not (Heb. 6:10; 1 Cor. 15:58).
- 7. God is not ashamed to be called our God. Not if we come to Him through obedience to His word (Heb. 5:8-9; 11:16; Rom. 8:16-17).