

Don't Talk with Your Mouth Full

In most of our affluent churches, the young people need to evaluate their attitudes toward food and fasting. Equip them for the discussion by studying biblical fasts to determine the relevance or need for fasting today. Below are a few quotes, references, and discussion questions that can stimulate interest in the topic.

Quotes:

1. "Food is not the most basic essential in life. The greatest bodily need is air. The second is not food, but water. Third is not food, but sleep! Food comes fourth. But thousands of Christians make food number one. Too much food clogs the system. To overeat is a sin of waste and a sin against the body, shortening the physical life and dulling the spiritual. If

you are not its master, you are its slave!"
Winkie Pratney

2. "The appetite for food is perhaps more frequently than any other the cause for backsliding and powerlessness in the church today. God's command is 'whether you eat or drink or whatsoever you do, do all to the glory of God.' Christians forget this and eat and drink to please themselves. They consult their appetites instead of the laws of life and health. More persons are snared by their tables than the church is aware of. A great many people who avoid alcohol altogether will drink tea and coffee that in both quality and quantity violate every law of life and health. Show me a gluttonous professor, and I will show you a backslider." Charles Finney