

## **“THINKABOUTIT” THOUGHT FOR THE DAY**

**Wednesday; December 19, 2007**

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One holiday tradition is preparing all kinds of good food; which is matched by an equally held tradition – eating more than we should. This time of year many of us eat too much of the unhealthy stuff which not only effects our waistline, it can impact our attitudes. The sugar-rushes and mega-calorie induced hangovers take it’s toll on our personalities as well. It’s tough to do; but, if we want to enjoy this holiday season, let’s watch what (and how much) we eat.

This public service message isn’t just about food, there is an emotional parallel as well. When it comes to effective living, what are we putting into our minds? Are we filling them with positive thoughts, wholesome images and uplifting observations or are we being inundated with carnal topics, graphic graphics and disheartening messages? The Bible reminds us, “...whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things.” (Philippians 4:8).

Think about it! For the Madison Avenue Church of Christ; this is Charlie Wharton.