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Subject: Healthy Choices?

Posted by [Gary](#) on Sun, 24 Mar 2013 15:45:36 GMT

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I remember a number of times in our meetings people were told that eating what you wanted was an act of faith. It is?

I don't personally believe a person can live on junk foods, sugary drinks, and candy and expect to live a life of total health.

I do not know if we have ever had a generation of people that have the choices we do when it comes to food.

I know of a man who had diabetes, he quit taking insulin and would eat candy bars as an act of faith. They did not affect him in the beginning but eventually he died of diabetes.

Years ago as a young person I would drink four or five coca colas at work, it was hot and miserable out. About ten years ago or more I totally quit drinking soda, sweetened or diet. Now pop, and sugary drinks has no appeal to me whatsoever.

I just think we can make the message on divine healing to no effect when we try to abuse a situation saying, it is an act of faith.

Faith does not need to prove itself to make it true. Faith is the substance if we have actions afterwards that can be called an act of faith its because we are healed. The actions is you know its taken care of.

What I am trying to say is that some people had the mindset that if they did "something" that this proved it was faith. Not necessarily!

Faith is a knowing in your heart that God has dealt with it and nothing on this earth will stop it.

I hope this makes sense.

Gary