



Love God Love People Like We Mean It

Brain Food - Words Matter

Group Share

1. What is one way you won last week?

You Are What You Eat

The phrase “You are what you eat” refers to the notion that to be healthy you need to eat nutritional food. It originally appeared in 1826 when Jean Anthelme Brillat-Savarin, a French lawyer, politician, and famous gastronome, wrote “Dis-moi ce que tu manges, je te dirai ce que tu es”, which translates to ‘Tell me what you eat and I will tell you what you are’ The phrase resurfaced in the 1920s when nutritionist Victor Lindlahr used it in association with ‘bad’ food by saying that “Ninety per cent of the diseases known to man are caused by cheap food stuffs. You are what you eat.”

Good nutrition and regular physical activity helps keep our weight under control, which in turn promotes better health, helps with disease prevention, and is of course crucial for the development and healthy growth of our children. On the other hand, increased food consumption especially of high calorie foods with little nutritional value leads to excessive weight gain and obesity. Poor eating leads to obesity which results result in serious and costly metabolic problems.

Words Feed Your Brain Functions

Dr. Andrew Newberg and Mark Robert Waldman state that “a single word has the power to influence the expression of genes that regulate physical and emotional stress.” Put another way, when we use positive words like “love” and “peace”, we can alter how our brain functions by increasing cognitive reasoning and strengthening areas in our frontal lobes. Using positive words more often than negative ones can kick-start the motivational centers of the brain, propelling them into action. Likewise, when we use negative words, we’re keeping certain neuro-chemicals from being produced which contribute to stress management. As humans, we’re hardwired to worry; it’s how our primal brain protects us from dangerous situations for survival. So, when we allow negative words and concepts into our thoughts, we’re increasing the activity in our brain’s fear center, causing stress-producing hormones to flood our system. These hormones and neurotransmitters interrupt the logic and reasoning processes in the brain and inhibit normal functionality.

Words Matter

True or False? *“Sticks and stones may break my bones, but words can never hurt me.”*

You Are What You Eat

Proverbs 18:20-21 - A man's stomach shall be satisfied from the fruit of his mouth; From the produce of his lips he shall be filled. Death and life are in the power of the tongue, And those who love it will eat its fruit.

What Does God Want Us To Feed Our Brains?

1 Thessalonians 5:16-18 - Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Hebrews 13:15 - Through Jesus, therefore, let us continually offer to God a sacrifice of praise, the fruit of lips that confess His name.

Spend the Next Few Minutes Journaling on What this Discussion Is Stirring Inside of You

Questions to Consider:

1. Considering your words have such a significant impact on your brain, your emotions, and your life is there anything you should consider changing?
2. What other sources of words do you have in your life (media, music, people, books)? Do they contributing words that build the life you want? If not, what steps can you take to change these sources in your life?

Gather Back as One Group and Share What You Got From Today's Discussions - End In Prayer