

Reading: Phil 4: 8-9 "Whatever is true...think on these things. Whatever you have been taught...act on these things."

What is your favourite food? What can you eat heaps of?

(Have on PP various photos of food) Chocolate, lollies, meat, or maybe you're into broccoli? What about one of these? Who has tried the steak-mince and cheese pie from Georgie Pie? I loved these pies and so after 20 odd years was rather excited at the fact they were coming back – I queued up on day 2 in the Greenlane carpark with Caspian and got 3 of them – 1 for him and 2 for me and it was worth the wait!!

But what about good healthy food? Who likes to eat fruit? I love to eat fruit? I can eat heaps of fruit!

Who enjoys a bit of rockmelon? (Invite someone up to sit and enjoy the melon while I talk...)

I went hunting last weekend with the younger Rev. Hardie and we had an awesome time – we weren't after rockmelon we were after meat and we managed to get some ...part of the process we have been learning about is how to properly butcher an animal once we have caught it– what parts are the best, like the fillets and back steaks, what is worth turning into sausages and salamis and perhaps most importantly what parts you throw out. Because as we know there is some food that is not worth eating...

I mean would you eat this??? (PP Some horrible food...) Sorry if you are still digesting your lunch!

We wouldn't knowingly eat something like that would we? I mean sure we eat junk food from time to time that isn't all that good for us but as long as we don't eat too much of it we feel okay – but too much rubbish and our tummies start to protest don't they!

Fortunately our bodies are wired to get rid of the stuff we don't need and if we put stuff in to our bodies that is really bad for us we usually get rid of it fast...

Like this poor Game show host discovered on live TV...(clip on Pressschools website)

I love the fact that she came back out and kept going!!!

But we all know the feeling don't we when we have to get rid of something fast and it isn't pleasant! That's why we would never knowingly eat something like this...(Photo)

We'd much rather eat this...(Georgie Pie???)

For the most part we are pretty good at making healthy choices when it comes to what we eat. So what about the stuff we see or hear? Do we make healthy choices when it comes to the stuff we see and hear? What do we do when we hear or see something that is not good for us?

How do we make good decisions about what enters our minds? R rated movies, the internet...hard work for you guys today given how accessible it is...social media is part of life today, but there are some sites where comments can be made anonymously.

I'm sure you all heard the awful story in the news two weeks ago about the young Kelston boy who was killed in a fight after rugby practice. What you might not have heard is that in the last week his girlfriend has been getting harassed and abused online with comments posted on her profile page anonymously...her mum has been distraught as has she about the comments made in the midst of their grief ...what do you do when you see or hear horrible things?

The simplest thing to do in that instance is what she did which was to delete her askfm account – in fact that is a site to stay well clear of! If someone doesn't have the guts to put their name to a comment than they probably shouldn't be saying it at all! It is really important for you guys to be super smart about what sites you sign onto and to remember that once you put something in print online you can't get it back!

It says in the Bible that death and life are in the power of the tongue, and those who love it will eat its fruits.

What does that mean? It means that what you choose to see and hear will influence you and what you say about others will influence them - like bad food if it isn't good for us, it will leave us feeling awful – we will have to get rid of it and when it comes out it won't be pretty!

It might come out in harsh words to someone else or it might just leave us feeling sad or depressed, instead of positive and happy. In the same way if we look at positive things, and listen to words that give us life it is like eating something really delicious – it leaves us feeling energized and great! A kind word to someone can be as good for our minds and hearts as a piece of yummy chocolate cake or a mouthful of rock melon!

But what happens when the bad stuff finds its way in – when we make a mistake and watch something we shouldn't or maybe when it enters our minds unawares – what happens when it is too late and it's already in your head?

Who has had a bad dream before that they couldn't stop thinking about?

I've had them too and sometimes it is really hard to get that stuff out of your head isn't it? It's not like bad food – our bodies don't have a natural way of getting rid of it – we can't just use the toilet or puke it up!!!

So what do we do when that happens?

Try and think of something else, pray and ask God to help us – hands up if you have seen the Sound of Music – do you remember what Maria did when the kids were scared that night...the song ‘my favourite things’.

Paul, in the reading we heard earlier says something similar when he offers some awesome advice to all of us. He says:

(On PP) “Summing it all up, friends I’d say you’ll do best by filling your minds and thinking about things that are true, noble, reputable, authentic, compelling, gracious – the best, not the worst; the beautiful not the ugly; things to praise, not things to curse. Focus on these things! Put into practice the things I have taught you, what you have heard and seen and known to be true. Do that, and God who makes everything work together, will be with you and will bring you peace.”

How was the rockmelon? Was it good? MMMM

The best thing we can do when we are struggling to get rid of an image in our head or a negative thought is to do as Paul suggests to focus on something really good. It’s like when you have eaten a whole of junk food and all you want to eat is something healthy like a delicious rockmelon so you can wash away the fatty taste and replace it with something good. In the same way God says we can wash away the bad thoughts from our minds by focusing on the good things by filling our minds with those good things.

So why don’t we finish by doing just that...Have a look at this awesome clip about friendship and love, about two guys and a lion cub they bought and then set free – maybe the next time you have a bad dream or hear something awful you can think back to this clip and remember what Paul said:

Lion reunion clip – focus on what is good! (Available on Presschools website)  
Think about these things!

Let us pray: God help us to be careful about what we let enter our minds – help us to make good decisions, healthy decisions about what we watch and say and hear and God when we get it wrong or when it happens to us without us doing anything please give us something good to think about to wash it away.

In your name we pray. Amen.

What did you watch this week?

What did you listen to?

What did you eat?

Idea about what goes in must come out...scene from Stand by me of story of fat kid and the pies????

Talk about health nutritionists and what they say about food and other things we eat, rub on etc...

But what about the other stuff we take in – the stuff we take in with our eyes and our ears – does that come out too? How?

Need a good story of someone either watching or hearing something that ended up having a massive effect on their life...

Positive messages vs negative

Maybe Nooma and sounds etc influencing our lives???

Relate back to text – this is why Paul says to the people of Philippi focus on the positive things, the good things, full your life with these things and learn from them and act upon them....