

Would Jesus Eat Popcorn Before Yoga?

by Dr. Donna Jagielski

What we put in our physical bodies is also what we put inside our souls. We feed our souls not only through the word of God but also through what we eat. We have all heard the phrase, “you are what you eat”, which is very true. Junk in, junk out, good stuff in, good stuff out. Whether you are taking a vigorous vinyasa flow, power class, or a more relaxed yin or restorative class, your body will not perform at an optimal level if all you do is put junk inside. Our physical bodies have been created by God. He has provided us with this shell of a physical human body to do His work. So, if we only put junk in, there will be junk out and not enough capacity to serve and do His work. We must provide our bodies with nutrition so we have the dynamic energy when our work is demanding and to be able to relax, recover, recharge, and restore when effortless actions are required.

Here are three suggested questions before we consume anything:

1. How will this food/drink (insert the name of the food/drink) help me do the Lord's work?
2. Is there a better choice I can make to fill the need AND honor my physical body?
3. Would Jesus make this same food/drink decision?

*So, whether you eat or drink,
or whatever you do, do all to
the glory of God. -
1 Corinthians 10:13*

Question #1 centers our attention on the type of energy level we will need rather than the focus specifically on the food choice itself. For example, our response might be: “This double cheeseburger will give me the energy to teach Christ-centered power yoga”.

Question #2 now asks us to assess our specific food/drink choice and contemplate potential alternatives. Maybe we don't need a DOUBLE cheeseburger to provide us the energy we need for our task. We will need energy but not in such excess proportions.



Finally, question #3 asks us to decide if Jesus would make the same choice. Notice, the question is not phrased as “what would Jesus think of our food/drink choice” since that would be perceived as judgemental. If our goal as Christians is to become more like Jesus, we need to consider what choices Jesus would make in similar circumstances.

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If we only examine food/drink choices applied to our own lives, we may not be as honest. Typically, we provide justification for our actions. So, imagine Jesus making that same choice. For example, can you imagine Jesus going through a fast food drive-thru to quickly devour fries and a hamburger before worship? Most of us would find such an image to be absurd. However, the epitome of Jesus making wise food/drink choices would be an image of Jesus eating fresh fruit in the company of the disciples while leading a dynamic discussion. So if this is how Jesus lived his life when it came to food and drink, why do we make the opposite decisions?

And God said, "Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food. - Genesis 1:29



Granted, it may not be practical for us to select the most ideal food all the time to provide our bodies with the necessary nourishment, but we make it a goal to be mindful and purposeful in our consumption so we can match as closely as we can, to the decisions Jesus would make about food and drink.

Ruth 2:14 - And at mealtime Boaz said to her, "Come here and eat some bread and dip your morsel in the wine." So she sat beside the reapers, and he passed to her roasted grain. And she ate until she was satisfied, and she had some left over.



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