



# NightLight

A NEWSLETTER OF McLEAN MINISTRIES

"take heed....as to a light that shines in a dark place." II Peter 1:19

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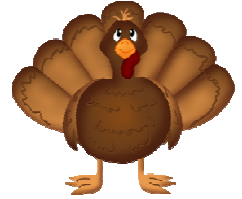
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## Dear Friends,



Is there anything worse than writing about how we should eat than right before Thanksgiving? Yes there is. It is to continue to ignore the obvious fact that our mismanagement of food is hurting us. It is making us sick emotionally as well as physically. Here at the holiday season - and I love the holidays! - the painful fact is we deal more with depression in various degrees. The holiday blues are brought on by many obvious factors: the breakdown of families, loneliness, economic trouble, and long stretches of cold dreary overcast days. Yet the evidence seems more often to point to our fast food, white flour, white sugar, and comfort food diet as the main culprit.

This is so commonly known now and so often repeated in far more prestigious sources than *Nightlight*, that I hesitate to say it all again here. And I am with you that we should be able to do our examination of the evils of our poor diets at some other time, just not in November or December! My mom used to say, "It is not what we eat between November and December that is the problem, but what we eat between December and November." There should be times of freedom to party, to celebrate, and to enjoy all kinds of foods we would not normally indulge in, though

some health care folks might not agree. But God seems to agree! He set aside specific times to feast! But when we make every day a party, when we make every meal an escape from the difficulties of life, when we make certain foods a necessity for our sense of well being, we fail to be good stewards of our bodies. When we see what is happening to us and to our children, isn't it time to make some changes? The depression of the holidays which we think is driving us to comfort ourselves with food may be feeding the depression we are attempting to sooth.

I'm not trying to be funny or judgmental. I know food addiction is not funny because I have been there. And I am not judging people because I am still a recovering Oreo junkie. I know how many times I ate to escape pain while looking down my self-righteous nose at the drunks and druggies. After all, isn't sugar the



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acceptable Christian drug? We have lost the joy of celebration. If every meal is a comfort drug, we are becoming increasingly more addicted and less joyful. And the fruit of this misuse is anxiety, depression, mental compulsions, strange fixations, and a host of diseases we keep having to find new names for but no answer for.

I do not have a diet book you have GOT to read. I know there are many contradictory messages out there all from experts who claim to have answers. They want you to buy their book and/or buy their products. I have been as frustrated as you with those contradictions. The only wise way to address this is to ask the Holy Spirit to guide you to what your body needs. I have been through this for enough years and enough people to know this fact. NOT ALL PLANS ARE FOR ALL PEOPLE. We are all different and we must learn what our bodies need to get healthy. But the body WILL HEAL if given the right help. And before you go to yet another seminar or prayer line to get help for your anxiety, depression, or whatever, ask the Lord to help you get to the root problem. It may be related to what you are eating.

Enjoy your holiday. Even indulge a bit. That is what celebrations are for. But when it is done, let us come back to the normal everyday way of EATING TO LIVE INSTEAD OF LIVING TO EAT. We may find that we can both eat AND live at the same time.

*I pray that you may enjoy good health  
and that all may go well with you,  
even as your soul is getting along well.*

*III John 2*



## EMOTIONAL EATING AND BODY CHEMISTRY

I see people all the time at the grocery store buying empty calorie foods that are not food at all, while sipping down a diet coke. It is understandable that emotionally they are desperate for a quick fix to soothe their anxiety and give them something to help them FEEL better. We all have experienced this. But it is now damaging many of us and crippling our children before they ever reach adulthood.

Don't be afraid to explore this issue. Emotional eating is a real thing. But it has body chemistry behind it. You can sooth the emotional drive when you feed your body the right foods. When the machine is running on the right stuff the emotional drive is quieted and you can make reasonable decisions instead of being ruled by mindless emotions. You don't have to change everything at once. In fact you can't. Ask the Holy Spirit to lead and guide you on the journey of feeding your body aright, just as He directs you how to feed your mind and spirit. The same holds true for both our bodies and minds: garbage in, garbage out. Trust the Lord with how to get started and what to change. And, with every wise change, your cravings will decrease also.



### Teach Us to Give

(Frank von Christerson)

*As men of old their first fruits brought, of orchard, flock, and field,  
To God the Giver of all good, the Source of bounteous yield,  
So we today first fruits would bring; the wealth of this good land,  
Of farm and market, shop and home, of mind, and heart, and hand.*

*A world in need now summons us to labor, love, and give;  
To make our life an offering to God, that man may live.  
The church of Christ is calling us to make the dream come true:  
A world redeemed by Christ-like love; all life in Christ made new.*

*In gratitude and humble trust, we bring our best to Thee,  
To serve Thy cause and share Thy love with all humanity.  
O Thou, who gavest us Thyself, in Jesus Christ, Thy Son,  
Teach us to give ourselves each day until life's work is done.*

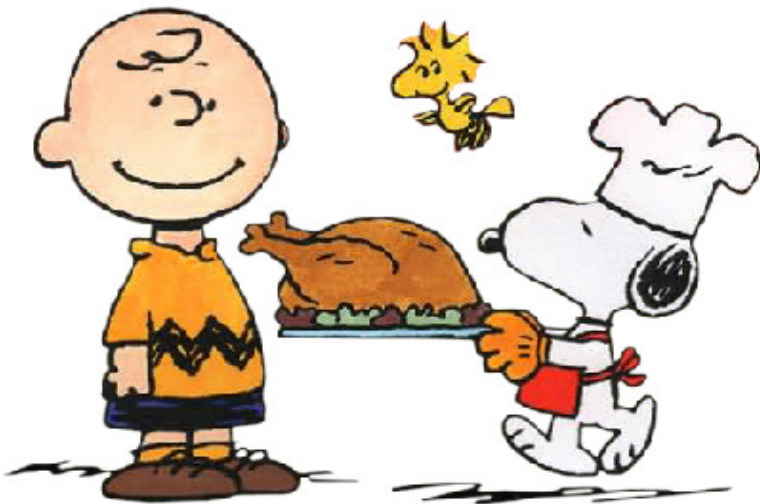
# Closing Thoughts...

*My people go into exile for want of knowledge. (Isaiah 5:13)*

*Our culture is overloaded with a glut of information that may or may not translate into real knowledge. Real knowledge must be true to be knowledge. Real knowledge is power. Seeking the truth about what will truly help your body and mind is a vital key to getting well. Real knowledge is also union with the truth. As we unite with the One who is Truth, as we rest in His love for us, we come to rely on His way to feed and care for our bodies and mind.*

Happy  
Thanksgiving

Give  
Thanks!



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