

THE JUNK-FOOD VEGETARIAN

AT THE NAÏVE AGE OF 19, I “WENT VEGGIE” TO IMPROVE MY HEALTH.
AS LONG AS I WASN’T EATING MEAT, I THOUGHT I WAS DOING WELL.

BREAKFAST CONSISTED OF SUGARY CEREALS TOPPED WITH 2% MILK.
LUNCH WAS USUALLY FAST-FOOD, LIKE NACHOS AT TACO BELL.
SUPPER SELECTIONS WERE ALSO UNWISE: A MEDIUM MILKSHAKE & BIGGIE FRIES.
I WAS ALSO A “MIDNIGHT SNACKER” WITH MANY A CHEESE AND CRACKER.

QUARTS OF FATTENING, FULL-DAIRY ICE CREAM
COULD OFTEN BE FOUND IN MY FREEZER.
BUT NOT FOR LONG ‘CAUSE I’D GOBBLE THEM UP
DURING MY EVENING LEISURE.

A DOUBLE-CHEESE PIZZA AND A HALF-BAG OF CANDY
COULD VANISH IN ONE SINGLE SITTING.
“IF I’M A VEGETARIAN,” I’D WONDER, “WHY ARE MY CLOTHES NOT FITTING?”

I SWITCHED FROM SNICKERS TO SLIM FAST BARS
THINKING THAT WOULD DO THE TRICK.
LIVING ON MOSTLY PROCESSED FOOD EVENTUALLY MADE ME SICK.

MY SKIN WAS SALLOW, MY ENERGY LOW.
MY MIND WAS FUZZY, AND I WAS DEPRESSED.
ALTHOUGH I’D GONE TOTALLY MEATLESS, MY DIET WAS NOT THE BEST.

SEVEN YEARS LATER, GOD GAVE ME FRIENDS
WHO PATIENTLY TAUGHT ME A LOT.
THEY HELPED ME OUT OF THE JUNK-FOOD TRAP
IN WHICH I HAD BEEN CAUGHT.

I’M GRATEFUL FOR THE KNOWLEDGE THAT THE LORD HAS GIVEN US,
AND THE BOUNTIFUL VARIETY IN GARDENS.
I NOW ENJOY FOOD THAT’S PACKAGED *GOD’S* WAY.
NO NEED FOR WRAPPERS OR CARTONS.

WHEN WE ABSTAIN FROM FOODS THAT ENFEEBLE,
CAREFUL ABOUT WHAT PASSES OUR LIPS,
WE CAN FEEL BETTER EATING WHAT’S *FRESHER*,
FOLLOWING THE BIBLE’S HEALTH TIPS.

*“Whether therefore ye eat, or drink, or whatsoever ye do,
do all to the glory of God.”*

1 Corinthians 10:31