

Food for Thought  
Thursday 7/1/21

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Most people get married believing a myth that a marriage  
Is a beautiful box full of all the things they have longed for  
Companionship, Intimacy, Friendship, etc, the truth is that  
Marriage is the start of an empty box. You must first put  
Something in before you can take something out. There is  
No love in marriage. Love is in people, and people put love  
In marriage. There is no romance in marriage, you have to  
Infuse it into your marriage. A couple must learn the art or  
habit of giving, loving, serving, praising keeping the box full,  
If you take out more then you put in. The box will be empty.

Ephesians 5:31\* For this cause shall a man leave his  
father and mother, and shall be joined unto his wife, and  
they two shall be **one flesh**.

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Food for Thought  
Friday 7/2/21

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People don't want to hear your opinion  
They want to hear **THEIR** opinion  
Coming out of your mouth.

2Timothy 4:3\* For the time will come when they will not  
endure **sound doctrine**; but after their own lusts shall  
they heap to themselves teachers, having itching ears;

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Food for Thought  
Tuesday 7/6/21

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Plan in decades.  
Think in years.  
Work in months.  
Live in days

1Thessalonians 5:18\* **In every thing give** thanks: for this  
is the will of God in Christ Jesus concerning you.

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Food for Thought  
Wednesday 7/7/21

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Dripping water hollows out stone, not  
Through force but through persistence.

Ephesians 6:18\* Praying always with all prayer and supplication in the Spirit, and watching thereunto with all **perseverance** and supplication for all saints;

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**Food for Thought**  
**Thursday 7/8//21**  
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My dad said there were two kinds of people  
In the world: Givers and takers. The takers  
May eat better, but the givers sleep better.

Proverbs 4:16 For they **sleep** not, except they have done mischief;  
and their **sleep** is taken away, unless they cause some to fall.

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**Food for Thought**  
**Friday 7/9//21**  
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Leave your front door and your back door open.  
Allow your thoughts to come and go.  
Just don't invite them to sit down for tea.

James 1:12\* Blessed is the man that endureth **temptation**:  
for when he is tried, he shall receive the crown of life, which  
the Lord hath promised to them that love him.

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**Food for Thought**  
**Monday 7/12//21**  
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I find it really beautiful when someone prays  
For you without you knowing it, I don't think  
There's any form of deeper and purer love.

Ephesians 6:18\* **Praying** always with all prayer and supplication in the  
Spirit, and watching thereunto with all perseverance and supplication  
for all saints;

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**Food for Thought**  
**Tuesday 7/13//21**  
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Love is NOT a reason  
To tolerate disrespect.

Ezekial 3:18 When I say unto the wicked, Thou shalt surely die;  
and thou givest him not warning, nor speakest to warn the wicked  
from his wicked way, to save his life; the same wicked man shall die  
in his iniquity; but **his blood** will I require at thine hand.

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**Food for Thought**

Wednesday 7/14/21

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SIX ETHICS OF LIFE

Before you pray - BELIEVE

Before you speak - LISTEN

Before you spend - EARN

Before you write - THINK

Before you quit - TRY

Before you die - LIVE

James 4:3\* Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.

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Food for Thought

Thursday 7/15/21

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We were born to make mistakes,

Not to FAKE perfection.

1Corinthians 4:6\* And these things, brethren, I have . in a figure transferred to myself and to Apollos for your sakes; that ye might learn in us not to think of men above that which is written, that no one of you be puffed up for one against another.

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Food for Thought

Friday 7/16/21

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If you expect the world to be fair with you because you are fair,

You are fooling yourself. That's like expecting the lion not to

Eat you because you didn't eat him.

Ezekial 22:25 There is a conspiracy of her prophets in the midst thereof, like a roaring lion ravening the prey; they have devoured souls; they have taken the treasure and precious things; they have made her many widows in the midst thereof.

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Food for Thought

Monday 7/19/21

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Ignoring your partners needs and expecting

A happy relationship, is like ignoring your plants

Need water and still expecting a beautiful garden.

Ephesians 5:25\* Husbands, love your wives, even as Christ also loved the church, and gave himself for it;

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Food for Thought  
Tuesday 7/20/21  
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TODAY WILL NEVER COME AGAIN  
Be a blessing, be a friend, Take time to care.  
Let your words heal and not wound

Romans 12:14\* Bless them which persecute you: bless, and curse not.

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Food for Thought  
Wednesday 7/21/21  
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The other day I was hangin' around with a friend.  
This friend is a christian but doesn't always act like one.  
Some days she's in line with god's word, and some days  
Life's struggles get the best of her. As our eyes met I really  
Wanted to say something about it but decided to let the lord  
Speak to her heart, knowing nothing I could say would have  
he same impact as her fathers words. So I prayed with her.  
And after some time passed, I winked at her and walked away  
from the mirror.

2Corinthians 13:5\* Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

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Food for Thought  
Thursday 7/22/21  
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**Noah's Ark :** Everything I need to know, I learned from Noah's Ark .  
**ONE:** Don't miss the boat.  
**TWO:** Remember that we are all in the same boat!  
**THREE:** Plan ahead. It wasn't raining when Noah built the Ark.  
**FOUR:** Stay fit. When you're 60 years old, someone may ask you to do something really big.  
**FIVE:** Don't listen to critics; just get on with the job that needs to be done.  
**SIX:** Build your future on high ground.  
**SEVEN:** For safety's sake, travel in pairs.  
**EIGHT:** Speed isn't always an advantage. The snails were on board with the cheetahs.  
**NINE:** When you're stressed, float awhile.

**TEN:** Remember, the Ark was built by amateurs; the Titanic by professionals.

**ELEVEN:** No matter the storm, there's **always** a rainbow waiting.

I am not afraid of tomorrow for I have seen yesterday and I love today.

Romans 8:28\* And we know that **all things** work together for good to them that love God, to them who are the called according to his purpose. **sd**ay 7/22//21

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Food for Thought  
Friday 7/23//21  
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Take time to walk every day  
And while doing it SMILE  
It's the ultimate antidepressant

Psalms 25:21 Let integrity and uprightness preserve me; for **I wait on thee.**

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Food for Thought  
Monday 7/26/21  
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Sit in silence for at least  
10 minutes each day

Psalms 46:10 **Be still**, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

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Food for Thought  
Tuesday 7/27/21  
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When you wake up in the morning.  
Thank God for another day and ask.  
His guidance for your purpose today

1Thessalonians 5:18\* **In every thing give** thanks: for this is the will of God in Christ Jesus concerning you.

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Food for Thought  
Wednesday 7/28/21  
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Eat more foods that grow on trees & plants  
And less food that is manufactured in plants

Genesis 3:1 Now the serpent was more subtil than

any beast of the field which the LORD God had made.  
And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden?

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Food for Thought  
Thursday 7/29/21

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Drink green tea and plenty of water  
Eat blueberries, broccoli and almonds

Revelation 22:2\* In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.

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Food for Thought  
Friday 7/30/21

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Try to make at least three people smile each day.

Nehemiah 2:2 Wherefore the king said unto me, Why is thy countenance sad, seeing thou art not sick? this is nothing else but sorrow of heart.

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