

WISDOM JOURNAL

DAY 42

SUBJECT: BE CAREFUL WHAT YOU FEED YOURSELF

I learned this lesson the hard way. **WHATEVER YOU FEED WILL GROW**. I fed myself a lot of negativity when I was younger. I fed my ears with abusive rap music. That music fed my mouth with extreme vulgarity. I fed my eyes with lustful images which fueled my sexual appetite.

I fed my mind with the idol thoughts that this world had to offer which caused me to stray away from the Lord. When I was struggling between the worlds of good and evil I didn't know where the struggle was coming from. I prayed to the Lord and asked Him what was wrong with me.

He spoke to me in a very clear way. One day I was scrolling through some Youtube videos and came across a TD Jakes sermon that answered my prayer. At that

moment I realized what the problem was. **I KEPT FEEDING THE CYCLE OF NEGATIVITY IN MY MIND.**

I was enlighten to a deeper meaning as it pertains to the cycle of sowing and reaping. Just like a seed planted in the ground, if you **CONSTANTLY FEED** that plant with nutrients and water it will blossom to become a flower. The thoughts you sow into your life will blossom after its own kind as you **CONTINUE** to cultivate the idea.

Genesis 8:22 says, *"While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall **NOT** cease."*

TAKEAWAY: If you constantly feed your life with Godliness you will become Godly. If you constantly feed your mind with Wisdom you will become wise. If you constantly feed your ears with positive words you will live an optimistic life. **WHAT YOU FEED YOURSELF, YOU WILL BECOME!**

Wisdom Journalist

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