

Choosing REAL in a Fake World

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<http://www.thetakebacktour.com/>

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*Why spend money on what is not bread, and your labor on what does not satisfy?
 Listen, listen to me, and eat what is good, and you will delight in the richest of fare.
 Give ear and come to me; listen, that you may live... Isaiah 55:2-3 NIV*



Satan has bombarded with the fake things in our lives- and we have accepted it as better than what God put for us. Fake food (junk food), fake fat because we don't want to stop eating junk food, artificial colors to trick us into thinking synthetic food is close to the real thing, artificial sweeteners because we cannot control our intake, fake body parts and hair to meet someone else's idea of how we should look, fake faith because we don't want to let go of our fears, and fake love for God because we don't share His love with others. Fake is defined as synthetic, unnatural, manufactured, simulated, pretend, imitation. Real is defined as true, honest, natural. The consequences of choosing cheap imitations are more sickness instead of the health God promised to his believers.

Satan is the great deceiver, the great imitator of all the things God has placed here for us. Why do we spend our money on things to eat that provide no calories? Because it tastes good? To lose weight? Our only reason for eating is to provide energy (in the form of calories) so we can worship Him and share His love. However, God saw fit to delight all our senses by creating a world full of beautiful colors and delicious flavors and scents to satisfy all our health needs: spiritual, physical, mental. But Satan knew he could appeal to our greater love for all his cheap imitations in our lives rather than the real love, faith and values God has for us. Imitations do not satisfy. What do we get for our fake choices?

Satan's Fake		God's REAL	
CHOICE	RESULT	CHOICE	RESULT
Artificial sweeteners	cancer, more hunger, headaches, temporary weight loss	Honey, agave nectar, xylitol	No allergies, wound healing, wrinkle cure, acne cure, no cavities in teeth, energy to witness for God
Artificial colors	ADHD, skin problems, wrinkles, stained clothes, poor concentration	Fruit/vegetable colors	UV skin protection, great taste and smell
Zero calorie soda	Cancer, more hunger, GI problems, headaches	Water, fruit juice (in moderation)	Clearer skin, more energy
Artificial perfume/body spray/room deodorizer	Respiratory problems, asthma, allergies, vision, cancer problems, dead pets, pollution, attracts pests	Cinnamon, orange peel, fresh air	Repels ants and spiders, delicious food, lower blood sugar
Fake truth	Stress, loss of job/ friends, pain	Real smile, Good/kind words	Feeling of peace, happiness, freedom

Only by choosing the REAL God has for us can we truly be happy, satisfied and at peace. Why do we choose Satan's fake truth ["You will not surely die," Gen 3:4 NIV] for ourselves instead of the REAL principles God has set for us? The answer is brings life not sickness; our words bring genuine hope and a smile, not gossip. If you are feeling overwhelmed by the fake in your life, let us begin with 5 easy ways to choose REAL LOVE this week and let the fake fall away.

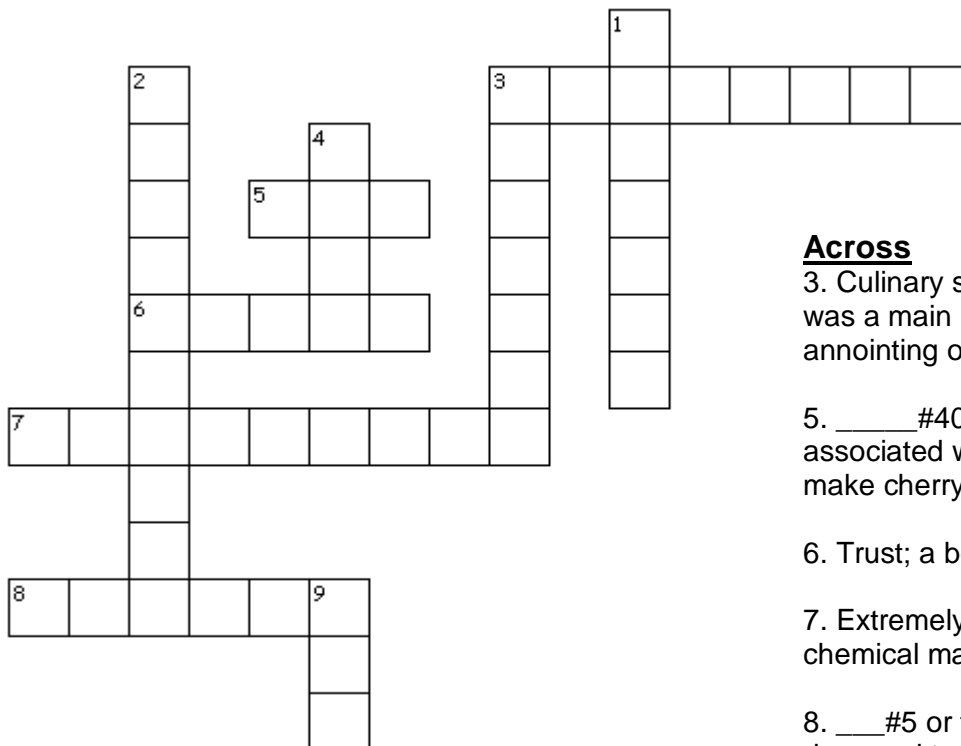
1. Give a compliment to friends, family and/or 1 stranger at least 1 time each day. It could be as simple as a compliment on clothing or hairstyle.
2. Pick one thing that annoys you and let it go without complaint for the next 7 days
3. Substitute 1 fake food product with a real one at least 2 times in the next 7 days
4. When you hear some interesting gossip, apply Socrates Triple Filter Test. Is the information TRUE-GOOD-USEFUL. If not, do not pass fake truth-keep your mouth shut and your text messaging off.
5. Tell someone each day, "God loves you and so do I". It could be to yourself in the mirror during devotion time.

Choosing God's REAL versus Satan's Fake Word Search and Crossword

S C Q L M S F S Y X I L B H T
 I R R V Z I S O M W F A E T R
 T M E U N N A T U R A L H I U
 E S I N L J Q R D C S R A A T
 C K E T E A J H O Y I G V F H
 L U A N A T E E O Q N L I J A
 L T K F O T E R F X L H O N M
 O T M V G H I E V B Z D R A E
 V E U R T G O O W K N I N N Z
 E J Y K C K D H N S D M I F D
 L A I C I F I T R A A U Z F B
 T D V X C O D R N D N M F L Z
 C O L O R S O Q E E E R A H S
 A L I C M T G Q G U S A T A N
 Y F Y W U K E B E X F U Q R N

REAL vs FAKE WORD LIST

ARTIFICIAL
 BEHAVIOR
 COLORS
 FAITH
 FAKE
 FOOD
 GENUINE
 GOD
 HONEST
 IMITATION
 LOVE
 MANMADE
 REAL
 SATAN
 SHARE
 SIN
 SWEETENERS
 TRUE
 TRUTH
 UNNATURAL



Across

3. Culinary spice made from tree bark that was a main ingredient in the holy anointing oil; natural ant repellent.
5. ____ #40 is the artificial dye most associated with ADHD in kids; used to make cherry and grape colored chemicals.
6. Trust; a belief not based on hard proof
7. Extremely sweet, no calorie manmade chemical made from chlorine and sugar.
8. ____ #5 or tartrazine is an artificial food dye used to simulate butter color; side effects include thyroid cancer, depression, anxiety, hyperactivity.

Down

1. A reddish-orange dye made from achiote seeds often used in cheeses.
2. Not genuine; made in imitation of something natural.
3. Energy value of food.
4. Reddish root vegetable used to naturally color foods and cosmetics.
9. Artificial covering of hair for the head.