

# Personal Music Diet



## PARALLEL #1: THERE ARE CERTAIN SUBSTANCES THAT WE DON'T EVER EAT AND ... THERE IS CERTAIN MUSIC \_\_\_\_\_

- A. We Learn Early in Life to Identify \_\_\_\_\_
- B. We Must Also Learn to Identify Music that Is \_\_\_\_\_
  - 1) The Bible does not define any musical style as sinful
  - 2) But music increases the impact of lyrics, so lyrics that contradict \_\_\_\_\_ are spiritual poison

*Suggestion:* \_\_\_\_\_ music detours around this pitfall

*Clarification:* Certain music can be \_\_\_\_\_ to you but not someone else

Nutrition Facts	
Serving Size: 172g	
Amount Per Serving	Calories from Fat 0
Calories 200	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	1%
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 36g	12%
Dietary Fiber 11g	45%
Sugars 6g	
<b>Protein 13g</b>	
Vitamin A 1%	Vitamin C 1%
Calcium 4%	Iron 24%

\*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

## PARALLEL #2: EACH FOOD HAS ITS OWN UNIQUE NUTRITIONAL VALUE AND ... EACH PIECE OF MUSIC \_\_\_\_\_

- A. On Many Foods We Find the \_\_\_\_\_
- B. Unfortunately, Music Has No Nutrition Facts, but We Can at least Categorize It in 3 Categories:
  - 1) Fresh Fruits and Vegetables = \_\_\_\_\_
  - 2) Meat, Dairy, Whole Grains = \_\_\_\_\_
  - 3) Junk Food = \_\_\_\_\_

## PARALLEL #3: THE EFFECTS OF OUR NUTRITIONAL CHOICES ARE CUMULATIVE AND ... THE EFFECTS OF OUR MUSICAL CHOICES ARE \_\_\_\_\_

- A. Most Teens Eat a Lot of Junk Food and Yet Seem to Remain Slim and Healthy,  
But If They Continue to Eat This Kind of Diet, \_\_\_\_\_
- B. Most Teens View Musical Junk Food in the Same Way, But It Will Affect Us Over Time:
  - 1) It will make a person \_\_\_\_\_ = \_\_\_\_\_
  - 2) It will cause spiritual and emotional \_\_\_\_\_
    - a) Emotional health problems = \_\_\_\_\_
    - b) Spiritual health problems = \_\_\_\_\_

## PARALLEL #4: IT TAKES GREAT SELF-DISCIPLINE TO CONTROL WHAT YOU EAT AND ... IT TAKES THE SAME KIND OF DISCIPLINE TO CONTROL \_\_\_\_\_

3 Factors That Work against Changing our Diet:

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

## CHALLENGE: The 30 Day \_\_\_\_\_ Diet

Step 1: \_\_\_\_\_

<http://www.bjucampusstore.com>  
<http://www.majestymusic.com>

<http://churchworksmmedia.com>  
<http://www.wilds.org>

Step 2: \_\_\_\_\_

Step 3: \_\_\_\_\_