



# Intrapersonal and Interpersonal Health Benefits of a Mind Well Instructed

*Ecclesiasticus (Sirach) 26:14 A silent and loving woman is a gift of the Lord; and there is nothing so much worth as a mind well instructed.*

Love and silence go hand in hand, as they both require patience and understanding. It is important to take care of ourselves, both mentally and physically. One way to achieve that, is by making healthier food choices. Let's have a conversation about food! The prophets have been urging us for years now to prioritize our health, and our food choices are an essential aspect of it. Regrettably, we have adopted the eating habits of those who oppress us, which involves consuming excessive amounts of food. Most of those items that we choose do not provide any nutritional value or benefits to our mental or physical well-being. It's crucial to continue examining ourselves and shedding our old ways. As women, if we do not have the discipline to eat healthier, it will be challenging to prepare nutritious meals for our families and the congregation (if we are on the kitchen team).

According to the LORD, it is important to be both loving and silent. He has also shared that the way to achieve this "reward" is by having a mind well instructed. The term "intrapersonal" pertains to thoughts and experiences within one's mind, while "interpersonal" relates to communication and relationships between individuals. "Well" can be interpreted as having an ample amount of something. "Instructed" means being directed or commanded to do something. Now, let's examine how by having a mind well instructed can positively affect your health and the health of others around you. Do you adhere to all of the dietary laws, not just those listed in Leviticus 11 but also those in Ecclesiasticus (Sirach)?

*Ecclesiasticus (Sirach) 30:25 A cheerful and good heart will have a care of his meat and diet.*

### **Intrapersonal Health Benefits of a Mind Well Instructed**

While on my journey to live a healthier lifestyle, I have admired some sisters who exemplify discipline with their food choices, and it has inspired me to do the same. Although I haven't met her in person one example of a sister who has let her light shine is Sister Shoshanna from Atlanta. This Sister shares helpful tips on her Instagram that have been beneficial to me and may other world-wide. It is important to surround ourselves with like-minded individuals because the people we spend time with can greatly influence us. *Proverbs 23:20 Be not among winebibbers; among riotous eaters of flesh:* Before pursuing any dietary goals, such as cutting out meat except for Passover (when lamb is required), going vegan, or trying intermittent fasting, it's crucial to prioritize following the counsel of the Lord. *Proverbs 22:20 Have not I written to thee excellent things in counsels and knowledge,* We should avoid gluttony, which could potentially hinder our reward in the kingdom. *Philippians 3:19 Whose end is destruction, whose God is their belly, and whose glory is in their shame, who mind earthly things.* My dear sisters, let's practice self-love and work on improving our internal selves. This can lead to better physical and mental health, which in turn can improve our relationships with others.

### **Interpersonal Health Benefits of a Mind Well Instructed**

In this section, we will explore how our unhealthy choices impact not only ourselves, but also our lords, children, and the congregation. To improve in this area of our lives, we need to prioritize self-love, as it is essential for loving others. *Matthew 22:39 And the second is like*

*unto it, Thou shalt love thy neighbour as thyself.* When it comes to our families, we should always strive to provide them with the best. One way we can do this is by maintaining a healthy lifestyle. We can implement this by making healthy choices, in order to set a good example for our family and improve their health as well. A healthy diet may reduce the risk of chronic diseases, increase energy levels, and improve overall well-being for everyone in our household studies suggest. Our aim is not to coerce our lords into altering their lifestyles, as it is not our job to do that. However, if you take the initiative to make changes for yourself and your children, it may inspire your lord to improve as well. Moreover, by using healthy ingredients in your cooking, you can still prepare the foods your lord enjoys. *Sirach 26:1 Blessed is the man that hath a virtuous wife, for the number of his days shall be doubled.* We should show our love for our lords, children, and the congregation by providing them with nutritious food. This will help them maintain good health and continue spreading the gospel of the Lord worldwide.

*James 4:17 Therefore to him that knoweth to do good, and doeth it not, to him it is sin.*

Despite their significance, the benefits of silence and love for one's health are frequently disregarded. Engaging in moments of quiet meditation may help alleviate stress, decrease blood pressure, and enhance concentration and ingenuity. Similarly, experiencing affection and interconnectedness may elevate one's mood, diminish anxiety, and even fortify the immune system. In a world that can be unsettling and chaotic, it's important to prioritize moments of silence and love to achieve more fulfilling and healthier intrapersonal and interpersonal experiences resulting in healthier food choices.