

Sunday, June 18, 2006

Read: Ephesians Chapter 5

Memorize: Ephesians 5:15-17

"See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil. Therefore do not be unwise, but understand what the will of the Lord is." NKJV

Think About:

To walk circumspectly means to walk cautiously, to be careful to consider all circumstances and possible consequences. (Merriam Webster) If I am throwing caution to the wind and just eating whatever I want whenever I want it and however much I want, am I walking circumspectly?

Pray:

Lord Jesus, I want to walk circumspectly when it comes to my eating. Help me to consider all possible consequences before I put the food in my mouth. I know the saying, "A moment on the lips, a lifetime on the hips," but help me to take that to heart before I decide to just throw caution to the wind and eat "it" anyway. I pray this in Your name, Amen.