

Wednesday, June 21, 2006

Read: Philippians Chapter 2

Memorize: Philippians 2:8

"And being found in appearance as a man, [Jesus] humbled Himself and became obedient to the point of death, even the death of the cross." NKJV

Think About:

Jesus was obedient to His Father even to the point of death on the cross. I need to be obedient to God when it comes to my eating. It will always be hard to turn away from food that I do not need for physical sustenance if I continually try to turn away in my own strength and power. I need to rely on the Holy Spirit to help me.

Pray:

Holy Spirit, please help me to be obedient to my heavenly Father when it comes to my eating. Please help me to distinguish between food that I want and food that I need, and to only eat that which I need for physical sustenance. Please help me to remember food is here on this earth to help me live, but I must not live for food. I pray this in the name of Jesus, Amen.