

**Saturday, June 24, 2006**

**Read: Colossians Chapter 1**

**Memorize: Colossians 1:13-14**

"He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins." NKJV

**Think About:**

I am no longer a child of the darkness, but a child of the Light. When Jesus saved me, He delivered me from the power of darkness. Why, then, do I often act as though I am chained to food? As though food is my god? It is because I am not walking in the power of HIS love; instead I am walking in my own fleshly power according to the stronghold of food. How do I walk in the power of His love?

**Pray:**

Lord, I know that when you saved me, You made me Your child ~ a child of Your Light. Darkness no longer owns me. Please help me to live like I know that, especially when it comes to eating. I pray this in the name of Jesus, Amen.