

Sunday, June 25, 2006

Read: Colossians Chapter 2

Memorize: Colossians 2:20-23

"Therefore, if you died with Christ from the basic principles of the world, why, as though living in the world, do you subject yourselves to regulations -- 'Do not touch, do not taste, do not handle,' which all concern things which perish with the using -- according to the commandments and doctrines of men? These things indeed have an appearance of wisdom in self-imposed religion, false humility, and neglect of the body, but are of no value against the indulgence of the flesh."

Think About:

Why do I think that imposing man's rules and regulations on my body regarding eating will help me to put God first over food? Man may say that eating less carbs or more carbs, less sugar or more sugar substitutes, more protein or less protein, more fruits and vegetables or only fruits and vegetables, more red meat or no red meat, and so on... is best for me. Even if I follow these man-designed rules that appear to have wisdom (although it is hard to find the wisdom when they all seem to contradict each other!), these rules are of no value to me against my fleshly desires. In fact, they often make my fleshly desires worse. When a man-made diet tells me I can't have something, my sinful nature "makes" me want it even more. No, man-made regulations are not my answer. They will not help me to put God first and foremost in my life, over food and everything else. I must not strive after following man's rules...I must instead strive after following God's perfect will for my life and my eating.

Pray:

Father God, I do want to put You first in my life. I do not like when I strive after food instead of yearning for You. Please help me to not put man's rules and regulations about what is good or bad to eat up on a pedestal, and to instead focus only on what Your will is for me regarding my eating. I pray this in the name of Jesus, Amen.