

**Tuesday, June 27, 2006**

**Read: Colossians Chapter 4 and I Thessalonians Chapter 1**

**Memorize: I Thessalonians 1:9b**

"...you turned to God from idols to serve the living and true God..." NKJV

**Think About:**

An idol is anything we place higher than God in our lives. Food is my idol when I know in my heart/mind/spirit that I shouldn't eat something, yet I eat it anyway. Maybe it was an extra helping I did not need for physical sustenance, or a late-night snack when I wasn't physically hungry just mentally hungry, or maybe cookies that were just "calling my name" even though I wasn't physically hungry, or food I ate when I was stressed or bored, and so on... As a follower of Christ, I am to turn away from idols and serve only the living and true God. What is one step I can take today to smash down my food idol?

**Pray:**

God, I am sorry when I place food higher than You in my life. Please help me to recognize more clearly when I am doing that, and give me the strength to smash down every food idol as it creeps up before I make the wrong choice of bowing down to it. I pray this in the name of Jesus, Amen.