

Saturday, June 10, 2006

Read: I John 1:5-10

"This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His word is not in us." NKJV

Memorize: I John 1:9

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." NKJV

Think About:

1. Have I confessed my sin of eating according to my own desires as opposed to eating within the will of God?
2. Do I trust God to forgive me and to help me put Him before food?
3. Do I think I can get over my sinful habit of eating according to my own desires by myself, or do I know I must rely on the strength and power of the Holy Spirit to help me do that?

Pray:

God, I know I have failed You in the past by eating what I want when I want it, without even giving You or Your will a single thought. Or worse, sometimes I do think about whether You would want me to eat what I eat, and yet I do it anyway. I really need help ~ YOUR help ~ to renew my mind and my heart to want to please You with my eating instead of pleasing myself. Please help me. In the precious name of Jesus I pray, Amen.