

Tuesday, June 13, 2006

Read: Matthew 12:43-45

"When an unclean spirit goes out of a man, he goes through dry places, seeking rest, and finds none. Then he says, 'I will return to my house from which I came.' And when he comes, he finds it empty, swept, and put in order. Then he goes and takes with him seven other spirits more wicked than himself, and they enter and dwell there; and the last state of that man is worse than the first. So shall it also be with this wicked generation."
NKJV

Memorize: The whole passage.

Think About:

Have you ever wondered why so many dieters lose weight only to find themselves gaining back a lot of that weight, or even more weight than the amount they lost in the first place? I think this passage can be applied to that situation. If I am just seeking to lose weight, I might accomplish that goal. However, if all I've done is swept out the extra weight without getting rid of my sinful attitude about food (eating outside of the will of God), I just might find myself in worse shape than I was before I lost the weight. In other words, my goal shouldn't be to lose the extra weight; my goal needs to be to learn how to put God first in my life, before food and everything else.

Pray:

Heavenly Father, please help me to not just want to lose weight, but even more importantly, to want to walk more intimately with You. Help me to not settle for weighing less. Help me to strive only for allowing You to rightfully sit on the throne in my life. In Jesus' name I pray, Amen.