

## Day #2

# I'm Just Not a Pooping Kind of Boy

*Psalms 37:5*

*Commit thy ways unto the Lord; trust also in him; and he shall bring it to pass.*

When we commit ourselves to God, we should be committing ALL of ourselves. Sometimes that means waiting. Sometimes that means not getting our way. Sometimes that means getting ourselves out of the way because our way of thinking is not even close to the plan that He has for us. Committing ourselves means putting our trust completely in God. We need to wholeheartedly believe He cares for us even more than we care for ourselves. When life happens, we react in a way that is comfortable, familiar, or even logical. God's plan is sometimes uncomfortable and completely foreign to us. He sees the whole picture beyond our temporary pain or inconvenience. He worked out all the details of our life before He even created us. We just have to trust Him in those moments when our natural reaction is not the best reaction.

So, I'm the mom who had a 4-year-old son who decided he wasn't going to poop until he was a grown up. "I'm just not a pooping kind of boy." For whatever reason he intentionally held it until he was in pain and needed medicine. It was awful. We tried to tell him that he was making things harder on himself to wait, and he might really mess up his digestive system. But he didn't listen. He would wait as long as possible and then, sure enough, there would be an accident...A BIG ACCIDENT. Over time, we started to pick up on little hints that he needed to go. Then we started forcing him to spend a little time trying and it seemed to help. So, if he told us he was cold at random times or seemed to be standing too still or walking slow at weird times, we would jump into action and take him kicking and screaming to the nearest toilet. To anyone who didn't know the situation, I'm sure we looked ridiculous, but we had cleaned up too many messes to not look for the signs and then act on them.

Just as we thought it was ridiculous for Will to ignore the signs his body was giving him that he needed to use the bathroom, I have been just as ridiculous in ignoring the signs my body gives me about eating. If I was smart enough to watch for signs in his body, why am I not smart enough to listen to my own body? God gave me a stomach that growls. He also allows me to feel full when I need to quit eating. He even created us in a way that we thrive from daily physical activity. I can't even remember the last time I heard my stomach growl. I usually eat when it's time to eat or when I'm bored. And full??? I'm having to relearn that feeling because I skip it altogether. I enjoy what I'm eating so much I gobble it up, get seconds, and then, 10 minutes after the meal, I'm miserable. I need to slow down so my body has time to tell me I'm full before I'm stuffed. Then don't even get me started on physical activity. I've been "mommin'" for the last 20 years, who's had time for exercise? Not me. I have gotten so good at ignoring what my body is telling me, by way of God's perfect design, that I'm having to learn to intentionally seek those signs and learn how to ignore my gut. I'm having to trust God with portions and re-educate myself on needs and wants because over the years those lines have blurred and almost disappeared.

As kids, we were required to clean our plates. If we didn't like what was for supper, we were told to "eat it like you like it." As a parent, I understand having to force my kids to eat when they didn't want to. I had to be mindful of their food choices and amounts because their natural desires were most likely not going to be fruits and vegetables with minimal sweets. They learned to trust me with their nutritional needs even if it wasn't their first choice of a meal. As an adult, I'm responsible for my portions and food choices and all too often I don't see that as a responsibility to care for the body God gave me but more as freedom to get the good stuff as much as I want because life is hard, and I deserve it. Just like Will and his bathroom issues, by not choosing to do what my body needed when it needed it, I have created a big accident. I have really messed up my digestive system and I need to realize the temporary inconvenience is for my own good. If I'm not hungry, I don't need to eat anyway. If I'm full, I need to learn to push back the plate. But first, I must learn to listen to my body enough to know that I'm full. I'm having to try to hear my body's cry for me to stop eating over my desire to indulge in something because it's delicious. I'm getting better and honestly, I'm very proud of myself when I don't clean my plate. The old me would have never done that.

Dear God,

Thank you for creating my body to be so complex with signs to tell me when I'm hungry and when I'm full. Please help me to learn to listen and respect the body you have given me. Thank you for the blessings in my life that keep me hopping and stress me out sometimes. Please help me to learn to balance it all while being responsible about my health. Please help me to know what areas need adjusting and remind me that your plan, even for my meals, is better than the plan I have for myself.

In Jesus Name,  
Amen

How I did

Day	Date	Weight	7:30	Walk 20	Devotion	Water 60	Sleep 8
Tuesday	5-9	238.8	✓	✓	✓	✓	<input checked="" type="checkbox"/>
Breakfast	✓	Ham and Cheese Omelet, yogurt					
Lunch	✓	Grilled Pork Chop and steamed vegetables					
Snack	✓	Quest Bar					
Dinner	✓	Chicken/Shrimp Stir Fry					
Snack	<input type="checkbox"/>						
How did I deal with stress?		Just walked away					
How can I improve?		I did manage to get 7 ½ hours of sleep last night, I am going to shoot for all 8 tonight.					

How did you do?

Day	Date	Weight	7:30	Walk 20	Devotion	Water 60	Sleep 8
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breakfast	<input type="checkbox"/>						
Lunch	<input type="checkbox"/>						
Snack	<input type="checkbox"/>						
Dinner	<input type="checkbox"/>						
Snack	<input type="checkbox"/>						
How did I deal with stress?							
How can I improve?							

