



Sweet Discipline

I'm looking for a cheesecake diet. I just googled it and there are some out there but they take out all the things that make cheesecake, well...cheesecake. It is so frustrating that it tastes so good and makes me so over-weight. There are many things that do that to me. Why can't chocolate be slimming? Or Skittles? Or Smarties, for crying out loud?!

I know I won't find a diet like this. It isn't there. Even the version that people try to make just doesn't cut it. Sweets and fatty foods are NOT slimming. Love it or hate it, things like Reese's and cherry pie increase girth.

IT'S NOT FAIR!!

Why is it that the things that are good for me are the things that don't taste as good? Broccoli, salad, veggies and fruits. That is what is healthy. It's almost like the old adage, "To properly diet, put it in your mouth. If it tastes good, spit it out." And that's where it is tough. Not the spitting but the discipline to not swallow.

I've noticed we spend much of our spiritual life doing the same thing. We want a closer relationship with Jesus. We want a real "union" with Him. To hear His voice out of the many that surround us is our goal. To follow the Holy Spirit's call to where He leads us. We want to be disciplined in our spiritual walk with God.

But we prefer sin and sometimes wish we could have both; a walk with God and the desires of our flesh. But we can't do that anymore than a person can lose weight eating cheesecake and sweets.

Discipline is just that. Abstaining from those things that bring distance between us and God. Eating the "spiritual vegetables" like reading the Bible and prayer. It's saying, "No." It is seeing what is needed down the road and doing now what will benefit us then. May God strengthen us in our spiritual discipline.

And in our physical one too.

From My Heart,

Billy