Daily Devotion #112

Trimming the Fat

*Matt 15:11 -It is not what enters into the mouth that defiles the man, but what proceeds out of the mouth, this defiles the man.”*

I have eaten a lot of junk food in my life. In fact, one of the things that I have loved to do is eat things that have not been the best for me, simply because they taste good. Sometimes I feel like I’m just a kid who has never grown up when it comes to eating. Unfortunately, as a result of my choices, my weight has been a problem over the years. There was a day when I was a skinny little nothing. That was back in the days of high school and lots of basketball. I also worked on a farm from sunup to sundown. All of which helped me keep in shape. I remember going to Pizza Hut, and my mom buying a large pizza just for me. Those were the days.

Many people have struggled with the same issues with body weight. There are some who have worked extremely hard to find the right eating plan for them and some have simply given up because it was just too hard. It is a challenge without question.

Sadly humanity has put so much emphasis on the body and how it looks that the internal or spiritual part of the person has been greatly neglected. That was the case with the religious leaders of Jesus’s day. They had worked diligently to make sure the external was in good shape, keeping the Laws of God only so they could feel good about themselves on the outside but greatly neglecting what God really wanted, the inside or the souls of those people to be healthy.

A great concern for any child of God should be that we are making sure we are focusing on being healthy on the inside, more than we are concerned about the outside. That doesn’t mean the outside of our bodies isn’t important, but Jesus’s point is, the inside must be healthy and spiritually clean.

If you look at any diet book or listen to any podcast or watch a video on losing weight, they all say basically the same thing. What you put into your body, and at what times of day, makes a huge difference in what you will look like on the outside. So, you must trim off the foods that keep you from being slim and fit.

Spiritually it’s the same way. Our lives are overwhelmed with our sin nature. Sin has so overcome us that we often don’t realize when we are sinning, which means we don’t know how to stop putting wrong things into our spiritual bodies. But just like the foods we eat, we must pay close attention to what we ingest spiritually. There is a lot of spiritual junk food today. And there always has been. All the prophets and the Apostles and even the Lord Himself, while on earth, warned against those teachers who proclaimed a false message about God and salvation. They were the stereotypical junk food vending machines of the day.

So when Jesus came, proclaiming a life of real righteousness, He showed us that to live on the junk food of life will not work spiritually. Because as much as the wrong foods that go into a person create a poor physical body, the wrong spiritual foods will create a wrong spiritual heart that will come out of the mouth - by the words a person speaks.

In this life, every day, we must be careful what we allow into our souls, because what comes out of our mouths reveals what is in our hearts. And that will be either spiritual junk or spiritual nutrition for the rest of the world to enjoy. Our goal is to edify those around us, to lift them up and help them see Jesus in us. But if we are constantly filling ourselves with junk, the world will have no way of knowing to whom we belong.

Examine your spiritual food. Is it food that will display a healthy spiritual soul or does it represent the junk of this world?