

## 2 Timothy 4:3 (MSG)

*You're going to find that there will be times when people will have no stomach for solid teaching, but will fill up on spiritual junk food—catchy opinions that tickle their fancy.*

*“Don't eat that, you'll spoil your dinner.”*

Remember when our mom's used to say that to us, or maybe even now you say it to your children, because we don't want them to fill up on junk food, because if they do, then there will be no room for good, healthy food, or they will spoil their appetite for good healthy food.

Yet even now as adults, we will eat things not good for us, then when it's time for dinner we regret what we ate, because we just feel yucky, with of all that sugar or junk food we ate, and our stomach tells us that we should not have eaten that. Or maybe you are on a diet, or simply want to eat healthy, yet those cravings happen and you eat what you vowed not to eat any more.

In less than two months, the New Year will be here and many will make resolutions to eat healthier and exercise more, and they will last a few days, weeks, or even a few months, but most will go right back into their old habits, and say, *“I'll wait until next year to start my diet and eat healthy.”*

We all know these things, yet we still do them in regards to the Lord and His word? How many will fill their spirits and hearts with junk food, therefore they have no more room for good healthy spiritual food? We (I include myself in this) will spend time in front of the TV, and fill up on what they offer us, or how many fill themselves with the junk food of social media or videos of cats doing funny things? By the time they are done, their minds and hearts are full of the junk food of this world, so much so that there is just no more room for the word of God.

I think we can all relate to this, where we seem to always have time for ME, and what MY flesh wants, and filling ourselves with the things of the world, then find that we don't have time for the Lord.

*“So, what do we do about it?”* you may be asking. Simple, schedule time for the Lord. I know that sounds so impersonal, yet isn't scheduling time with the Lord better then ignoring Him all together? Think about that for a moment. Most, if not all of us have jobs or school throughout the week, and with that, don't you have to make a mental scheduling to spend time with your spouse, or kids or friends or even to watch your favorite TV show? It's never a time you actually have to write out to do every day, you just know from this time until that time I want to spend with my spouse or family once I am home from work or school. It's not a mental thing like *“I have from 6:00 to 7:00 that I can pencil you in honey”* type of attitude, but you know that once you are home, you will make a decision to spend time with those you love and care about the most.

It's the same with the Lord, you don't have to write down a time, but you do have to decide, Who, or what is more important to you. For example, that TV show or the Lord?

I know for me, part of my morning is to take a shower, then have a cup of coffee and spend an hour or so with the Lord to start my day. "An hour?" you may think, "I don't have that much time to spend reading my bible in the morning, I have to much going on." The truth is, neither do I, therefore I make the time by getting up an hour earlier each day, because the Lord, and spending that quality time with Him everyday is more important then sleeping in.

What it all boils down to is this, what's more important to you, the junk food of this world that leaves you feeling blah when you are done, or good spiritual food from the Lord and spending time with Him and feeling great after you are done? Because remember, you are what you eat, spiritual food or junk food.

- † **Deuteronomy 8:3 (NLT2)** *Yes, he humbled you by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors. He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the LORD.*
  
- † **2 Timothy 4:3-5 (MSG)** *You're going to find that there will be times when people will have no stomach for solid teaching, but will fill up on spiritual junk food—catchy opinions that tickle their fancy. They'll turn their backs on truth and chase mirages. But you—keep your eye on what you're doing; accept the hard times along with the good; keep the Message alive; do a thorough job as God's servant.*
  
- † **Psalms 119:28** *My soul melts from heaviness; Strengthen me according to Your word.*