

## Micah 7:1 (MSG)

*I'm overwhelmed with sorrow! sunk in a swamp of despair! I'm like someone who goes to the garden to pick cabbages and carrots and corn And returns empty-handed, finds nothing for soup or sandwich or salad.*

I like going to a restaurant and getting a salad at the Salad Bar, because when I do, I get to pick what is in my salad and only put on my plate those things I like, and I don't have to worry about picking things out of my salad that I don't like (like broccoli or cauliflower).

Yet, how many treat God's word like a salad bar? How many just like and memorize those "make you feel good" verses and think if God allows something bad to happen in their life, it's because God must be mad at them or is punishing them, because what is happening does not fit in with their salad bar approach to the bible?

It's like kids who get a stomachache because they fill up on candy and junk food and have no room for good food that helps them be healthy. Even grown-ups do the same thing, as they eat things that are not good for them, and they feel physically bad because they fill their bodies with junk food and not good healthy food.

I had heart surgery a little over six months ago, and with that, I changed my eating habits. I have not had any soda since then. I no longer have junk food, no chips, candy and a bunch of bad food to munch on during the day. And because I have changed my eating habits, my heart and body are a lot healthier.

The same is true with reading your bible. If you just read those scriptures that make you feel good about yourself and read devotionals that don't challenge you, but they make you feel good about yourself every day, you are actually eating too much spiritual dessert, and that's all you are eating. Therefore when trials or temptations come along, you can't use those "make you feel good" scriptures to get you through the trial. It would be like trying to fight a battle against someone waving a bunch of flowers in their face, when you should be using your fists, or a sword. Sure, flowers are good and have their place in our life, but they are not the answer to all our problems. In fact, they really do not do a lot for us each day. But they are nice to have around and enjoy.

So, yes, memorize and read those cool verses that make you feel good and bring you joy. But also memorize those verses that challenge you and cause you to change for the better, even if it doesn't feel good. Spinach may not be your favorite food at a salad bar, but it sure makes you healthier than the ice cream afterwards. Think about that next time you are reading God's word, and it challenges you. Feast on it, because ALL of God's word is good for you and ***"All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for***

*instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.” 2 Timothy 3:16-17*

† *Galatians 6:6 Let him who is taught the word share in all good things with him who teaches.*

† *Psalm 119:103 How sweet are Your words to my taste, Sweeter than honey to my mouth!*