

Playing “Cut Throat” Is Not Always Good Proverbs 23:1-3

When you sit down to eat with a ruler, observe carefully what is before you, and put a knife to your throat if you are given to appetite. Do not desire his delicacies, for they are deceptive food.

Are you given to appetites? I am. That can be good or bad. Appetites are; they just are. They come with humanness. Like you, at least some of you, I struggle with keeping the weight off. Why so? I have appetites. Usually, I make the best disciplined decisions to eat less after a big meal. My father, a physician, told me once that a mark of declining health is the loss of weight. Well, I am insuring a healthy incline right now so I have further to go when I am declining as I age, or so my inner debate goes. By the way, I am writing this because I am proud of myself as I missed my “Breakfast of Champions”, this morning. Honestly my morning intake is usually more like a, “Breakfast of Ya-Right”.

Usually the verse above is used only with food but I think it launches into more. The question I asked myself deals with what are my appetites.

Sometimes I turn proverbs to observe another way. So my turn-around is:
When you sit down to eat with the Lord, observe carefully what is before you, and put a fork in your hand if you are given to appetites. Desire His delicacies, for they are good for the soul.

This morning I realized that my spiritual appetites had gone on a diet and my soul was too thin. As is often the case in the spiritual realm, it is opposite than the physical realm. To neglect eating soul-food is dangerous and going on a diet is unwise but eating abundantly is good. Enjoy these.

- *Psa 63:5 My soul will be satisfied as with fat and rich food,*
- *Pro 11:25 The generous soul will be made fat*
- *Pro 13:4; But the soul of the diligent shall be made fat.*
- *Pro 28:25 He that trusts in the LORD shall be made fat.*

A way to know if you are not eating properly (no junk food, processed food, easy to get stuff, already chewed) is the giving out of spiritual energy. When you try to minister to others, you will need strength that comes from eating strong. And after the ministering, you will need another course of charming cuisine. No crusty quickies!

Spiritual Poundage is Spiritual Prosperity. So Eat and Drink Up Everybody!