

# No Longer Battle Weary

*But thanks be to God! He gives us the victory through our Lord Jesus Christ.*

1 Corinthians 15:57

Thanksgiving has always been one of my favorite times of the year. With this holiday comes the sights and smells from my childhood days. I remember my aunt's homemade broccoli casserole (with lots of cheese, so even the kids would eat broccoli), a table set with my grandmother's finest china and, of course, hot homemade bread! We would watch the Macy's Thanksgiving Day parade and spend the rest of the day together as a family, eating and napping.

Memories of holidays are usually surrounded by food. When you mention "Thanksgiving," we always seem to muster up an image of a well-set table, golden brown turkey and all the trimmings. Over the past few years, my focus has been drawn away from the food and toward my family. Since I have been following First Place 4 Health principles, the way I approach these times of feast has also changed. I realize that I cannot have victory in Christ without some sort of battle. Victory cannot come by any other means than a battle. I come to the Thanksgiving table with the expectation of temptation and the tools with which I have learned to fight it.

My battle lies in food. I have come to realize that my choices dictate what I eat. No thing (food included!) has a hold on me that Christ has not given me the power to overcome. No longer does food hold me captive. It is my choice to eat specific, delicious holiday foods. It is my choice as to how much of them to have. And, I know when I leave the Thanksgiving table this year, I am reminded that God gives the victory to me through Jesus: victory in my salvation, victory in my battle with food, victory in everyday life. I am most thankful for

that.

**PRAYER:** *Father, thank You that through Christ Jesus, nothing is destined to enslave me—including my food choices during the holidays. You have given me the weapons I need to resist temptation and enjoy Thanksgiving with my family.*

**JOURNAL:** What will be different this Thanksgiving as you participate in a tradition built around delicious food? Be specific about the weapons at your command.

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*\*This devotional taken from *Healthy Holiday Living*. On sale now in the *First Place 4 Health* online store.*