

# Super-size That

**You my brothers were called to be free. But do not use your freedom to indulge the sinful nature, rather, serve one another in love. –Galatians 5:13**

How “Would you like to super-size that?” are words that can cause panic. The old nature screams “Yes, and hurry,” as the new nature urges you to pretend you didn’t hear and to drive away quickly. Who wins? Is it the old sinful nature or the new exasperated nature?

Every day is a battle. The temptation of the food industry and the desire to make healthy choices is a constant struggle within. Most of us have the luxury of well-fed bodies. But our spirits are starving. That unsatisfied feeling in us is the new nature craving its turn to be fed with the word of God.

Think about it. Who loves you more? Who will not lie to you—the billion dollar food industry that deceives us with colorful packing and promising advertising, or God—who loves us so much that He gives us the freedom to choose?

Feeding our new nature isn’t difficult if we do not give in to the sinful desires of the old, sinful nature. Eating without planning, spur of the moment food shopping, and habit eating are all ways of giving control back to the old nature. One cookie leads to two, then three and soon the package is half empty. The old nature is happy, but not content. The new nature whispers “What about me?” Guilt arrives and we finish off the cookies. It’s okay to have a cookie; however, when you reach for another, grab a Scripture verse. You can have as many helpings of God’s word as you desire.

Yes. Super-size when it comes to feeding the spirit. As you grow inside and learn of God’s will for your life, you will make wise choices. The outside results will be amazing.

**Action Item:** Love your new nature and others enough to stop urging second helpings. I know you're a fantastic cook, but be a fantastic friend to yourself and others by serving "spirit food," Tuck a Scripture verse in the napkin or on the plate with the smaller slices of chocolate birthday cake. Your family and guests will leave the table feeling fully satisfied and comforted.

Linda D. Derck  
Shamokin, Pennsylvania

Devotion taken from the FP4H book, Better Together, available in our online store.