

“THINKABOUTIT” THOUGHT FOR THE DAY

Wednesday; May 21, 2008

If there were a perfect food, it would have to be ice cream. It tastes good, it makes you feel good and it has very little (if any) nutritional value!

You might have gathered that I like ice cream; but, the truth of the matter is it doesn't necessarily like me. Eating it after certain hours of the day makes me snore at night. Eating it too often adds to the shrinkage of my clothing. Consciously, I know the down-side to eating ice cream; but, it's still a constant battle I have to fight.

A battle with a certain food is common problem many of us face; but, it probably is not the greatest fight most of have. Often, there are things in our lives that we know are hazardous; but, we continue to do them. Alcohol, anger, bitterness, lethargy, gossip, sexual temptation and an array of other issues are on the front lines of our battle between good and evil. Most of us know the impact of their seduction; but, how often do we give in? Let's make it a point to not just know the temptations in our lives; but, to be willing to be strong enough to make a stand.

Think about it! For the Madison Avenue Church of Christ; this is Charlie Wharton.