

# FAT

by *Christine Wentzel*

This word has been hovering over my head like an umbrella of shame for as long as I can remember. When I wasn't fat, I thought I was. When I am fat, I'm in complete denial. Yeah, I know fat is still there, but I've managed to use that umbrella to protect myself from the elements of human nature.

It comes in handy to block the looks of pity or disgust, and the reality of my reflection in mirrors. It shields others from seeing my pain when some wise one offers me sage advice to pick fruit over cake...um, now why didn't I think of that? I'm having trouble losing weight not my marbles.

Can you tell Jesus is calling me in for a time out? It's time to close the umbrella and let the Son shine down on me.

He came to me through these words by one of his children, "It's a long obedience in the same direction." Huh? Sounds like something I need to slow down, ponder on and ask Him to enlighten me. "Long obedience"-yes that exactly describes the walk on this long and narrow road to health.

I spent so much time in perfect disobedience in the care of this body that it is in complete revolt against my attempts to get it back into shape. How many times has God sent warnings through people who have been there and my own slowly developing health issues? Lots and lots and lots-He is my Love after all.

Next He pointed me to this chapter in His autobiography, *during the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission. Son though he was, he learned obedience from what he suffered and, once made perfect, he became the source of eternal salvation for all who obey him...* Hebrews 5:7-9

The Spirit is jogging my memory about Jesus' testing in the desert too. Forty days without food or water in perfect obedience to His Father while the devil pecked at him the entire time. Only Jesus knows that kind of physical deprivation for heavenly joy. I am enjoying food through a generous calorie-restrictive plan every day. No deprivation found but my willfulness to sabotage myself.

*Help me Lord Jesus. You willingly made Your life a long obedience in the same direction for my salvation. Forgive me for my times of defiance to follow in Your footsteps. I ask your Holy Spirit to increase my hunger for Your Word. Let me feast with joy on the Lifesaving, life sustaining nourishment found only there. Bar the devil's temptations of earthly excuses and increase my courage to obey so I too can persevere in this direction to health. Amen.*





**Season:** Lent

**Videos:** 1. An Attitude of Gratitude  
4. Gossip...Who Me?  
15. Drop that Stone.

**Devotions:** 46. Stuck on a Plateau  
66. The Strength of an Arm  
99. New Year, New Start  
132. Self-Control  
152. This Year I'm Going To...

**Prayer:** 5. Dear Word of Life, I caved in today to the wisdom of the world by...

**Super Girl:** 104. My husband was rocking the kipping pull ups when his hands...

**Scripture References:** Isaiah 50:5; Isaiah 53:5; John 10:18; Philippians 2:8; Hebrews 1:2

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