

SNACK FOOD FOR THE SOUL

LIFE ENHANCING DEVOTIONALS INSPIRED BY
THE BOOK, *THE POWER OF PERSPECTIVE*.

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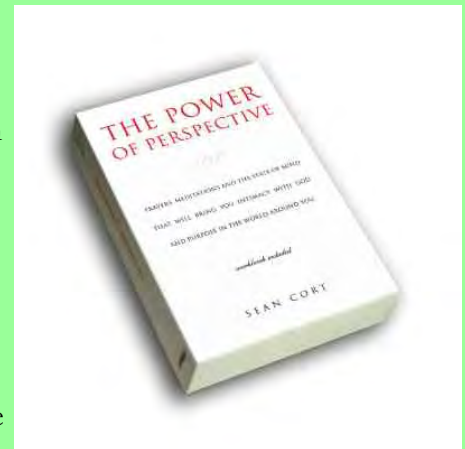
Feast on this...

THE REAL SUPER HEROES

Some people are able to gracefully live with physical challenges that most of us cannot imagine even exist. As we communicate with each other at this moment there are people who seemingly to us are entombed in a body that they are no longer able to enjoy. But in reality they are now more free to enjoy life without the filters of pride and arrogance that we often see our blessings through.

There are approximately 48 million Americans who suffer from a disability according the Center for Disease Control. Many of these cases are due to arthritis, stroke, traumatic injuries and post-operative results. We see these members of our human family throughout our daily journey through life. Some we may never meet, yet they wear the battle scars of wars and public service that keep our free nation as the United States of America. The condition of others is not nearly as appealing or as gallant, but they are still heroic in principal.

The traditional super hero has super human powers and fights crime. When you think back to most super heroes they also had a personal character flaw or memory that they had to personally overcome. Other super heroes had a weak spot that if not diligently guarded could mean their certain demise. Although they entertained our youth they were in reality just a fantasy. We still take from these pillars of American culture, their courage and integrity.



I recently saw an interview with Roger Ebert, the world renowned movie and theatre critic. Roger Ebert is a cancer survivor. As with many, the cancer didn't leave without taking a great deal from him. Mr. Ebert is left with a profoundly disfigured face as a result of the life saving surgeries and cancer treatments. However, the face he, his wife and loved ones are left with is even more vibrant and Christ filled than ever before. Mr. Ebert now has the ability to show the origin of his good looks from the inside.

In a quote from this interview Mr. Ebert said, "I'm not going to talk or eat or drink again, so the surgery would be to patch my face back together... Nobody looks perfect. We have to find peace with the way we look and get on with life". Mr. Ebert now uses a keyboard and computer generated voice to communicate. He wears a perpetual smile on his face that originally was pinned on his heart. Now the rest of the world can truly see what kept him smiling all this time. Now that he is cancer free with his beautiful committed wife by his side, Mr. Ebert will receive a few more surgeries to rebuild his face. The manner in which he has accepted his fate encouraged me beyond any episode of my favorite childhood super hero.

What about you? According to the National Institute of Mental Health, mental illness is the leading cause of disability in this country. There are over 58 million Americans who suffer from depression, anxiety, obsessive compulsive and post traumatic stress disorders, just to name a few. If you lose a few hours sleep anticipating dealing with an uncomfortable issue the next day, this is called anxiety. If you lose your desire to eat and laugh and enjoy certain aspects in life due to an incident or a loss in your life, this is a form of depression. Suffering from mental health disorders doesn't make you crazy, it makes you normal.

You too have a story of courage and integrity to tell if you have struggled and overcame something or someone who you thought was going to make you lose your mind. The fact is you are still here. That would tell you that God intends on your story being told as well. If you are uncomfortable about your story then find courage in telling HIS story and the miraculous way that Jesus brought you out in spite of your inabilities. Like Roger Ebert, put a perpetual smile on your face and straighten up your posture and brag about an inestimable God who unconditionally saves, heals and delivers.

Hebrews 11:6 says "But without faith it is impossible to please Him: for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him". If Jesus has been your super hero, then your story about Him will be someone's super hero too. Now tell it!

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Have an indescribably blessed week!

Sean