

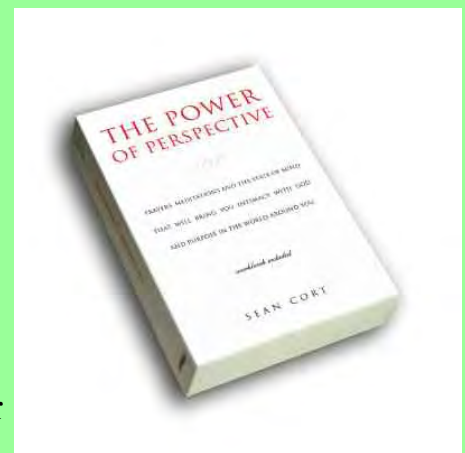
SNACK FOOD FOR THE SOUL

LIFE ENHANCING DEVOTIONALS
INSPIRED BY THE BOOK, *THE
POWER OF PERSPECTIVE*. WRITTEN BY
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WEEK OF 4/26/2010

Feast on this...

YOUR DEFAULT SETTINGS

Nowadays just about every electronic device you purchase comes preprogrammed with the ability to operate right out of the box with very little involvement from you except to press a button. In fact most smart phones, computers and flat panel TV's actually instruct you as to how to personalize and optimize your use of the devise. It's no wonder we become addicted or reliant on technologies ease and convenience. Remember the days of actually heating your food up in a toaster oven or conventional oven before microwaves came about? That notion alone seems to stem back to the dark ages.



Today we sum up our daily electronic means of communication with each other with abbreviated phrases such as; LOL, ROFL, BFF, K, OMW, RBTL, L8R and an endless litany of others. It's easy to get caught up in the current of instantaneous and superficial indulgence. We have become a society who thrives on pop culture's latest beverage and its accompanying catch phrase or buzz word. Someone texted me a message about their latest accomplishment in the entertainment industry and I had to put down my I-Phone and wonder to myself if there is an app. for text interpretation. This would be where I'd place the letters "LOL". Get my point? If you feel totally lost, you're not alone.

I'm expecting there to be a new sign for hello, a hand shake and the question, how are you today? This symbol would be promoted as a means of saving time and would diminish the spread of communicable diseases since we no longer have to shake hands. As we journey through this gift called life it begs the question; are we losing touch? I mean that figuratively as well as literally. When I was a child we use to play the telephone game. This entailed several people in a line and one person whispering a phrase to the first person in line. Each person would try to repeat this phrase to the next person and so on until the last person was asked to repeat the phrase.

We would all break out in hysterics when we heard how much the message or phrase changed by the time it reached the last ear. Our dexterity to master our technologically advanced lifestyle has also given us a new set of filters by which we screen life. We no longer take the time to engage each other or anything beyond surface. This defect has caused us all to miss God's intent for us in most given circumstances. We now reside in a safe and emotionally sterile field of existence.

Furthermore, many of us feel removed from the warmth of God's love and His touch as a result of not connecting or feeling connected. This is when the enemy sneaks in the back door and sits patiently until the opportunity to strike. For some this strike may be in the form of loneliness, indifference, depression or despair.

If this sounds like you perhaps its time to press the reset button and allow

God's default setting in you to re-activate. Our spiritual man comes fully loaded and engaged with the Holy Spirit and when treated right, can yield supernatural outcomes. As in life we sometimes subject our computers to circumstances that cause it to slow down due to viruses and too much unnecessary software. Take some time to reflect on God in prayer and meditate on His word.

Recite God's word from your mouth into your spirit such as Psalms 91 (He is my refuge and fortress), I Cor. 6-19-20 (I have been bought with a price and I belong to God), Romans 8:31-39 (I am free from any condemnation brought against me and I cannot be separated from the love of God), John 15:16 (I have been chosen and appointed to bear fruit).

In between the broken sentences and incomplete thoughts of the times we live in, it is crucial to make the time to give our spirit a fortified and complete diet of prayer and the word in order to maintain balance and good spiritual health. A very wise man once told me, "Several days without intimacy with God will make one weak".

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Have an indescribably blessed week!

Sean