



Psyche Me Up!

“You Are What You Eat.”

March 2015

Lent is a man-made tradition, but, at its heart, it's not just some annual ritual; true Lent insists we deal with our heart's biggest spiritual issue: We are **prone to wander**, forget, blame, and hide. We want our **own way**. Control our own lives. We sin.

What if LENT could become the LENS through which I more clearly see my sin, the cross and death ... to see what the **mercy and grace** of the cross accomplishes **through death** - what my life in the flesh can never do.

For there to be life in the Spirit, there must be death to the flesh.

In our “**sacrifice**” we identify, in the smallest of ways, with His suffering. **Sharing in His suffering** and death, prepares us for the **joy of the resurrection**.

**NEED MORE HELP?
Talk to someone!**

Talk to your roommate, a friend, your RA, CA, SRD, or stop by the Counseling Center!

Located in the Owens Center

Suite 208

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What I feed lives and grows ... What I starve withers and dies.

Most of us learned early in life not to eat anything, especially not sweets, before dinner or we would “**spoil our appetite**”, right? If we avoid the unnecessary thing, we preserve **our appetite for the real thing**, the main course. **Nourishment.**

By now, we all know from personal experience that the **consumption of sweet things often ruins our appetite for the main thing.**

During Lent we **choose to “give up”** something important to us in order to “**give in**” or **give thanks** to the Lord for His **ultimate sacrifice** for us on the cross.

How many things in our lives have actually become, quite literally, **appetite suppressants**? Buy more, have more, watch more, scroll more, post more, tweet more, snap more, chat more, face-time more, and the list goes on and on ...

suppressing any appetite for real food for my soul. Relationship. God.

We all “**consume**” to satisfy something. But what am I really hungry for? And what am I choosing as my “**comfort food**”? **Am I filling myself with empty things**? Our Enemy tells us to “be our own god. **Fill ourselves.** Market ourselves. Serve ourselves. **Sit on our own throne.** How will this **status or photo** post? How many **likes, follows or favorites** might I get?” Maybe that will satisfy me ...

We were created to **bear the image** of our Creator, yet it is **our own images** and words that are projected on screen after screen, in app after app, minute after minute, hour after hour, day after day ... What if I gave that up? Or at least consume far **less of what fills my time, but can never fill my soul**?

I want to be done with **ruining my appetite**. Done with snacking. Empty calories, **devoid of substance**. I want a **Lent that ruins my appetite for anything less**, anything other, than **God Himself**.

What if the things I give up aren't physical like food? What if I give up **gossip? Complaint? Jealously, comparison, or envy**? What if I **listen more and talk less**? What if, instead of giving up chocolate or coffee, I give up **negativity or insensitivity or self-gratification**?

Maybe that's really the point: to **give up what I am dependent on to recognize what I actually need most ...**

That whatever **suppresses my appetite** deadens me to the **hunger pains** that remind me to increase my **appetite for God**. And, maybe my pain, my hunger, is ironically, **satisfied with a different hunger : a hunger for God**.

The only hunger that satisfies all other hunger.

If our love for **lesser things** fills up our need for **greater things** we will never be truly satisfied. God's grace and mercy are **infinitely greater than any sin** we may unearth in our heart during the season of Lent. God desires to shape us into His **love-full, joy-full, thank-full people** who will **fill up, feed**, a dark, aching, unsatisfied, and hungry world with more of **Himself; the Bread of Life**.

May Lent simply be an opportunity to increase our **appetites for righteousness**, suppress our **appetites for the lesser things**, and, ultimately, **crowd out our “self” and make more room for Christ**.