

**11/14/16 - Mind Battles**

RG AUDIO 111416

2 Samuel 13:1-14

Sugar?the evil ingredient. I knew my body didn't need any more sugar, and I was trying to follow the rules of healthy nutrition.

Still?it was a battle and as determined as I was to obey, I kept thinking about sugar. I bought a pint of ice cream, thinking it was only a little bit, and I would keep it in the freezer. But I knew it was there, and every time I passed the kitchen, I thought about that rich chocolate flavor.

Within a few days, I ate that entire pint of ice cream in one sitting. If I had refused to buy it in the first place, the temptation wouldn't have been so difficult to resist.

Like King David's son, Amnon, I fed my temptation by constantly thinking about it. Like Amnon, I orchestrated a way to make sure I could have what I wanted, ignoring the consequences and what I knew was good and right. The desire ruled over me, and I gave in.

The battle is always present. I have to keep reminding myself to do what is right and not let sin rule over me.

Author: Rebecca Thesman