

## Daily Devotion For October 18, 2022

All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify. I Corinthians 10:23

Yesterday I was doing some grocery shopping and taking my grocery cart up the potato chip aisle. As I was doing so, a lady much older than I stopped by my cart and said, "this is the hard to say no aisle." I responded, "Yes, we need a lot of self-discipline on this aisle." Then the woman smiled and grabbed a bag of Ruffles Potato Chips!

Have you ever filled up on junk food? Maybe you've had a meal waiting for you, but then you started snacking. Suddenly you realize you've lost your appetite because of all the snacks and junk food you have consumed. I do this all the time.

Sometimes we can snack on the junk food of life and dull our spiritual appetites. They may not be bad things necessarily, but they can diminish our hunger for the Word of God.

The Bible says, "All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify." There are things in life, many good things in life, that also take our thoughts and attention away from God.

**Thought For Today:** Remember, you may do anything but everything is not useful. You may do anything, but not everything is constructive. As you go down the shopping aisle of life, look for things that will increase your spiritual appetite and not diminish it.

**Today's Prayer Focus:** Thank God that He is the author of time and pray that you may use your time wisely to increase your spiritual appetite. Deo Volente.