

FAST FOOD CHRISTIANITY

I would venture to say that many people want a fast-food diet of spirituality. They want “fast food Christianity.” On Sundays they want a one hour, and not much more, fast dose of God to get by for an entire week. But, if they listen close this is what they should hear. “Go home, read God’s word and pray. Take time to be alone with God. This is your spiritual diet for the week.” How does anyone go to their doctor, and when he asks them if they are taking their medicine he prescribed, if they are keeping to the diet he prescribed, if they are getting the exercise he recommended, and then say “no?” If you do not do what the doctor tells you, and you come back sicker than you were before and ask for more help, he can only do one thing. He will put you on a stricter diet, give you more medicine to take, etc., because you now need more. If you are trying to be a Christian on a fast food spiritual diet that you only eat once a week, then you should not be surprised when you become spiritually ill, and you need a stricter spiritual diet.

What do you think about this diet? “Breakfast - 1/2 grapefruit, 1 slice whole-wheat bread, 8 ounces skim milk. Lunch - 4 ounces broiled chicken breast, 1 cup steamed zucchini, 1 Oreo cookie, 1 cup herb tea. Mid afternoon Snack - Rest of the package of Oreo cookies, 1 quart Rocky Road ice cream, 1 jar hot fudge sauce. Dinner - 2 loaves garlic bread, large pepperoni and mushroom pizza, 3 candy bars, entire frozen cheesecake eaten directly from the freezer.”

Listen, if you are spiritually unhealthy today, don’t blame it on God or the church, just check your spiritual diet. If you cannot understand why the devil seems to be winning in your life, then look at your diet. You cannot survive on a fast food diet of Christianity one day a week. If you went to church every week of your life, you would spend no more time growing spiritually than a child would spend growing up in knowledge through the third grade. The answer is not more worship services, but more individual worship throughout the week. There’s your diet, take it or leave it, but don’t blame God or the church if you become spiritually ill.

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