

Pastor Sailer's Page

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YOU NEED TO GO ON A DIET! (And so do I!)

"Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O LORD, God of hosts" (Jeremiah 15:16).

You are what you eat. Ever heard that? Your mom or grandma probably told you that. Presumably, if you eat the right food in the right quantities, you'll be healthier. If it's not the right diet, it will somehow be evident in your life as well. You are what you eat!

So it has been with those fellow Christians whom you admire for their solid faith. They are who they are because of what they have taken in -- "eaten," so to speak -- spiritually. I would predict they have taken in a steady diet of God's Word. By God's grace, that Word of God diet has made them those Bible-believing, God-serving people they've been. It's because of what they "ate."

The prophet Jeremiah makes a similar claim: **"Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O LORD, God of hosts"**(Jer. 15:16). Jeremiah was a prophet to the people of Judah in very dark days, sin-filled days for them, wandering days -- as they ran from the true God to other gods. Jeremiah was called to bring God's Word to them, often harsh words for which he would earn the rejection of the people and their leaders. He spoke these words of "eating" God's sweet Word, words of joy and delight, in a time of wondering where God was: *why are these people always rejecting your word, the word I love to consume and to proclaim? But why are they making my life so miserable? I'm only doing my job, Lord, the one You called me to.*

Jeremiah was finally able to steadfastly proclaim God's Word (God called him a "fortified wall of bronze," Jer. 15:20) because He trusted God and His promises.

I'm going to guess that your life, while filled with God's blessings, is not always easy. It has some up's and some down's. To stay strong throughout it all, you need a steady diet of God's Word, His Law and His Gospel. A lot of servings of this: **"None is righteous, no, not one"** (Romans 3:10b). And a lot of servings of this: **"But now the righteousness of God has been manifested apart from the law, although the Law and the Prophets bear witness to it--the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction: for all have sinned and fall short of the glory of God, and are justified by His grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a propitiation by His blood, to be received by faith"** (Romans 3:21-25). "Eating" this Word regularly via sermons, personal devotions, Bible study, Sunday School. Taking in the precious and sweet Good News that God loves you, and He saves you and helps you, not because you are so good, but because God is so good and merciful. The Good News that Jesus died to pay for your sins. That He made the good and perfect sacrifice for sin. That He lived a perfect life for you...and it counts for you.

I'm really good at maintaining a three-meal-day eating regimen for my body (and sneaking in a snack or two at other times). I'm not quite as good at maintaining a steady diet of hearing and reading God's Word. Maybe that's your experience, too.

Let this Rally Day weekend be a time of re-commitment to dieting...on God's Word more regularly. We have some interesting offerings of Bible studies ahead of us this Fall. There is some good devotional literature out there for your personal use (Pastor Kory and I can help you find it). And there are the weekly "feedings" we offer by way of our worship services. How about a prayer to ask our Lord's assistance in our diet plan? --

Blessed Lord, You have caused all Holy Scriptures to be written for our learning. Grant that we may so hear them, read, mark, learn, and inwardly digest them that, by patience and comfort of Your holy Word, we may embrace and ever hold fast the blessed hope of everlasting life; through Jesus Christ, our Lord. Amen.