

An Appetite That's Out Of Control Is A Dangerous Thing **- Ron Stullenbarger -**

"Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ. As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct, since it is written, 'You shall be holy, for I am holy.'"
(1 Peter 1:13-16, ESV)

Have you ever eaten so much you thought you were going to explode? Most of us have eaten too much, but we never exploded! But did you know that for some animals that is a real danger?

For example, horses love oats. If a horse eats his fill of oats, the dry oats tend to make him thirsty. Then, while his stomach is full of dry oats, the horse will start drinking water. The water causes the oats inside his stomach to expand, like a bowl of oatmeal expands when you add water. Before long the horse *"founders,"* and becomes too sick to walk. He may even die if he doesn't get help.

Pretty gruesome, isn't it? Here's the point: An appetite that's out of control is a dangerous thing.

Of course, you'd never eat a whole barrel of oats and then drink yourself sick, would you? But you do have appetites that can hurt you if you don't control them.

"Like what?" you ask.

Well, like the desire to be accepted. Like your desire for approval. Like your desire to be loved. Like your desire to get your own way.

Those appetites and desires are not always bad things, but they sure can get you into a lot of trouble if you don't control them. God wants you to learn self-control because your appetites and desires can hurt you, even destroy you, without it.

Many people steal things because they can't control their desires. Many people get hooked on alcohol and drugs because they can't control their desires. A lot of people get into trouble sexually because they can't control their desires.

Practice saying no to your appetites and desires. Learn to control them — instead of letting them control you.