



“Sweet Things of the World”

By Shelley Hitz

Welcome to the Find Your True Beauty Podcast! Girls, it’s time to take a stand for true beauty. In a world that idolizes outer beauty, let’s come together and learn to display our true beauty in Christ. Remember to check out all our free resources at our website, www.FindYourTrueBeauty.com, to help you grow in your relationship with Jesus. We are here to encourage and support you so check them out.

This is Shelley Hitz and today I want to talk to you about the *sweet things of the world*.

Recently, I was on a retreat and while I was there I decided to just fast one day. I was just going to eat fruits and vegetables. I was doing that so I could really pray and seek God in some things in my life. So, that day I was simply eating fruits and vegetables-no sweets, no anything. The last couple of days before that, to be honest, I over-indulged in some sweets. One day I bought some Reese’s cups. It was perhaps a pack of ten and I think I probably ate almost the whole pack. It was that bad. Then, the next day someone had given me two little cupcake-sized things of cheesecake. Well, they were pretty rich and I ate both of them in one sitting. I had just over-indulged in sweets and I needed a break from it anyway.

That day I was fasting and I was just eating fruits and vegetables, but I was thinking, man, oh, if only I could have some chocolate or only if I could have some cheesecake. I was hungry for those things. Since I wasn’t eating those things for the whole day when it came time to eat I made myself a fruit salad of oranges, blueberries, apples and put some other stuff in. Then, all my goodness it tasted so sweet! You know why? Because I was not giving myself the artificial stuff, the junk. The sweet stuff and the real sugar, the real stuff from the fruit, tasted so good.

It made me think of our spiritual lives and how many times we get full on the sweet things of the world - the stuff that the world says is so good, the media, movies, television shows, music, internet, Facebook, and just on and on and on. We can get full of that stuff to when we then go to read our Bible or we go to pray it is like it is boring. It isn’t fun. This isn’t cool. I want more of that television show, I want to watch another movie or I want to play a video game. So, it reminded me of how when I didn’t eat and didn’t get full on all the sweet stuff that the fruit tasted so much better. The real sugar. The real stuff that God has intended us for our bodies to have. It is so much better for us. It tasted so good. In Proverbs Chapter 27, verse 7, it says, “He who is full loathes honey but to the hungry, even what is bitter tastes sweet.” So, if you have

ever had a meal, you are so full at the restaurant and then the waitress comes up and asks you what? She asks you, "Do you want dessert?" You are so full you are like, no, I couldn't eat another thing! That is what this verse is talking about. He who is full loathes honey so he doesn't even want the sweet things of the world. To the hungry, to those who are really hungry, even what is bitter tastes sweet because you are so hungry, you are so famished that anything tastes good at that time.

I want to ask you. Are you filling yourself full with the junk food and the sweet things of the world? So even the sweet things of God and the stuff that is intended to help you grow and to give you life and life to the full that stuff you don't even want it any more. It is not even interesting to you. Or, are you allowing God to give you wisdom on how to walk through this life and navigate all your media choices and the things you are doing so you are not full on the things of the world. When you come to the Bible and you are coming to prayer, God is speaking to you and it is exciting. It is exciting when God speaks to you. The other day I was just driving down the road and I felt like God asked me to take some food over to a friend's house. You know, they needed it that day. It was just such an exciting thing to be part of that because I knew that God had spoken to me. He prompted me. It wasn't an audible voice, but it was a prompting to go take this now to this person. When we are opening ourselves up to God, it is going to be one of the most exciting adventures of all times. God's power is able to do miracles. Yet, so many times we miss them because we are so full on the things of the world that we don't want what God has for us. Just as when we are at the restaurant and are so full that we don't want dessert.

I want to ask you. Are you able to clear your life, clear your schedule or clear the stuff that is going on to where you can leave some room for God? Just come to Him. Turn your phone off if you need to. Just focus on Him – journal or pray or go on a walk. Just be in nature with God. Being in a relationship with Jesus is one of the most rewarding, satisfying, exciting things that has ever happened to me, but it has taken time for me to really come to Him and be able to receive that from Him. There were so many other things blocking it out. I encourage you to taste the sweetness of Christ today. Make room in your life for Him.



Shelley Hitz is an ordinary person, just like you, with struggles and trials. And yet, God is doing extra-ordinary things through this "jar of clay." 2 Cor 4:7 says, *"We have this treasure in jars of clay to show that this all surpassing power is from God and not from us."*

Her heart is to help teen girls and women through her website, www.FindYourTrueBeauty.com, that reaches thousands of people each month around the world with God's truth. She is also the author of the book, "Mirror Mirror...Am I Beautiful" and has co-authored a book with her husband CJ, "The Mathematics of Jesus,

Making Sense of Life When Life Doesn't Seem to Add Up." Shelley's openness and vulnerability as she shares her own story of hope and healing will inspire and encourage you. Published by www.FindYourTrueBeauty.com, P.O. Box 1757 Findlay, Ohio 45839