

Let's Talk CHANGE DEVOTIONALS



A product of Celebrate Change Ministries
www.CelebrateChange.org

SOAK IN THE WORD

Dr. Vanessa Dantzler Ussery | September 28, 2016

There used to be a commercial where the lady would look forward to ending her day taking a relaxing bath and she says, "Calgon, take me away." It was her way of cleansing her mind and body from a long, tiring day. I notice how many hours we spend entertaining ourselves. Today, so much of our free time is spent self-soothing with all types of activities. Very few think of reading the word as a self-soothing activity. If one doesn't want to read it, we can listen to the word. Why not consider using some of our free time to be edified (built up).



After being around so much worldly influence it seems reasonable we would need a spiritual cleansing of our mind by reading the word. Our ears and eyes take in carnal words and sights all day while out and about. I believe we are not conscience of the influence these things have on us. Our world is influenced by the prince and the power of the air (Satan) and his objective is to keep everyone on flesh overload. Our flesh is fed by this exposure and if we intend to keep our flesh under subjection we need to counteract its pull by the washing of the word.

Think of the Word of God as a spiritual bathtub you can soak in to refresh your mind and spirit as you enjoy ending your day with God's thoughts. Find a comfortable place that's cozy and relaxing, prepare a cup of tea or coffee and read the word of God. Soak in the word and let it cleanse and relax your mind, body and soul. You will sleep better and be rested in the morning to face another day.

Residing in Los Angeles, CA, Dr. Vanessa Dantzler Ussery is the Emeritus Pastor of Home Assembly Church in Los Angeles, is the founder of "Celebrate Change Ministries" and the author of "My Be Attitude: Who Be You?", which is available online in softcover or eBook at MyBeAttitude.org, Xulon Press, Amazon and Barnes & Noble. Dr. Ussery is available for national speaking engagements, empowerment seminars, and lectures. For more information, CelebrateChange.org | Info@CelebrateChange.org | 310-436-6336 x216.

LIKE us at [Facebook.com/CelebrateChangeMinistries](https://www.facebook.com/CelebrateChangeMinistries) | FOLLOW us at [Twitter.com/VanessaUssery](https://twitter.com/VanessaUssery)