

# Let's Talk CHANGE DEVOTIONALS



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## THINK FULL

Dr. Vanessa Dantzler Ussery | November 21, 2018



Can you believe it?! The year is almost gone and we about to celebrate another Thanksgiving Holiday. Many people get together with family and friends and enjoy a huge spread of all types of delicious foods and yummy desserts. And the next day many of those same people hit the malls to shop 'til they drop!

We fill our bellies and fill up the stores annually this time of year as if it's a religious celebration. Sometimes we eat so much food it makes us ill and then we spend money it makes us cry. It's time to change that pattern.

This year before you gorge on food, think full. Face it, we do not need to overeat and then have to pray for God to touch us because of the fallout. This time take smaller portions and sample the foods if you just want to taste everything. Do the same with the desserts. You are guaranteed to avoid that miserable over-full feeling where you have to unbutton your pants to breathe. The truth is overeating is the sin of gluttony and you can avoid having to repent for at least that sin (smiles).

The big shopping day after Thanksgiving can be managed better too. Think Full! Everyone you shop for, including yourself, is not lacking anything. It's best to make a list of what is really needed to help avoid grabbing the item just because it's on sale. As God's children we are to be good stewards. You can avoid having to repent for being wasteful this year (smiles).

Think Full... Be thankful to God our stomachs are full and so are our closets and homes. Someone is hungry and lacks warm clothing, but it's not me and you. This year, be Thankful as you Think Full!

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