

# Discretion, The Preserver

While returning back home on a plane from a business trip in Los Vegas, I ate the complementary nut and cracker snack pack and drank a coke; shortly afterwards my stomach was churning with indescribable pain. I then had to change planes in Reno in order to reach my final destination in San Jose. After we were air-borne, the Lord tried to give me an hint of what I really should have been drinking (water). When the flight attendants gave every one some kind of watered-down cranberry juice drink; my stomach experienced a momentary relief from the pain. Later in the flight the flight attendant offered me another nut and cracker snack pack, I accepted, ordering a glass of orange juice without ice. Again the pain in my stomach began to increase; I was having an attack of acid indigestion. I had not considered the relationship between what I was ingesting and the subsequent indigestion. I had made all the wrong choices and my stomach continued to hurt causing me to pray and during the prayer the Lord communed with me causing me to ponder the steps I had taken to bring on the acid indigestion malady.

The Lord told me I had ingested gaseous spicy nuts and crackers flooding it with more acid, a coke, which consisted of carbonated water. He then reminded me that I had doused my stomach a second time with additional gaseous spicy nuts and crackers and an even more acidic drink, undiluted orange juice. As I thought about this, I saw a spiritual correlation. In similar fashion believers are filling their “inward man of the heart”, the spirit man within, with gas and acids (junk foods). These junk foods consist of daily doses of the “soaps”, the shopping channel, cover-to-cover reading of the newspaper, the evening news, daily readings of our best selling novels, our favorite “soft and easy jazz” or funky “soul” radio stations. As a consequence, our spirit man is suffering from acid indigestion. One of the best ways of preventing acid indigestion, is the drinking of water instead of cokes and juices and ensuring your stomach is filled with wholesome food before you indulge yourselves, with what most folks would consider “junk foods”. The Apostle Paul said:

***Heb. 5:14 (Amplified Version) “But solid food is for full-grown men, for those whose senses and mental faculties are trained by practice to discriminate and distinguish between what is morally good and noble and what is evil and contrary either to divine or human law”.***

My friend, it is time for us to mature as people of God and exhibit some maturity and discernment about what we permit to enter our spirits. If we would fill ourselves with the “**Bread of Heaven**”, the Word of God and drink Living Waters, symbolic of the Holy Spirit, we would have discernment. If we would function as mature believers who discriminate in what is allowed to enter our spiritual bellies, our inward man would never be bloated or in pain because of indiscretion. In Webster’s dictionary, Discretion is described as prudence and discernment, appropriate judgment. The word of God says:

***Prov. 2:11 “Discretion shall preserve thee, understanding shall keep thee”.***

Check your poor judgment and ponder your indiscretions and remove them, so that you can truly experience preservation, God’s keeping power.

Amen!

*Pastor Willie G. Nutt*

