

# Journey Enews

Weekly E-News  
November 27<sup>th</sup>  
2018

**Dates to Remember:**  
Tuesday Night's Men's Group will resume with our book "Everybody Always" by Bob Goff November 27<sup>th</sup>, starting at 7 PM @ Starbucks in Georgetown.

Join us this weekend at journey as we wrap-up our series "Modern Family: Building Blocks for a Healthy Family" Saturday @ 6 PM Sunday @ 10:30 AM

Don't forget about our December Outreach... December 9<sup>th</sup>, 4-6 PM Dinner and a movie for nursing home residents

Also, any donation to the Tide Jug this weekend goes towards our December Outreach!

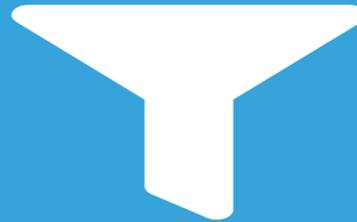
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## Filters

Why is it that the best tasting food is not good for you? Post-Thanksgiving and Pre-Christmas dinner there are calories to be consumed. Why in the world do sugary delights have to leave you loosening your belt and wearing stretchy pants? It hardly seems fair that bad habits are easier than good ones.

I know the solution to better health; everyone does. We should eat in moderation and exercise regularly. But who wants to practice moderation when sugary treats dazzle the taste buds? If you are like me, my brain takes me hostage before I know what happens. I've willingly taken that second helping of mashed potatoes and gravy, long before the pumpkin pie even comes out. A few more bites and I'm starting to feel miserable.

Life hardly seems fair. No one sets out to get stuffed. The holidays make it even harder to know when to say when. People need a filter. That's where regular check ups with a doctor help keep us honest with ourselves. If you have a particular weakness for sweets, knowing the health risks of obesity or diabetes may slow you down. Similarly, if you have a tendency to overspend during holiday sales, a pre-shopping budget may prevent you from spending too much.

Like a budget or a filter, we all need something to help keep us in check at those times when logic is overruled by things that taste so good. We're not robots, just people. We're made in the image of God, adored by the Father; but none of us get it right all the time. We're not Jesus, so we need a little help sorting our way through a life that has a lot of freedom of choice.

We need God, helping us filter every thought and action. God sets things right. We couldn't do it for ourselves. Read about it in Romans 3:21-24. It hardly seems fair, yet, this is the reality of our human condition. Once we come to terms with the fact that no one gets it right all the time, Jesus is there, helping us filter through everything that matters.

You've probably experienced buyer's remorse at least once after making a purchase you couldn't afford or didn't really need. Or maybe you were dieting and doing really well at watching what you ate until that big office party. Now you're feeling a bit guilty for not having the will power to say no to the extra calories. We've all done this; no one gets it right every time.

In a similar way, we have moral lapses. We choose something less than honorable, or even sinful. That's where Jesus steps in and picks us up from the mat. It's a bit embarrassing to fall flat on our faces, especially when we often know better. The good news is that Jesus steps in, dusts us off, and sets us on our feet again. Trusting Him to do it is what sets you right with God. Read some more in Romans 4:4-5.

No matter how bad we've blown our diet, or even something worse, it's not over. Jesus says so, and everything we do is filtered through His words. That's something to smile about when your belt is too tight or your credit card got maxed out again. Trusting God to straighten things out is better way to live. He really is for you.

Moving forward  
God is Good

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