

# Dieting and Repentance



How many of you have dieted before? It is safe to assume that most of us have. You start determined to shed those extra pounds, but then someone brings in a cake for a birthday, and you can't resist taking just one... or two... or three slices. Not mentioning any names, but you know who you are. The next thing you know, you have regained all your lost weight.

Even if you want to lose weight, you're probably not taking the necessary steps for success unless you are committed to it. If you want to lose weight, you must commit to changing. That means no more skipping out on exercise and saying no to unhealthy food choices. Committing is the key to a successful diet.

Asking God to forgive us of our sins is much like dieting. On Sundays, we come to church and listen to the preacher, and we are inspired to stop sinning. We might do okay on Monday and Tuesday, but one little thing may set you off by Wednesday.

When we ask God to forgive us of our sins, it cannot be like when your child gets in trouble for hitting their sibling, and you tell them to say they are sorry. They are not sorry for what they did and don't always understand why it was wrong. They know they will get in more trouble if they don't apologize.

When we are asking for forgiveness, we need to mean it and understand why we're asking for it. We also need to confess our sins to God. We often ask God to forgive us, but we don't mention any specific sin. I am guilty of this. I usually pray, "Lord, forgive me of all my sins, including those I might not know I committed." There, that should cover it; I'm good to go. The problem is that I didn't confess any of my sins. I am like the child who said I was sorry so I wouldn't get in any more trouble.

When we confess our sins, we take ownership of our wrongdoing. We say, "Lord, I did this. I know I did this, and I am asking you to forgive me and help me overcome it." When I discuss confessing your sins, I don't mean openly in prayer service but inwardly between you and God. You do not need to confess your sins to me; I have enough of my own to deal with.

Unless we are genuinely committed to making a change like dieting, it is easy to fall back into old habits. For your prayers to be effective, nothing can be between you and God.

## X Tweets:

1. Just like skipping out on exercise leads to falling back into old habits, skipping true confession can distance us from God. Let's take ownership of our sins for meaningful change! 🙏 #Forgiveness #PersonalGrowth
2. Remember, asking for forgiveness isn't just a formality; it's a heartfelt commitment to change. Let's strive to confess authentically and seek growth in our spiritual journey! 🌱 #SpiritualJourney
3. "Lord, forgive me" should come from a place of understanding, not just as a way to avoid consequences. Let's be sincere in our prayers, just as we should be serious about our commitments. ❤️ #IntentionMatters #FaithAndFitness