



A Continual Feast?

“For the despondent, every day brings trouble; for the happy heart, life is a continual feast.”

Proverbs 15:15 (NLT)

I've always loved animals. As a kid, I went to downtown Cleveland with my sister. Judy was twelve years older than me and never a dull moment! We wandered through a department store and, of course, I drifted to the pet section. Before I knew it, I was headed home with a new guinea pig.

A big surprise for my mom, but she welcomed the newest member of the family. (I had a super mom!)

After building a home for "Squeaky" in the basement, I reached in to pick her up. She lashed out, and I jerked my hand back just before her

razor-sharp teeth landed.

With a little coaxing, she learned to trust me.

Back then my mom worked at a grocery store and brought home scraps from the produce department. Every evening I'd spread fresh vegetables inside a boxed area I'd built on our kitchen floor (remember...super mom!), then carry Squeaky upstairs and plop her into the middle of a feast.

Before long, that nightly feast was embedded in her little mind. Every evening she'd squeak, waiting for me to carry her upstairs. She lived an amazingly long life—she had a happy heart!

Who really knows what goes on in the mind of a baby guinea pig? I'm sure fear filled those first few days. Everything around her was unfamiliar. Who could she trust?

Eventually, hungry enough, she trusted me—and her life became a continual feast.

Reflect: **Am I hungry enough to trust God for a continual feast?**

These days it seems impossible to imagine life as a continual feast. Feeling discouraged? A little despondent? That's understandable. The world is filled with anger, conflict, and uncertainty. **Life is hectic—who has time to enjoy it?** Have you ever felt like crawling into your own

shelter, ready to bite anyone who gets too close?

Squeaky had a choice. The feast was available every evening, but she had to trust her owner to take her there. Had she remained hidden in her shelter, ready to bite, she never would have experienced it. Simply hungry, she chose to trust me.

*Consider: **Positive self-talk is not enough.***

One morning during my devotional time, I found myself praying, "Lord, simplify my thinking. Let every thought that is not from you fade away."

I'd just read this...

"And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."
The Apostle Paul (Philippians 4:8)

The path seemed obvious. *Fix my on these things, nothing else.*

But then I realized something. Squeaky knew where she wanted to go, yet she couldn't get there by herself. Every evening, she waited for me to carry her upstairs. In the same way, having the right thoughts isn't enough. I can decide where I want my mind to dwell, but I still need God to take me where I cannot take myself.

All the positive thinking in the world cannot take you to the feast. I know because I've tried.

The morning I read Proverbs 15:15, I also read this:

"How precious are your thoughts about me, O God. They cannot be numbered!" King David (Psalm 139:17)

I thought, *Might the Creator of the universe have countless precious thoughts about... **me**?*

Over the years I've tried to convince myself of truths like this by repeating them over and over. But eventually the noise of the world drowns them out with counterthoughts... *If really true, why doesn't my life feel like a continual feast?* Knowing God's truth and living it out are not the same thing.

I decided this time, instead of trying harder, I'd pray for help. Think of Squeaky, incessantly calling for me each night.

Before ascending into Heaven, Jesus made this promise:

"But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you." Jesus Christ (John 14:26)

Jesus didn't leave us to battle discouragement with positive self-talk. He gave us his Spirit to remind us of the feast when our minds drift toward fear, anxiety, and despair. He speaks Spirit to spirit—a direct line. I call this prompting **Spirit Talk**.

Squeaky never reached the feast by thinking more of it. She trusted me to carry her there.

We need to be carried too.

*Imagine: **Overflow from feasting advances my Mission.***

The feast is not where I expected it to be. I assumed that "better thinking" would change my circumstances—that God would turn my life into a feast and I'd gain a happy heart. Instead, he brought me to himself. **Intimacy gave me a new vantage point—from his table!**

"You prepare a feast for me in the presence of my enemies." King David (Psalm 23:5)

From there, his promises come to life. As God's son at his table, I realized, "I have every reason to be joyful—look at this spread!" **So do you!**

Honestly, lacking the overflow from feasting, your Mission will not advance.

Squeaky had no idea what was waiting upstairs until I carried her there. After tasting it a few times, she knew... She squeaked, "Come and get me, take me to the feast!"

Discouraged? Despondent? Concede to the Spirit's prompting and cry out, "Spirit, come and get me—take me to my Lord's table for..."

"A Continual Feast!"

Get off the grid and ask these questions

Coach's Questions

- **Reflect:** *How has positive self-talk worked for me, really?*
- **Ask:** *How will I tune myself to the Spirit's promptings when I've lost my joy?*
- **Challenge:** When prompted, cry out, "Come and get me—take me to the feast!"
- Further insights: [Spirit to spirit](#); [Supersize it](#)
- Don't know my Mission—[Start here!](#)

Spirit Talk

Post this where you will see it regularly.

Feasting at the Lord's table leads to joy-filled Mission.

"Remain in me, and I will remain in you... For apart from me you can do nothing."

"I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!"

Jesus Christ | John 15: 4, 5, 11 (NLT)



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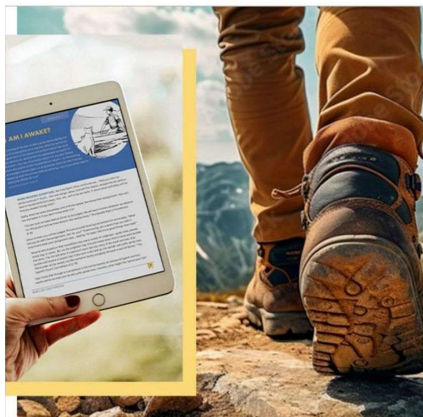
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