

Devotion from the past ... 2003

Read [Isaiah 25:6-9](#)

Divine Diet

Historians in a distant age may refer to our time on Earth as the Diet Era. One popular diet bans carbohydrates; another demands lots of greens; and still another has devotees significantly lowering reservoir levels. Three new diets are gaining popularity:

- The Yuk Diet: Basic premise—eat all you want of everything you don't like. Variation: Eat everything that migrated to the back of your refrigerator (and not under current investigation by the CDC).
- The 30 Day Accountant's Diet: Basic premise—comparing your grocery bills every 30 days will shock you into eating less.
- The Blindfold Diet: Basic premise—it's easier to watch what you're eating when you're not watching what everyone else is eating.

Many dieters give up their diets for special days like Thanksgiving, Christmas, Easter, Tuesday, Thursday, etc. Such a practice is understandable and perhaps even acceptable. However, always remember that to indulge is to bulge!

Easter is a good time to start the Divine Diet. (If you didn't read Isaiah 25:6-9 yet, do it now. If you don't have time or appetite for both the devotion AND the Bible reading, just get to the meat and bread and water of life; skip the devotional dessert!) Isaiah, probably unaccustomed to five-star dining, still knows what goes into a great meal. Maybe more diets would be successful today if their creators called them feasts!

Isaiah says that God provides rich food and fine wine—very likely the envy of any \$39.95 Easter buffet. To indulge is to bulge—but in a good way. God offers a diet rich in His word. And His word produces in us an abundance—a bulge—of energy for service to Him.

Any diet involves temptation, and some things just aren't good for us. We might recall Eve and Adam, perhaps a little tired of their gourmet health diet, deciding to try something new—something not on the diet prescribed by God. To indulge in the forbidden fruit was to bulge with sin.

We face similar temptations to stray from a strict diet of God's word and will. And the proliferation of forbidden fruit provides a variety of sin to meet our individual appetites. To break the diet provided by God is to risk spiritual health and even invite deadly spiritual poisoning.

Thank God for the Easter feast. Buffet tables may run low on the "good stuff," but God never runs out of His delicacies. Even when we abandon our divine diet for Satan's snacks, God invites us back to the feast.

Real feasts involve more than food. Fellowship improves the festivity. The divine diet recognizes that. Jesus, through His Good Friday sacrifice and Easter victory, brought us into fellowship with the Father, the Spirit, and Himself. And we continue in the good company of other Christians—those with whom and for whom we serve.

So, fill up this Easter. From Maundy Thursday through Easter Sunday you have several banquets from which to choose. And afterwards, don't drop your diet, as so many dieters are prone to do. Fill up. Indulge and bulge with the love of Jesus. And remember the old saying: You are what you eat.

Prayer Thought: Create a spiritual mealtime prayer.

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To our God and Father be glory forever and ever. Amen. (Phil. 4:20)