

Death by chocolate...



All I have to do is whisper the words and women of all ages will come running. Whether you enjoy ice cream, cake or even the well-brewed cup of joe, death by chocolate is a delectable treat. But, if we were to make it a mainstay of our daily diets, I believe it would live up to its name. The combination of sugar and caffeine would over-work the healthiest of adrenal glands – not to mention the accumulating inches around our waists. So we carefully choose the amount and frequency of enjoying these delightful desserts.

There have been many hopes and dreams that died a slow and gradual death by another killer, death by *What If*. This killer begins with a natural response to a recent event. Each one of us have walked away from a situation wishing we had said this or done that. Others are more apt to wish they had not done a particular action or that they could eat the words that just escaped their lips.

There is no problem with asking those *What If* questions. However, we should not continually press the replay button on the recording within our hearts and minds. Rehashing our *What If* list will choke out every hope and dream that we have so carefully tucked away inside.

The manifestation of the *Death by What If* disease will cripple a woman in every area of her life. One of its myriad symptoms seems to be wide-spread among us - a feeling of inadequacy. You know the feelings “If only I was beautiful...” or “what if I told him that I loved him when...” or “what if I hadn’t ...” Our failures and regrets only fuel this feeling of inadequacy.

There is recovery from this disease of self-destruction. I am thankful that Jesus whispers to me each time I entertain such thoughts, “Do you not trust me?” You see, when I focus on the *What If* I am looking at myself and the reality that I am unable to “make” my dreams and hopes come true. But with God nothing is impossible (Luke 1:37). There is no failure or sin that we have experienced that is greater than what Jesus did for us. Turn around, ladies, and look to Christ Jesus - our hope - and continue to believe (1 Timothy 1:1; John 20:29).



Focus Questions

1. Define “trust.”
2. How would you say your trust in the Lord has faltered by the *What If* disease?
3. The best way to eliminate your collection of “what if” recordings is to replace them with memories of God coming though for you. Compile of list of personal good recordings to dwell on (Phil. 4:8).

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