

February 13, 2021

Seven months ago we rescued two kittens, a yellow tabby named Sunny, and a grey tabby named Luna. They were so tiny they could curl up together in a salad bowl. From the beginning, Sunny displayed a voracious appetite, pursuing his food with a single-minded focus, and pushing the laid-back Luna away.

Sunny loved his food, and earned the nickname of CHONK as he ballooned under the open-bowl eating method. Luna lagged behind in terms of growth, with smaller bones and a sleeker body, she continued to be butted out of the way by her belligerent brother. We finally felt she might not be getting enough to eat, so we scooped up the replenishing food bowl and changed to a private feeding plan to ensure both cats were equally nourished.

Sunny had no problem adapting to this change in pattern. If he was hungry, he yowled in his loud, strange way and of course, we delivered! Our expectation was that Luna would also adapt in a positive way, no longer having to compete with her bigger brother for the food. But this did not happen.

Even in a quiet environment without distractions, Luna would find a way to be distracted. The laces on my shoe, an empty box at the foot of the bed, a stack of mail set on the dresser – all these things were far more interesting than food in a bowl. All these things had to be explored, sniffed, batted, and stroked at and then ... maybe ... she would pause to eat a bite or two.

When it comes to spiritual feeding, are we like Sunny – determined and focused to fill up our soul with Jesus? Or are we more like Luna, easily distracted by the other, far less important things around us? Do we grab a bite or two and expect it to sustain us throughout the day, sometimes skipping it all together if we are pressed for time?

We **need** the spiritual nourishment of Jesus through His Word. *Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food. Isaiah 55:2. Jesus Himself said: I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. John 6:35*

I'm reminded of the story of Mary and Martha. Both loved the Lord, but Mary was determined to sit at the feet of Jesus, her "food bowl", while Martha had other things distracting her and pulling her away. Jesus said of this, *Mary has chosen what is better.*

This morning, let's not just grab a bite and dash off into our agenda. Let's eat up! Let's embrace our Lord and feed on His Word. It is spread out like a banquet before us and will provide peace during times of trouble, healing during times of sickness, and certain redemption on the last day.