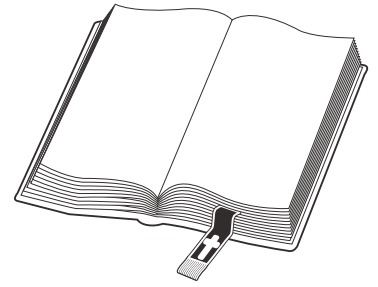


Obedience Brings Protection

“Hold me up, and I shall be safe, and I shall observe Your statutes continually.”

Psalm 119:117



Number 78 in the series “The Joy of Obeying God’s Word”

Beloved, obedience to God’s Word, the Bible, is my protection in the midst of tests, trials, suffering, and temptations. Obedience to God’s Word holds me up so that I do not fall when I am tempted to sin. Psalm 119:11 reads, *“Your word I have hidden in my heart, that I might not sin against You.”*

I have hypoglycemia. I do not want it to progress into diabetes, so I have to be careful of my blood sugar level. My body often screams, “Sugar, sugar...give me sugar!” Satan constantly tempts me. The Bible says he is a destroyer and wants to destroy my health, my life. The Holy Spirit strengthens me to resist temptation by reminding me of Romans 13:14, which reads, *“But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.”*

Again, as I obey the scripture, the Lord holds me up so that I do not yield and fall into temptation. As I make the choice to stay away from the areas in the grocery store that display cookies, cakes, and candy and instead buy fresh fruits and vegetables, I am obeying God’s Word by making no provision for my flesh to fulfill its lusts.

Another scripture that protects me is Psalm 119:59-60 that reads, *“I thought about my ways, and turned my feet to Your testimonies. I made haste, and did not delay to keep Your commandments.”* There have been times that I have given in to temptation and walked to the bakery department to look at the pastries. Hey, I am only looking! Surely there is no harm in looking. I am just checking it out. There could be something healthy for a hypoglycemic. Sure. For

me it is like playing with fire and hoping that I do not get burned.

As I obeyed Psalm 119:59-60 and thought on my ways (what will be the result for my blood sugar level if I make provision for my flesh) and as I obey God’s Word by turning my feet and quickly walking away from the temptation, then I do not give ground to the enemy. In case you are admiring my strength, my willpower, my discipline, and my self-control and feel that you will never get there, let me be honest and tell you there have been times when I resisted God’s AMAZING GRACE. I did not turn my feet fast enough, and I made provision for my flesh, and my blood sugar went way too high. But most of all, I know that Jesus loves me, and He wants me to be able to fulfill His plans for my life. By refusing His help and protection, I had allowed the enemy to hurt my health.

James 5:16 says to *“confess your trespasses one to another and pray one for another that you may be healed.”* 1 John 1:9 reads, *“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* I have confessed my sins to God, my husband, and friends and have asked them to help me by holding me accountable. God’s mercy and kindness forgives me, and as I obey, He protects and strengthens me so that I can have a clear conscience and be healthy.

— Janice McBride

All scripture is taken from the New King James Version of the Bible.

Preparing Christ’s Bride Ministries

1941 Croftdale Drive, Florissant, MO 63031 • janice@janicemcbride.com

Preparing Christ’s Bride Ministries is an international ministry. Janice is from Scotland and lives in St. Louis, Missouri with her husband, Richard. They minister at retreats, churches, military bases and prisons, helping people to glorify Jesus through obedience to His Word.