“O God, you take no pleasure in wickedness; you cannot tolerate the slightest sin” (Psalm 5:4)

How many times have you heard someone say, “Oh, God won’t mind. It’s just a little sin.” People feel that as long as they don’t commit the big sins like murder, adultery or stealing, it is okay. God cannot condone even the smallest sin. We kid ourselves when we think we could get away with sinning only a little bit.
I have noticed that the closer you get to God the more sensitive to sin you become. It is as if God has removed the blinders from your eyes and you are able to see things clearly. Sin is ugly. As we grow spiritually, we begin to see it in its true form.

Years ago on a news broadcast I saw the trailer for a movie called, “Hostel” and I recoiled in horror. There were scenes of people being tortured out of sheer enjoyment. What disturbed me was hearing one moviegoer say how thrilled he was that there was so much nudity and violence in the movie.

People might not think that there is anything wrong with going to see “Hostel.” They might say, “It’s just a movie.” The Bible advises us to, “Fix your thoughts on what is true and honourable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

God cares about what we say, think, read, watch and listen to. I used to watch violent movies, horror movies but when I renewed my relationship with God, I stopped watching them. The closer you get to God, the more intolerable these things become. You become sensitive to sin. It is no longer okay to do certain things.

God makes us aware of the sins in our lives for a reason. He wants us to change. We can no longer plead ignorance or dismiss it as a harmless little sin. In His eyes sin is sin. God does not tolerate sin and neither should we.

In the Spotlight

Keturah was Abraham’s wife after Sarah died. Her name means “incense”. We don’t know much about her except that she bore him six sons. Their names were Zimran “musician”, Jokshan “snarer”, Medan “contention”, Midian “strife”, Ishbak “he releases” and Shuah “wealth.” From Midian came the midianites or Arabians, including Zipporah, Moses’ wife.

In 1 Chronicles 1:32, Keturah is referred to as Abraham’s concubine. Keturah’s sons were said to have represented the Arab tribes who lived south and east of Palestine. And it is believed that the African people were descended from Abraham and Keturah.

We don’t know where Keturah came from. Perhaps, like Hagar, she was among the maidservants brought from Egypt. It is nice that she is mentioned in the Bible and to know that in her genealogy are the sons and descendants of Moses.


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Health Watch

I used to think that grapefruit helped me to lose weight and I still did up to a few minutes. I’m thinking of going on a diet and wanted to start back eating grapefruit. Now, I’m not so sure that it will help me to shed the pounds. I googled to see if I have been kidding myself all these years. And I came across an article about the grapefruit diet which has outlasted most of the fad diets.

The diet has been around since the 1930s and its fans claim that that grapefruit contains certain enzymes that, when eaten before other foods, help burn off fat. It lasts 10-12 days and claims to help you lose as much as 10 pounds. It is recommended that you eat grapefruit with every meal. There are variations to the diet but the classic version involves:

- Cutting back on sugar and carbs (including rice, potatoes, and pasta)
- Avoiding certain foods, such as celery and white onion
- Eating more of foods that are high in protein, fat, and/or cholesterol (such as eggs, pork, and red meat)
- Eating grapefruit or grapefruit juice before or with every meal

Does it work? Well, it turns out that grapefruit doesn’t burn fat. The water in it may be what keeps you full so that you eat less. And grapefruit can interfere with certain prescription drugs. Advice: don’t bother with this diet. Grapefruit can be a part of a healthy weight loss diet.

Source: WebMD