

What You Don't Overcome Will Overcome You

Have you ever craved something you know you shouldn't have? (And are you going to be honest in answering this question?) From an overindulgence of sweets to junk food and comfort food to temptations that seem to satisfy a temporary crave, how do you respond? "I've got this," you may say. "I'll just have a little bit. I know when to stop," you say to yourself in attempt to convince your otherwise contradicting convictions.

The truth is, what you don't control will control you. A little bit of this and a little bit of that will make way for indulgences that, when all is said and done, will leave you dry, depleted and desperate for help.

I've been there. "I'll just have a few cookies—it's no big deal," I say. It's no big deal—until I have to preach and feel myself gasping for air.

I wonder if this is what David thought. "I'll just take a quick peek. It's no big deal. She's the one who chose to take a bath where someone else could potentially see her. I'm a man. God understands." (See 2 Samuel 11.)

Really?

But how many of us make compromising statements in an attempt justify the very things we know are not good for us?

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies" (1 Cor. 6:19-20, NIV).

Someone once suggested we are what we eat. What are you? What are you feeding your physical body? What are you feeding your

spirit? What are you feeding your mind?

Have you ever struggled with the thoughts of why you feel, think and sometimes act the way you do? Yes, I will be the first one to agree with you that there is an enemy and he constantly attempts to bombard us with thoughts, ideas and discouragement—everything contrary to the Word of God. However, let me go a bit further. Second Timothy 1:7 states, “For God has not given us a spirit of fear, but of power and of love and of a sound mind.” (NKJV)

How can I say this kindly? Don’t blame the enemy for the very thing God has given you power over.

Every great man and woman of God that I have read about in Scripture has had to come against adversities, temptations and indulgences if he or she was going to fulfill their God-given assignment. Yes, God provides us His grace to see us through circumstance that attempt to make us falter. But what would you rather do—attempt to run a race dragging yourself huffing and puffing because of the ill and ineffective things you fed your body leading up to the race, or make the necessary adjustments ahead of time and implement proper disciplines with the mindset that you are going to be in the best shape possible to run the best race you can?

Will there be times of discouragement even while giving it your best? Of course. Will there be times where you will ask yourself, *Were all these sacrifices worth it?* Without a doubt. But when it’s all said and done, you can rest in the awesomeness of knowing you implemented control—that you disciplined your body, your mind and your spirit.

One of my favorite quotes to say to my daughters as they navigate through their preteen and teenage years is “Play now and pay later, or pay now and play later.”

So many people opt for instant gratification: What can I get now? What can I enjoy now? Tomorrow is not promised, so let me

make the best of what I can right now! They are right—tomorrow is not promised. However, what many fail to realize is that tomorrow's outcome—tomorrow's successes—are simply a compilation of today's decisions.

When you look in the mirror, what do you see? When you look at the fruit of your labor, what do you see? When you look at the current status of your family, your ministry, your business, what do you see? Are you controlling your circumstances, or are your circumstance controlling you?

I encourage you to stop. Listen to the voice of the Holy Spirit. Dig deep into the Word of God. Begin to make decisions that, although not comfortable, will lead you to some of the greatest days of your life. Don't forget—everything you need for godly living, God has already given to you (2 Pet. 1:3).

So rise up and become fit for your God-given assignment. The success of your future depends on it!

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