

Why Cheat Days Are a Demonic Deception

Are you craving a Snickers candy bar or a bacon-walnut-icing-covered extra-long doughnut or a triple-cheese Big Mac with super-sized fries?

Just wait for your cheat day. After all, you've earned it. Go ahead, eat it all.

We've been deceived by diets that not only permit but encourage us to take a day off of our diets and eat massive quantities of any food we desire.

"Cheat days" have become part of the national vocabulary. Somehow, we are led to believe it's "good for us" to indulge in foods we must avoid on our diets. Certain popular diet books encourage us into thinking that cheat days help us to burn body fat. They offer pop science to convince us that cheating is the path to weight loss. "You shall not surely die."

Dr. Mark Sherwood told me in a recent *Greenelines* podcast, "I am convinced that it's a deception that has moved demonically into us, and we ignore the process of feeding the body what it needs. We have to understand the deception that says, 'I can cheat on the weekend. I can have a cheat meal.'"

"'Oh, come on, man. You've had a tough week'" he said. "'You deserve it.' The backward thinking behind this is troubling because it's deception. Americans are the only country in the world to celebrate cheating. We see it. Obesity is the fastest-growing noncommunicable disease in the world. And God Bless the USA, we are obese."

Sherwood referenced 2 Chronicles 7:14, "if My people, who are called by My name, will humble themselves and pray, and seek

My face and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and will heal their land.”

“What is the land?” he asked. “Is it the field down the street? Is it that mountain? Isn’t the land the dirt from which we were made? Aren’t we walking around in suits made of dirt? The land is our body. And we’ve moved our bodies desperately off course.”

He believes disease is the result of the way we feed our bodies.

“There are five disease processes that we would consider diseases of the affluent,” he said. These are the diseases of prosperity: Alzheimer’s, cancers, heart disease, Type 2 diabetes and autoimmune conditions. These conditions don’t exist in sub-Saharan Africa. America is leading the way in these diseases. It pains me to say we have led the way to create a gluttonous, horrible lifestyle that includes chronic ingestion of things that were never food but have been labeled, branded, subsidized and given away as food for charities.”

Dr. Sherwood suggests the time to repent has come. “Pastors and leaders everywhere need to stop, pray and repent from their doughnut ministries,” he said. “We need to think critically. We need to stop giving people something to eat that we wouldn’t give to our own children.”

To listen to the rest of my conversation with Dr. Mark Sherwood, [click here](#) for the entire podcast. {eo}