Point Man

Chapter 5

Anorexic *Men* and their **Bulimic** *Cousins*

Thousands of Christian men have spiritual anorexia and bulimia that is why they are *ineffective* in leading their families.

What is spiritual anorexia? *Spiritual anorexia* is an aversion to *reading* Scripture.

I asked thousands of Christian men across the United States how often in an average week they interacted with God through Scripture. Forty-five (45%) percent reported only one time a week or less. The majority of these men are committed Christians and attend church weekly. They are not on the fringes of the church. Most would be considered pillars of their local congregation. Yet nearly half of them are spiritually anorexic.

We cannot afford to be spiritually anorexic when we've been given the responsibility to lead our families. We have to stand tall and firm on the Word of God.

Spiritually speaking, bulimia is reading or hearing God's Word without personal application… Spiritual bulimia is an aversion to *applying* Scripture to my life.

In the Christian life the opposite of ignorance is not knowledge, but obedience. God does not want to take a new believer and move him from ignorance to knowledge. He wants to move him from ignorance to knowledge to obedience.

Obedience means that I apply God's Word to my life and circumstances. If I don't do that, then I am binging and purging.

The *antidote* for spiritual anorexia and bulimia is scriptural meditation. Meditation enables us to digest the truth of God's Word. A superficial, quick reading of Scripture doesn't cut it.

A man who wants to be spiritually mature leader must put his roots deep in the Word of God.

God's Word is the best weapon you can use against the devil. Knowing and memorizing Scripture is vitally important!

Have a spiritual plan to read Scripture and pray daily "Daily Quiet Time"

1. Plan a time and place
2. Begin with Scripture
3. Make a prayer list

We need to spend at least 30 minutes a day reading the Bible and praying to stay spiritually fit.

<u>We need a “Morning Meeting/Briefing” with the Lord as we start each day!</u>

1. It reminds us there is a Sovereign God ruling the world and the affairs of our life.
2. It is a reminder of what is true and is “a dose of reality.”
3. It reinforces our beliefs and convictions.

<u>Bible references:</u>
Matthew 4:4, 2 Timothy 2:14-15, 2 Timothy 3:16-17, James 1:22-25, Hebrews 4:12