

## **Obsession**

A Two-Minute Thought by Eric

Have you ever seen a dog try to extract peanut butter from a Kong (a long hard rubber chew toy with a hole the size of a finger running through the length of it)? The dog will relentlessly obsess on getting that peanut butter out and nothing else matters. It's fun to watch, but is actually an unhealthy behavior.

How often have we found ourselves obsessing about something? I used to have a messy desk: papers all over it, everything in disarray. But, at some point long after just being "tidy", I found myself continually straightening up my desk. It was (and is) to the point that if it's not a right angle, it's a wrong angle. What I realized is that this is a form of control. Oh, it's not real control. But I found that when other areas of my life are stressful or taxing, I find comfort in keeping other areas of my life orderly - even if it is only an illusion. It was unhealthy before when I would simply obsess about it and not realize that my behavior was being provoked by other factors. With God's help, I can now identify this behavior as it is happening and evaluate what areas of my life are feeling pressure.

So, what do you do when you finally realize what is happening? Take it to Jesus. Lay it down at His feet and ask for help sorting through it. Lean on His strength and understanding to help guide you through it. That's what He wants - that is His obsession. Quite simply, talk to Him about it – Pray. There is comfort in it because help is right there!.

And our dog? She doesn't know Jesus, so she will simply continue to consume herself in trying to extract that peanut butter. What do you consume yourself in?