

## **Intentional and Unintentional Sin By Brenda J Wood**

Numbers 15:22-31 describes intentional and unintentional sin. In the list below, mark intentional sin with an I. Use U for unintentional sin. Add any others that come to mind.

|                           |                                     |
|---------------------------|-------------------------------------|
| I like to eat.            | I choose to disobey God.            |
| I like the taste of food. | I have a busy social life.          |
| It is a habit.            | I like to be part of the crowd.     |
| I have nothing to do.     | Food is always on my mind.          |
| I am depressed.           | Food is my personal reward.         |
| I feel rejected.          | Family custom demand it.            |
| Eating makes me happy.    | Doctor says keep up my strength.    |
| People expect it.         | It shows success, prestige.         |
| I want to.                | I didn't know gluttony was sin.     |
| I am hungry.              | It's the permissible Christian sin. |
| I am frustrated.          | Food helps me forget.               |
| I am lonely.              | Advertising makes me eat.           |
| I just don't care.        | Food makes me feel powerful.        |
| I am bored.               | I want to get to a certain weight.  |
| Everybody else does it.   | Food relaxes me.                    |
| Food calms my nerves.     | Food is always available.           |
| I am too old to change.   | I can't help the way I am.          |
| I choose to obey God.     | I am too busy to plan ahead.        |

Now check your list. Are these excuses? Or are they reasons?

### **Me and God**

ME- My body is blubber, my dieting weak.  
I'll never be model slim like that size three I seek.  
Oh God how can you love me? I'm so concerned with myself.  
It's disgusting the way I gobble food off the shelf!

GOD- No you don't understand child. My son died for YOU!  
He demonstrated a love that is beyond self, and true.

ME-What's that you say, God? Jesus died for ME?  
But you don't understand. I'm not up to much.  
I fail and fall and falter and such..  
You surely don't want me. I'm worthless. I sin.  
I'm human. I'm weak; why, I'm not even thin!

GOD- No, you don't understand, child. You're not worthless in me.  
I gave you the reason to live and to be.

ME-What? Look up to YOU and know my true worth?  
You love ME so much, no matter my girth?  
Why Lord, is it possible that YOU died for ME???  
Oh, Lord, now I see...now I see...Now I see!