

Proverbs

The Stomach – A Healthy Appetite Week 4 of 6

Thomas Costain's book *5 The Three Edwards* describes the life of Raynald III, a 14th-century duke in what is now Belgium. Grossly overweight, Raynald was commonly called by his Latin nickname, *Crassus*, which means fat.

After a violent quarrel, Raynald's younger brother Edward led a successful revolt against him. Edward captured Raynald, but did not kill him. Instead, he built a room around Raynald in the Nieuwkerk castle and promised him he could regain his title and property as soon as he was able to leave the room. This would not have been difficult for most people, since the room had several windows and a door of near-normal size—none of which were locked or barred. The problem was Raynald's size. To regain his freedom, he needed to lose weight.

But Edward knew his older brother. Each day he sent a variety of delicious foods into the room. Instead of dieting his way out of prison, Raynald grew fatter. When Duke Edward was accused of cruelty, he had a ready answer: "My brother is not a prisoner. He may leave when he so wills." Raynald stayed in that room for 10 years and wasn't released until after Edward died in battle. By then his health was so ruined that he died within a year—a prisoner of his own appetite. [Rich Doeblar, from his sermon series titled "Grace with Its Sleeves Rolled Up," PreachingToday.com]

This week's daily reading will continue our journey through the book of Proverbs. Look especially for verses that speak to our physical passions and fleshly cravings.



northeast daily reading

March 6-7, 2010

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DAY ONE – Proverbs 16
DAY TWO – Proverbs 17
DAY THREE – Proverbs 18
DAY FOUR – Proverbs 19
DAY FIVE – Proverbs 20

Memory Verse:

“Do not wear yourself out to get rich;
have the wisdom to show restraint.” (Proverbs 23:4)



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