

## **Crumbs on the Kitchen Floor**

### **Ready:**

"But everything exposed by the light becomes visible—and everything that is illuminated becomes a light." - Ephesians 5:13

### **Set**

The morning sun is a beautiful thing. Except when I'm doing meal prep and it shines into my kitchen exposing every speck of dust on the counters and every crumb on the floor. This reminds me of Judgment Day: every little speck of sin in our lives will be shining bright. Nothing will be hidden from the light of our Lord, and, in fact nothing is ever hidden in this life. His Light shines through. When I look at the crumbs on the floor or the specks of dust in the light, I see them as my daily sins: tiny, but large in number and if not cleaned often, they will accumulate into big piles of dirt. I clean my counters and sweep the floor, thinking all is well, but a few days later, the sun shines in and there are more crumbs.

Where does it all come from? A little here a little there. A white lie here, a lustful thought there, a comment behind someone's back, even slacking on a workout-- doing less reps or laps -- God sees and hears it all. We can sit in the dark and not acknowledge all the little sins, but they are there. Of course, I am tempted to call a cleaning crew --that way I wouldn't have to face the crumbs or do any work-- but as soon as they leave, the little crumbs will start appearing again. Sins are a daily thing and need to be swept away often or caught before they happen. Obviously, if I didn't meal prep, (or did it at night in the dark) I wouldn't see the crumbs, but as athletes, we care about our diet, and must face the crumbs on the kitchen floor!

If you think you have no crumbs in your life, shine the sun full blast and look closer. Be careful of the little crumbs of sin, even they will be exposed in the light.

### **Go**

1. Do you have "little sins" you are unaware of?
2. Do you minimize/rationalize your little sins?
3. Do you realize you have little sins and write them off as "being human?"

### **Workout**

1 John 1:5-9; 1 John 5

### **Bible Reference:**

1 John 1:5-9

1 John 5



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