

The Snow Family Diet

Everyone in the Snow family was flabby and bloated. They had not stuffed themselves with too much snow or bird seed cakes. Instead, they had filled themselves with something much more fattening. . . .

One day Seth Snow woke up to the sound of chattering cartoon characters. He jumped out of bed and bounded down the stairs.

"Hey, Sindy, How'd you get up so early?" Seth reached for the remote. "That isn't the show I always watch!"

"No, I wanna watch . . . Mommy! Mommy!"

"Shut up! They're sleeping! Okay, okay! It's on only five more minutes anyway. Then I get to pick a show!"

"I wanna get that doll!"

"You got a thousand already!"

"She blinks and hiccoughs, an' all those girls have one!"

"They're just acting in a commercial! You don't need another doll. Now me, I need that new rocket I saw on TV yesterday!"

"Seth, what's going on in here?"

"Nothing, Dad. Sindy was just griping about her TV show."

Mr. Snow scratched his weekend whiskers. "Keep it down. Your mom's still sleeping, and I'm going to work on the computer. I don't want to be bothered unless there's a real emergency."

"Okay, Dad. Show's over, Sindy!" Seth grabbed the remote and changed the station.

"Can't you find anything better. Those creatures might scare your sister."

"Aw, Dad. Look! She's playing now."

Later during lunch Mrs. Snow said to Seth and Sindy, "Would you like to go to the store with me. We can go to the playground first."

"No thanks, Mom, we just started our 64th round of this computer game. We're gonna do a hundred."

"Just relax, Sarah," Mr. Snow said. "The kids are having fun."

"How can I relax with that continuous buzzing sound?"

"It's not buzzing, Mom. It's music for the game."

"Can you bring my lunch in to my computer, Sarah? Got this great chat room conversation going on."

An hour later the kids' computer went blank.

"Whata matter, Seth?"

"I dunno. Can't get it back on! Let's go ask Dad. He's watching TV . . . Dad?"

"Wha . . ."

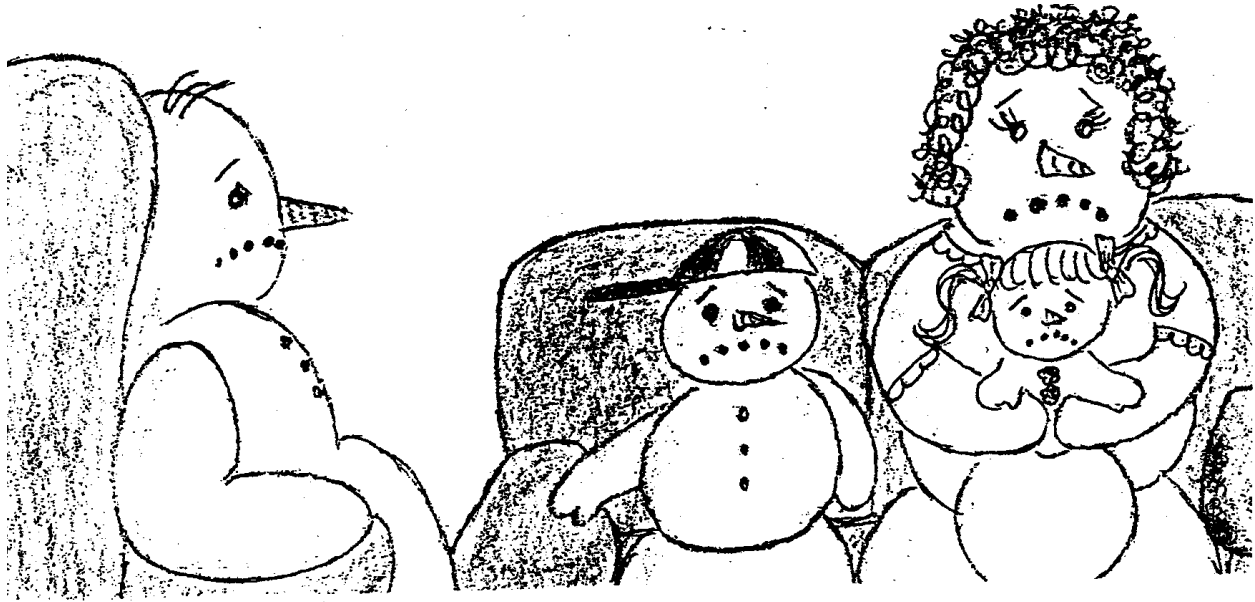
"Our computer's gone blank."

"That's nice kids."

"We can't figure out what the matter is. . . . Are you listening, Dad?"

"U-huh . . . Where you going, kids? Uh . . . Sounds like your computer crashed."

"Yah, thanks, Dad! . . . Wanna go outside, Sindy?"



The snow kids tried to throw a snowball back and forth, but they were so full of TV shows and computer games, they could hardly reach down all the way to the ground. Then they tried to play tag, but they could hardly lift their legs off the ground.

Seth plopped down on the snow. "My stomach doesn't feel so good."

"Me, too." Sindy said.

"Here's Mom. Let's tell her," Seth said as he puffed big clouds of air to pull himself up. "Need help with those bags, Mom?"

Mrs. Snow grabbed both sides of the ice car as she heaved herself out of it. "Thanks, Honey. What's up? Why so sad?"

"Mom, I don't feel good."

"Let me check your temperature! You aren't melting are you?!"

"No, I just feel so stuffed . . . with TV shows and computers and . . ."

"I know, Dear. I feel the same way. I think we're ready for a spring-cleaning! Why don't you go tell your dad how you feel?"

After their spontaneous family meeting, Mr. Snow said, "You're right everybody. We've been rolling down a slippery, steep mountain of soul-garbage, and we've turned into huge snowballs that can hardly move! Let's make a New Year's resolution to do our spring-housecleaning early."

"Yea! Yea!" the snow kids yelled!

So the Snow family got out their brooms, mops, buckets, and rags. They bagged up harmful videos, TV shows, computer games, books, magazines, toys, words, and jokes, and dumped them in their garbage cans. Then they dusted, swept and scrubbed until their house and hearts gleamed like new-fallen snow, and they felt as light as cotton candy clouds on a windy day!

Now, they could fill up on the clean snow of God's love and His *helpful* words and truth in the Bible. As long as they stayed on this delicious, nutritious diet, they would never get soul flab again. And for exercise, Sam, Sarah, Sindy, and Seth went sledding and played ice hockey and snow baseball and basketball all winter long.

Of course all their neighbors noticed and marveled over how trim and full of life the Snow family had become. They asked how the Snows had gotten in such good condition. Seth, Sindy, and their parents passed on the secret of their wonderful diet. The snow diet became very popular with all the families in Snowland that Winter and every season from then on.

"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things." Philippians 4:8 NIV

"Create in me a pure heart. Make my spirit right again." Psalm 51:10 ICB

"Blessed are the pure in heart, for they will see God." Matthew 5:18 NIV

Jesus said, "My yoke is easy and My burden is light." Matthew 11:30 NIV

