

# Faulty Diets, Faulty Faith

By Rev. Andrew P. Carrozza

“I must lose weight!” the chubster said,  
“My clothes are way too tight!  
I tire fast and my wife tells me  
I snore throughout the night.”  
So on the internet he browsed  
Through every diet trend.  
Breadless, meatless, grapefruit, scrod,  
There seemed to be no end!  
Day after day he surfed the web  
Devouring every word.  
He read each page most carefully,  
Left no advice ignored.

Yet after weeks of constant work  
His weight did never change.  
He couldn't fathom what was wrong;  
To him it seemed most strange.  
Hour after hour, day by day,  
Through magazines galore,  
With doughnuts always in his mouth  
He searched for more and more.  
Till one day it occurred to him  
His process was for naught.  
Just reading about diets  
Would not help him as he thought.  
He had to change his dining ways,  
Put less upon his plate,  
Eat what they say and exercise  
And then he'd lose the weight.



Of course, this seems so trivial,  
To us makes perfect sense.  
Yet when it comes to holiness  
We're sometimes no less dense.  
We think that saying endless prayers,  
And reading holy texts  
Will make us peaceful in themselves;  
By this we're most perplexed.  
Just reading about Jesus' ways  
Will not lead to these ends.  
We have to live as he commands  
To feel the peace he sends.

Yes, holy writings give us help,  
But nothing can replace  
Our doing what his will commands  
To know his soothing grace.  
This Christmas, may we understand  
That God became a man  
To set example for us all;  
That is his sacred plan.  
Don't merely read about the Lord  
But do as he requires.  
For only then will you receive  
The peace your heart desires.

