

Chocolate: How Sweet It Is!

Maybe this is news that is sweet to your ears (as it is to mine). Sometimes, chocolate can be good for you. A study done at the University of California, San Diego, discovered that people who regularly eat dark chocolate weigh less – 5 to 7 pounds on average – than those who stay away from the sweet.



That finding is bolstered by research showing that chocolate containing at least 70 percent cocoa has specific health benefits, according to webmd.com and fitday.com.

Small amounts of dark chocolate can lower your cholesterol, increase blood flow to the brain, put you in a better mood, boost your body's ability to fight disease and help harden your teeth. Plus, it contains essential minerals such as potassium, copper, magnesium and iron.

It should be noted that the people in the University of California study didn't gorge themselves on chocolate or eat huge amounts of chocolate cake and ice cream. But an ounce or two a day can be a great treat. Dark chocolate, the study said, is best, because of its heart-healthy antioxidants.

Chocolate isn't the only sweet thing that can be good for you. In Psalm 34:8, David writes: "Oh, taste and see that the Lord is good; blessed is the man who trusts in Him!"

In the Book of Proverbs, wisdom is compared to sweet honey. "My son, eat honey because it is good, and the honeycomb which is sweet to your taste; so shall the knowledge of wisdom be to your soul; if you have found it, there is a prospect, and your hope will not be cut off" (Proverbs 24:13-14 NKJV).

When you savor your relationship with Christ by consuming His Word and building your wisdom in Him, you'll reap a sweet, satisfying reward.



If we are honest, we probably don't eagerly anticipate our devotional time the same way we look forward to taking a bite of our favorite chocolate bar. But we should. Think of ways to make your time with God sweeter.

Unlike chocolate – where too much of it can be a bad thing – we can never consume too much of God's Word. We can never have too much of Jesus in our lives.

– Beecher Hunter