



SERMON RECAP

JUNE 21, 2026

Wisdom of Simplicity

“The Donut Chef”

Proverbs 3:1-12, Ecc. 11:4-10

How many choices have you made today? Is it even possible to guess? You woke up and chose to either sleep a little more or get up. You chose what to wear, but maybe you first chose to look up the weather or maybe you choose other activities that you would try and accomplish. You chose to listen or watch or read something. You chose your route. You chose where to sit. And this is all on a pretty simple Sunday morning and all you’ve done is go to church.

If you decide to go to the grocery store today, the amount of choices will skyrocket. To illustrate this point, I did a little searching. Oreos are one of my favorite treats. I remember when Double Stuff Oreos came out. It was a big deal to have a choice between two different kinds of Oreos. Now however, there are so many different kinds, it is overwhelming. I actually found an article ranking all the flavors of Oreos, and classic Oreos did not crack the top 30. I didn’t even know that there were 30 different kinds of Oreo. There is almost every possible combination of thin, double stuff, white, peanut butter, and mint. Then throw in some fun ones like “Space Dunk,” and suddenly I feel like little Betty Sue from the book “Donut Chef.”

This was one of my favorite books to read to my daughters when they were little. It’s a funny story about two Donut chefs competing for customers. They cooked up more and more different strange varieties of donuts. They had so many different varieties that they stopped looking like donuts at all.



Finally, a little girl just barely two shouts, “But I want glazed!” The crowds are shocked, but they remember a simpler time. “Me too!” they shout, and suddenly simple donuts dipped in glaze become all the rage.



The Donut Chef is a silly, whimsical story with a deep meaning. Sometimes the simple things in life bring the greatest joy. Lady Wisdom reminds us in Proverbs that “

***Better a little with fear of the Lord
than a great treasure with turmoil.
Better a meal of greens with love
than a plump calf with hate.”***

Ecclesiastes reminds us that “There’s nothing better for human beings than to eat, drink, and experience pleasure in their hard work. I also saw that this is from God’s hand— Who can eat and find enjoyment otherwise?”

There is a sad strain of Christianity that thinks that pleasure in life is inherently sinful. This comes from a non-Biblical understanding that the body and material things are inherently broken and that the soul is intrinsically good. Genesis tells us however, that creation is good. That includes our bodies. It is good to enjoy life.

Genesis also reminds us that we are made in the image of the creator - part of what makes us human is that we can create. Delight in what you create, just as God delights in us.

It is good to sit in a hammock with a cold drink after mowing the lawn. It is good to admire something that you created with your hands - a carved spoon, a painted picture, a sculpted bowl. It is good to enjoy the movement of dance, the inner calm that comes with stretching your muscles in yoga or tai chi, or the delirious exhaustion of a hard work out.

A simple donut dipped in glaze can remind to taste and see the Lord is good. There is folly in chasing extravagance, there is danger in living in luxury, but poverty is not necessarily holy. Hunger and suffering is not the will of God. Wisdom tells us that finding joy is no sin. Taking pleasure in life is delighting in God’s creation. After all, there’s nothing quite like glazed, I think.