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Brian T. Whitaker

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TUESDAY, FEBRUARY 21, 2012

Why I Stopped Brushing My Teeth

About three years ago I stopped brushing my teeth. It wasn't a conscious decision; it just happened slowly over time. I kind of lost interest. It's a lot of work. I'm really busy. I don't really see how brushing helps me in any way.

I stopped going to the dentist, too. He just made me feel bad. He reminded me that he thought it was important for me to brush my teeth at least twice a day, preferably more. I guess it works for him, but it's just not for me. I'm doing fine without it.

I'm pretty sure my friends don't notice. After all, how can my own decision hurt anyone else, especially if it's not hurting me?

If you ask me one-on-one, I will admit to you that I sort-of think tooth brushing is important. I own a couple of toothbrushes, stored conveniently in my bathroom. I know how to brush; I just don't want to. It's not that important to my own life.

I do make my kids brush their teeth. When I talk about it with them, they think I brush my teeth all the time. I'm sure they can't tell that I don't.

Yes, this line of thinking sounds ludicrous. But have we used similar excuses about reading the Bible?

(P.S. - I brush my teeth regularly, AND I read my Bible regularly. Both are vital in my life!)

Posted by [Brian T. Whitaker](#) at 9:45 AM



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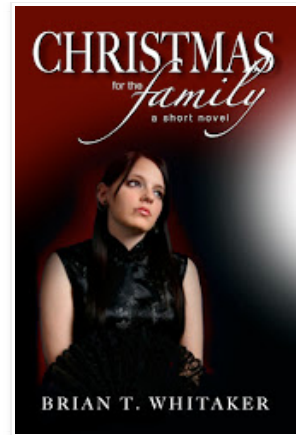
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ABOUT ME



Brian T. Whitaker

Brian T. Whitaker is a pastor, musician, playwright, and author. He is happily married to Kristin and has three children. Brian reaches out on the internet through *Whitaker Writings*.

Whitaker Writings: Relating biblical truth to everyday life, to draw people closer to Christ

Please visit Brian's blogs:

Christian Husbands and Fathers

Help for Widows and Widowers

Whitaker Writings (general posts on the Bible and Christian life)

You can check out Brian's books:

[Christmas for the Family - A Short Novel](#)

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