

America's Health Crisis

I. Scriptures and statistics:

A. Do I live to eat or eat to live?

" 'Everything is permissible for me'--but not everything is beneficial. 'Everything is permissible for me'--but I will not be **mastered** by anything." 1 Cor. 6:12

"...a man is a slave to whatever has mastered him."

2 Peter 2:19b

"No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money." [or "God and food"?] Matthew 6:24

B. My "waist to hip ratio in inches (WHR)" is (waist) _____ to (hip) _____ for a ratio of _____.

C. How many feet of capillaries in a pound of fat?

Approximately **5,280 or one mile.**

D. What is fat?

Stored energy.

E. How many calories in a pound of fat? **3,500.**

If I eat 350 more calories than I need in a day in **ten days** I will gain a pound. If I eat 350 calories less per day I will lose a pound in **ten days.**

F. How many calories does the average adult burn in a day just to stay alive?

1500.

What if they are active?

2000 to 2500.

G. What does fat do?

It **insulates, protects** and produces **proteins.** It may be the cause of type II **diabetes.**

II. What does the Bible tell us about controlling our eating?

A. How seriously does God take the issue of controlling our eating?

"... put a knife to your throat if you are given to **gluttony.**"

Proverbs 23:2

"The sin of your sister Sodom was this: She lived with her daughters in the lap of luxury – proud, **gluttonous** and lazy."

Ezekiel 16:40 (MSG)

B. Can food become a source of idolatry?

"Their destiny is destruction, **their god is their stomach,** and their glory is in their shame. Their mind is on earthly things."

Philippians 3:19

C. Can the Holy Spirit help me with this issue?

One of the fruits of the Holy Spirit is **self-control.**

(see Gal. 5:22-23)

D. If I chose not to control my eating, what will the impact be on my: **health, ministry, finances, family,** and **retirement** dreams?

At Home This Week

1. Share how you "feel" (emotions) about the topic of food as considered Sunday morning. Note, not what you "think" about this topic, but what you feel. What do these emotions tell you about this issue in your life?
2. Share any "I didn't know that!" with each other.
3. What role does food play in your life? Do you live to eat or eat to live? Why?
4. Agree to pray for each other this week about what, if anything, God wants you to do with this information. Ask for His help BEFORE you start making any changes if in fact any needed changes are needed. Also, consult your physician.
5. If you decided to "eat healthy" cutting back on unhealthy food, what impact might that have on your food budget? Medical costs? What could you envision doing with that "extra" money?



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Contemporary Service

Copies of today's sermon can be purchased at the information center.
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