

# America's Health Crisis

## Part 2

- I. What can I/we do to lose weight?
  - A. Make a **commitment** today to lose weight. Start this week.
  - B. Have a **realistic** weight loss goal.
  - C. Get in the practice of **reading labels** and eat **healthy**.
  - D. Drink lots of **water**.
  - E. Get a **physical** to be sure you can exercise.
  - F. Start **exercising**...a little bit.
  - G. Take a **life style** approach NOT a diet approach.
  - H. How do I talk to my loved ones about this? With **gentleness** and **respect**.

***“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” 1 Corinthians 6:19-20***

## At Home This Week

1. What typically defeats you in the pursuit of healthier eating?  
Is there a type of food you cannot seem to resist?  
Get some accountability/prayer partners to address this issue with you.
2. If someone you know has had a heart attack, stroke or has diabetes...  
have them share with you what that is like.
3. What role does food play in your life?  
[Comfort? Celebration? Stress relief? Boredom relief? Other?]  
What are the pros and cons of these?
4. When was the last time you had a physical or at least had your blood pressure checked?  
If it has been more than a year, will you promise to at least get your blood pressure checked?
5. Just losing ten percent of your current body weight, if you are over weight, can make a huge beneficial difference in your health.  
Are you willing to take on the challenge?  
(Measure your hips/waist. A good waist to hip ratio for men is 1.0 or less. A good WHR for women is .85 or less.)  
Take some time to seriously consider this weight control challenge and then pray for each other.
6. What is the most successful long lasting practice of weight control you have experienced? Share it.  
Will you get into that practice again?  
Why or why not?
7. What impact has the overweight condition of others (family members, friends, co-workers) had on you?  
(e.g. premature death, physical limitations etc.)



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