

America's Health Crisis

Part 3

TEN KEYS TO CONTROLLING YOUR WEIGHT.

"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship." Romans 12:1

1. Listen to the **Holy Spirit**. **Ask** for His help. In other words ask for **self-control**, **patience** and **wisdom**. (Is. 30:21; Gal. 5:22-23; Jam. 1:5)
2. Lose weight **slowly** via lifestyle **change**.
3. Evaluate your '**eating culture**'.
4. Use **common** sense. Don't trust the "hype". Read food labels.
5. Don't skip **breakfast**...those who do eat more junk food.
6. Make **exercise** part of your lifestyle. Muscles...use 'em or lose 'em.
7. Realize that your metabolism slows by about **5% per decade**.
If you don't change your exercise and/or eating habits, soon you'll be gaining 10-12 pounds per year by eating the same way/amounts you did 10 years ago. (Assumes a 2,000 calorie per day intake.)
8. Reduce your **stress** levels. Stress results in cortisol production that sends a note to your body to crave higher fat/ higher carb foods... and worse, stores them at your waistline in the form of fat.
9. Get more **sleep**. Sleep deprivation increases the appetite stimulating hormone grehlin and decreases the satisfaction hormone leptin.
10. Drink more **water**. It will help eliminate fat soluble toxins.
May help with headaches, joint inflammation and kidney stone prevention.

"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 [make sure that, as an act of worship you conduct your body in all things, in such a way that it is a highly commendable asset which exalts God] God with your body."
1 Corinthians 6:19-20 (See Romans 12:1)

At Home This Week

1. From your growing up years, share your family's eating habits. What areas can you now identify is unhealthy?

Example: "Finish everything that was put on your plate (Regardless of portion size or sensitivity to being full) or you'll get no dessert." ... or you can't go outside and play." ...or "there are kids starving all over the world right now who would love to eat what you have".
"We always had dessert after the meal."
"We always had bread with our meals."

2. Have you ever gone on a diet? How long did it last? What was the long term affect? Share your experiences. Given these experiences (share around your table) what benefits can you see in a lifestyle change?
3. What are some of your best reasons/excuses for not making a life style change?
4. What unhealthy eating drinking habits/practices do American men culturally view as "manly"? Discuss these and agree to identify the foolish habits as just that, "foolish".

Example: Staying up too late; not enough sleep; don't care what I eat/drink thinking I'll die young and happy; eat and drink too much; an overly crowded schedule is almost a badge of honor in our country; a big "manly" gut.

5. Do you eat the same way/amounts that you did ten years ago? What has the impact been?
6. If you are not getting enough sleep, what practical first steps can you do to get enough sleep?
7. What beverage do you drink the most of? How can you increase your intake of water?



Dr. Larry G. Shelton
Contemporary Service

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