

January 8th -- No Cheap Fuel P. Bruce

INTRODUCTION

We have just come through our New Year's Celebration, and many of us participated in one of the annually rituals. Just as assuredly as the fact that they sang Auld lang Syne when the ball dropped at Times Square, Many of us made New Years Resolutions.

Here is a sample of the top ten New Years resolutions over the past few years.

10. Be More Spiritual
9. Get Out Of Debt
8. Be More Organized
7. Spend Less Time on the Internet
6. Spend More Time with the Family
5. Be a Better Person
4. Quit Drinking
3. Quit Smoking
2. Exercise
1. Lose Weight

T.S. Despite our desire for a change in these areas most of us have accepted the reality that New Years Resolutions don't work.

The Reality:

More than 60 percent of Americans aged 20 years and older are overweight.

One-quarter of American adults are also obese ¹ ...

Annually over half of Americans go on a weight-loss diet or are trying to maintain their weight.²

Society statistics for Overweight

Costs for Overweight: Total cost: \$99.2 billion

Direct cost: \$51.6 billion (5.7 percent of the U.S. health expenditure)

Indirect cost: \$47.6 billion (comparable to the economic costs of cigarette smoking)

Weight Gain and Loss has become a joke

TRANSFORMATION IS ALL ABOUT LORDSHIP ISSUES, NOT RESOLUTIONS— JESUS WANTS TO BE LORD OF OUR BODY

1 Cor 6:19-20

19 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; 20 you were bought at a price. Therefore honor God with your body.

NIV

What if I told you that today at the close of serviced each of you were going to receive on Loan a Brand New Mini Cooper?

- Imagine how excited you would be.
- Imagine what you could do with it.
- Imagine that the only restriction on it were that you use it for the advancement of God's Kingdom in someway or another.
- If you received one, would you go out and put kerosene in the gas tank?

I. Myths:

A. I have to be Thin—No, BUT!

1 Cor 6:12-13

12 "Everything is permissible for me"-but not everything is beneficial. "Everything is permissible for me"-but I will not be mastered by anything. 13 "Food for the stomach and the stomach for food"-but God will destroy them both.

NIV

B. What I Eat Doesn't Matter.

Dan 1:8-16

8 But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. 9 Now God had caused the official to show favor and sympathy to Daniel, 10 but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you."

11 Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, 12 "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days.

15 At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.

NIV

1. It can affect our witness

2. It can affect our ability to serve.

1 Cor 10:31-11:1

31 So whether you eat or drink or whatever you do, do it all for the glory of God. 32 Do not cause anyone to stumble, whether Jews, Greeks or the church of God- 33 even as I try to please everybody in every way. For I am not seeking my own good but the good of many, so that they may be saved.

II. The Truth --

A. It is a Lordship Issue

1 Cor 6:19-20

You are not your own; 20 you were bought at a price. Therefore honor God with your body.

B. It's a Significant Issue

In the contest of Paul's teaching on the Lordship of the Body he only addresses two challenges Sex and Food. These are the two great challenges when it comes to the Lordship of the Body.

1 Cor 6:13-14

13 "Food for the stomach and the stomach for food"-but God will destroy them both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.

NIV

III. What Do You Do?

A. Admit your Struggle.

B. Make it a matter of prayer.

C. Make it a matter of discipline

Watch the Cheap fuels

- Sugars
- Fats
- Salts
- Abusive Substances

Use your Body more.

- Invest in a Pedometer.
- Increase by 1000 steps a day and you can stabilize weight.
- Increase more steps to lose some weight

D. Be held accountable

- Find a partner
- Do Weigh ins

E. Make it a life style change not a gimmick.

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1 Cor 6:19-20

19 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; 20 you were bought at a price. Therefore honor God with your body.

CLOSING CHALLENGE:

The first step in transformation is admitting we need change.

Has food become your master?

Have you failed to honor God with your body?

Have you repeatedly made resolutions and failed?

Is this the time to confess and ask for the Lord of the Body to take control of your Body?

As we sing "Sanctuary." If you would like to prayer by your self, with someone else I invite you to come.