

Lose it For Life: What I Eat And What's Eating Me by Recovering Overeater Steve Arterburn

I. Introduction: Twinkies, elastic and other wasteful enemies

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life. John 10:10 NLT

II. There are hard truths 2 comprehend

Your body is 2 be treated as a temple

Don't you know that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? 1 Corinthians 6:19 NLT

God expects us 2 have self-control

And we are instructed to turn from godless living and sinful pleasures. We should live in this evil world with self-control, right conduct and devotion to God.

Titus 2:12 NLT

God expects us 2 sacrifice our bodies

And so, dear brothers and sisters, I plead with you to give your bodies to God. Let them be a living and holy sacrifice—the kind he will accept. When you think of what he has done for you, is this too much to ask? Romans 12:1 NLT

III. There are boldfaced lies 2 confront

“Compared 2 other problems this is not that bad.”

Sodom's sins were pride, laziness and gluttony...Ezekiel 16:49 NLT

(Arrogance, abundant food and careless ease... Ezekiel 16:49 NASB, arrogant, overfed and unconcerned... Ezekiel 16:49 NIV)

“What I look like doesn't matter; it is only what is on the inside that counts.”

Do not let any part of your body become a tool of wickedness, to be used for sinning. Instead, give yourselves completely to God since you have been given new life. And use your whole body as a tool to do what is right for the glory of God.

Romans 6:13 NLT

“All I have 2 do is _____” (insert any lame thing that never works for very long)

From the least to the greatest, they trick others to get what does not belong to them. Yes, even my priests are like that! They offer superficial treatments for my people's mortal wounds. Jeremiah 6:13, 14 NLT

“I can do this on my own.”

A person standing alone can be attacked and defeated, but 2 can stand back to back and conquer. Three are even better, for a triple-braided cord is not easily broken.

Ecclesiastes 4:12 NLT

Any number less than 2 isn't enough to break free

IV. There are tough attitudes 2 change

Arrogant Entitlement

He is especially hard on those who follow their own evil, lustful desires and who despise authority. These people are proud and arrogant...II Peter 2:10 NLT

Stubborn Resistance

You stubborn people! You are heathen at heart and deaf to the truth. Must you forever resist the Holy Spirit? But your ancestors did, and so do you! Acts 7:51 NLT

Justifiable Resentment

A stone is heavy and sand is weighty, but the resentment caused by a fool is heavier than both. Proverbs 27:3 NLT

Get rid of all bitterness, rage, anger, harsh words and slander as well as all types of malicious behavior. Ephesians 4:31 NLT

V. There are vital connections 2 correct

In Cosmos

And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.

1 John 4:17-18 NLT

In Cohabitation

Be patient with each other. Making allowance for each other's faults because of your love. Ephesians 4:2 NLT

In Community

Let us concentrate on the things which make for harmony, and on the growth of one another's character. Romans 14:9 NLT

VI. Conclusion:

You will never see all God has for you until you see all God sees in you.

What can we say about such wonderful things as these. If God be for us, who can be against us. Romans 8:31 NLT

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