

THE BIGGEST LOSER

By: Clay Barnes

In case you have not been watching your TV or listening to your radio then perhaps you have forgotten that today is "Super Sunday"? The two best teams in Football go head to head to be Super Bowl champions! However it occurred to me and probably you too that in order to win big you have to lose big. No doubt you have heard, and may followed the long running NBC show called The Biggest Loser. On this show contestants who want to lose weight are assigned a trainer who in conjunction with with the medical team designs a comprehensive work out and nutrition plan. However the contestants are individually held responsible for the implementing the plan.

Our Bibles, the inspired word of God is our plan. The Lord has made sacrifices to give us a good plan, but it's up to us to put that plan into a workable plan to lose our weight. Sin. Paul give gentle, but needed encouragement to the Corinthians in 1 Cor. 10:13. No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond

your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it. Something that is pretty cool is each contestant is tempted to gamble by eating or drinking great tasting drinks and food in exchange for a trade off that completely reasonable. To some the temptation to splurge is often more than they can handle. Isn't the same true with us? 1 John 3:9 puts it like this. ***No one born of God makes a practice of sinning, for God's seed abides in him, and he cannot keep on sinning because he has been born of God.*** No one sets out to be overweight, but if we are not careful it can happen just like being overcome with temptation. If we are strong our inner self will turn down that piece of pie, cake or whatever, and we will not let sin overcome us if we have the abiding word of God in us. Look at how Satan really zeroed in on Christ in Matthew 4. He dared him. ***And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple,***

And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone. He tried to give him what was already his. ***Again, the taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; And saith unto him, All these things will I give thee, if thou wilt fall down and worship me. Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.*** Contestants compete to win prizes, but of course not everyone wins, and like the game today, someone will lose. Paul informs us of this in 1 Corinthians 9:24-25. ***Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.***

So what does it take to win the Super Bowl, the biggest loser, or more importantly winning the war over Sin and Satan? We have to put winning

above everything else, and in a class by itself, and to win we have to be dedicated and put the Lord's interest above our own. The Rich Young Ruler defined this in Matthew 19: 16-22. Let's examine in particular verses 20 through 22. This young man did not have enough determination to see it all the way thru. The Patriots or the Seahawks may lead for 3.5 quarters, but what happens if they lose it at the end? James weighs in on the subject in James 1:12 ***Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him. WE CAN WIN*** but it will require us paying attention to every detail, forsaking ourselves, and being wrapped up in his will.

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