

STEWARDSHIP SOLUTIONS FOR OBESITY

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OBESITY - A NATIONAL PROBLEM

Obesity was recently reported to be a national health problem. Not only are adults affected; over half the children in the U.S. are overweight. Video game addiction, coupled with excessive junk food and lack of exercise, have made many children “couch potatoes”. The caloric content of some gourmet dishes featured on some TV cooking shows doesn’t help matters any. Donna Simpson, a 602 lb. New Jersey woman, wants to become the “world’s fattest woman”. At 42, consuming 12,000 calories daily, she has set a goal to be 1,000 lbs. by 2012. In 2007, with the help of an extended medical team, she gave birth to a daughter, Too bad she won’t live long enough to see her reach adulthood. Recent medical reports indicate obesity hinders health and hastens death.

HEDONISM -

A CURRENT CULTURAL CURSE

I recently saw a bumper (bummer) sticker which stated: “Eat Well, Stay Fit and Die Anyway.” The statement sounds like something Isaiah opposed when he condemned the people of his day for saying: “Let us eat and drink for tomorrow we die.” (Isaiah 22:13). William G. Beymer put a humorous twist to it: “Eat, drink and be merry, for tomorrow ye diet.” But humor still doesn’t make wrong things right. An ancient Greek philosophy called “Cyreniac Egoistic Hedonism” espoused personal gratification of one’s immediate desires. Sounds like something prevalent in our current “post-modern” gluttonous culture reaping social, economic and health havoc. The Latin writer Cicero opposed Hedonism when he wrote, “Thou shouldst eat to live, not live to eat.” Good advice!

CHRISTIAN STEWARDSHIP OF THE BODY

One of your greatest gifts from God is your body. He regards it as one of His precious possessions. He owns it by right of creation and redemption. (Ps. 100:3; 1 Cor. 6:19-20) He instructs us: “Therefore honor God with your body.” (1 Cor. 6:20) Take care of your body and your body will care of you to God’s honor and great delight. Be a good steward of your body for your own sake, the sake of others and, above all, for God’s sake.

GLUTTONY

The word “gluttony” comes from the Latin word, “gula”, meaning “to consistently desire”. Its antidote are the stewardship principles of temperance and moderation. Historically, gluttony has been listed as one of the “Seven Deadly Sins” (The others are wrath, greed, sloth, pride, lust, envy). Indeed, gluttony is deadly. It kills. The Scriptures warn us about it. “Put a knife to your throat if you are given to gluttony.” (Prov. 23:2) “...a companion of gluttons disgraces his father.” (Prov. 28:7b) “Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags.” (Prov. 23:20-21) When the enemies of Jesus wanted to accusingly insult Him, they called Him a glutton. (Mt. 11:19)

CONTROL WEIGHT SENSIBLY

When trying to lose weight, don’t foolishly fall for fads. The Federal Trade Commission warns against supplements, patches, creams, gadgets and harmful crash diets. Below are some sensible things to do to lose weight:

1. Pray
2. Eat when hungry
3. Reduce the amount of food intake
4. Reduce caloric content
5. Eat nourishing, quality food
6. Eat more often (but less in the long run)
7. Exercise
8. Engage a support group or system

ADDITIONAL RESOURCES

SELC District Web Site

www.selc.lcms.org - stewardship

Personal Stewardship: “Health Stewardship”
“Weight Loss Diet” “Controlling Stress”



Lose a half pound daily by
coupling the FSSS Diet with
a half hour of daily exercise

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