

Weight Loss Woes

How many calories did you consume over the Thanksgiving holidays? According to a report filed by ABC News the average American consumed over 3,000 calories just on Thanksgiving dinner. That does not include drinks, dessert and appetizers that up the calorie count to 4,500. Is it any wonder that we saw so many ads for weight loss programs?

If you ask Americans how much weight they gained over the holidays you might hear a range of numbers. It actually isn't as bad as you might think. According to a site called, "Diet Doctor," people gain one or two pounds with the peak weight gain happening around New Year's Eve. While one or two pounds might not be bad many of us are still carrying around the two pounds we gained last year. Hence the tight jeans and hence the thought that it might be time to get back to the gym.

An amazing thing I found when researching this is the fact that the three richest nations in the world, the US, Germany and Japan gain some of the world's most weight. I suppose that makes sense. With wealth comes an abundance of blessings which includes food.

When I saw the report about the three richest nations it made me think of a story Jesus told about the master of a house who leaves and puts his manager in charge. Jesus compares one manager who works hard at maintaining things to another who basically is lazy and does nothing. Jesus states that the one who does the will of the master will be rewarded and the one who is lazy will be punished. The parable ends with this verse, "From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked."

What does that mean for us and the offering today? Clearly we Americans have been blessed. With our blessing comes responsibility. One way we can return that blessing is by giving back a portion of what God has given to us. Today's offering might not feed the world but it will go to help us continue our mission of advancing God's Kingdom. We work to fight all the evils of our day from poverty to hunger and much more. We work to feed those that hunger and thirst after righteousness.

We just finished celebrating Thanksgiving. Let's show our gratitude for the wealth God has given us with a generous gift to Him.

<http://abcnews.go.com/Health/calories-americans-eat-thanksgiving/story?id=43690796>

<https://www.dietdoctor.com/weight-people-gain-during-holidays>