

Weight Loss

Part Three - False Weights

God wants us to lose weight.

Matthew 11:28

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

Perhaps the heaviest burdens we carry today are the false weights we're using against one another.

Proverbs 20:23

The LORD detests differing weights, and dishonest scales do not please him.

Leviticus 19:11

"You must not steal, you must not tell lies, and you must not deal falsely with your fellow citizen.

Proverbs 6:16-19

There are six things the LORD hates, seven that are detestable to him: 17 haughty eyes, a lying tongue, hands that shed innocent blood, 18 a heart that devises wicked schemes, feet that are quick to rush into evil, 19 a false witness who pours out lies and a man who stirs up dissension among brothers.

False weights are a part of the old nature.

Ephesians 4:22-25

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness. 25 Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

Colossians 3:7-10

You used to walk in these ways, in the life you once lived. 8 But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. 9 Do not lie to each other, since you have taken off your old self with its practices 10 and have put on the new self, which is being renewed in knowledge in the image of its Creator.

False weights identify us with the wrong spirit.

John 14:6

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

John 8:44

You belong to your father, the devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

False weights ultimately come down to selfishness.

Acts 5:1-11

Now a man named Ananias, together with his wife Sapphira, also sold a piece of property. 2 With his wife's full knowledge he kept back part of the money for himself but brought the rest and put it at the apostles' feet. 3 Then Peter said, "Ananias, how is it that Satan has so filled your heart that you have lied to the Holy Spirit and have kept for yourself some of the money you received for the land? 4 Didn't it belong to you before it was sold? And after it was sold, wasn't the money at your disposal? What made you think of doing such a thing? You have not lied to men but to God." 5 When Ananias heard this, he fell down and died. And great fear seized all who heard what had happened. 6 Then the young men came forward, wrapped up his body, and carried him out and buried him. 7 About three hours later his wife came in, not knowing what had happened. 8 Peter asked her, "Tell me, is this the price you and Ananias got for the land?" "Yes," she said, "that is the price." 9 Peter said to her, "How could you agree to test the Spirit of the Lord? Look! The feet of the men who buried your husband are at the door, and they will carry you out also." 10 At that moment she fell down at his feet and died. Then the young men came in and, finding her dead, carried her out and buried her beside her husband. 11 Great fear seized the whole church and all who heard about these events.

2 Timothy 3:2-5, 13

People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, 3 without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, 4 treacherous, rash, conceited, lovers of pleasure rather than lovers of God - 5 having a form of godliness but denying its power. 13 while evil people and impostors will go on from bad to worse, deceiving and being deceived.

There is no false weight more wicked than the one we use to deceive ourselves.

James 1:22

But be sure you live out the message and do not merely listen to it and so deceive yourselves.

Proverbs 30:20

This is the way of an adulterous woman: She eats and wipes her mouth and says, "I've done nothing wrong."