

# **Weight Loss**

## **Pt. 2 - Weighing In**

Opening joke - The cat scan and the lab tests

Note - Usually people will go to a doctor if they want a second opinion! (Opinion - weighing in.)

Today our culture has become more opinionated than ever and we have more platforms for our opinions.

- One of the easiest ways we could lose some of the weight we are dealing with is to stop weighing in so much!

Note - Our words are heavy.

Proverbs 18:2, A fool finds no pleasure in understanding but delights in airing his own opinions.

Quote - Opinions are like armpits - everyone has a couple and they often stink!

Proverbs 29:20, Do you see a man who speaks in haste? There is more hope for a fool than for him.

Note - Hey twitter guy - SLOW DOWN!

### **3 Things to Consider Before Weighing In**

1. Am I weighing in because I am a busybody?

1 Peter 4:15, But let none of you suffer as a murderer, or as a thief, or as an evildoer, or as a busybody in other men's matters.

Note - Weighing in with our opinions can lead to suffering!

Example - Business, friendships, credibility and opportunities lost

2. Am I weighing in because I am idle?

1 Timothy 5:13, Besides, they get into the habit of being idle and going about from house to house. And not only do they become idlers, but also gossips and busybodies, saying things they ought not to.

2 Thessalonians 3:11-12, We hear that some among you are idle. They are not busy; they are busybodies. 12 Such people we command and urge in the Lord Jesus Christ to settle down and earn the bread they eat.

Note - Get a job! Get a life! You are not responsible for telling everyone else what to do!

3. Will weighing in stir up anger?

1 Timothy 6:4, Such a person has an unhealthy desire to quibble over the meaning of words. This stirs up arguments ending in jealousy, division, slander, and evil suspicions.

Note - Opinionated people often come off as know-it-all's! Real wisdom will be demonstrated by kindness and humility!

James 3:13, Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom.

Proverbs 15:1, A gentle answer turns away wrath, but a harsh word stirs up anger.

4. Am I weighing in just for recognition?

Romans 16:18, Such people are not serving Christ our Lord; they are serving their own personal interests. By smooth talk and glowing words they deceive innocent people.

5. Does what I am weighing in on have purpose and is it constructive?

Ephesians 4:29, Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

1 Timothy 1:5-7, The goal of this command is love, which comes from a pure heart and a good conscience and a sincere faith. 6 Some have wandered away from these and turned to meaningless talk. 7 They want to be teachers of the law, but they do not know what they are talking about or what they so confidently affirm.

- The weight of truth is greater than our opinion.

Note - An opinion is just that: An opinion. We must never be more committed to our opinions than love and truth!

Ephesians 4:15, ...speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ.

Note - Even truth should be shared in a considerate way.

- The most important thing you will ever weigh in on is who Jesus is.

1 Kings 18:21, Elijah went before the people and said, "How long will you waver between two opinions? If the LORD is God, follow him; but if Baal is God, follow him."

Mark 8:27-29, Jesus and his disciples went on to the villages around Caesarea Philippi. On the way he asked them, "Who do people say I am?" 28 They replied, "Some say John the Baptist; others say Elijah; and still others, one of the prophets." 29 "But what about you?" he asked. "Who do you say I am?" Peter answered. "You

are the Christ."

Note - The claims of Jesus make Him completely ineligible to go down in history as just an important teacher, philosopher or religious leader!

Quote - "He was either a liar, a lunatic or Lord."