

*Why Weight?  
Be Healthy!*

*ABCDiet.com  
is for You too!*

*ABCDiet is an All Bible Concept Diet.  
A sure, safe, sane, strong, savvy, simple  
winning way to weightloss - to lose a little or a lot -  
Weightloss Wonder-Key  
for you from me.*

*No pills, powders, potions  
no diet plans or special foods to buy  
no fat-fad gurus or shape-up shrinks*

*You can do it without them all!*

*Really!  
Yes You Can!*

*And I'm Praying for You!*

*Don Rhoads  
Radio Pastor  
All Rights Reserved*

# *Why Weight? Be Healthy!*

*ABCDiet.com*

*is for You too!*

It is sad to see: people in a park, in a mall, on the street, all ages, all races, male, female, trudging along, trying to exercise off a few pounds. I'd like to tell them all - -

*Exercising is excellent! But you can lose the weight  
- 20, 30, 50, 80 pounds - or more - much quicker.*

*No potions, no pills, no doctor-analyst bills.*

*No special foods to buy. Just a simple, natural way  
that works every time it's truly tried. Yes it does.*

*Then too - do exercise - for the pure joy of feeling fit.*

This document is brief, to the point. Its value is not in its length, but its wise All Bible Concepts. America's most vital documents are brief but powerful. *The Declaration of Independence - Preamble - Constitution of the United States - Abraham Lincoln's Gettysburg Address* - all are brief, all are vital power-documents, wise and timely truth.

## *Why Weight? Be Healthy! Why Wait?*

It's a "*Declaration of Independence*" - to free you from fat's oppressive rule. Why? Because your good health is vitally important - to you - to all who love you. *Yes it is!*

*Why Weight - Be Healthy* - is concise, classic truth - opening, offering a safe, simple weight-loss Wonder-Key. It will help you - if you read it, heed it, and follow it fully.

You need no books, no tapes, no pills, no special foods. No fat-fad gurus or shape-up shrinks. Forget any, all past fat-failures. Begin to lose - a little or a lot. *Yes You can!*

Britain's Prime Minister, Sir Winston Churchill, spoke at an academy graduation. The cadets waited with keen anticipation, note pads ready, eager to learn from this wise and heroic world statesman. Mr. Churchill stepped to the podium, spoke only six words, and sat down. His wise words still ring true:

*"Never give up! Never! Never! Never!"*

Good words for you and me too, in our real, right fat-fight.

### *Why Weight? Why Wait?*

*"Why Weight?" It's a play on words. "Why Wait?"*

*Why Weight?* Ask it. Why are we overweight, anyway? Simple, right? We forget Mr. Churchill's winning words. We give up - give in - let go of control - *we eat too much!*

*Why Wait?* Time to start is now. Choose to lose - right this minute! Just as Winston Churchill said:

*"Never give up! Never! Never! Never!"*

Start today! Right away!  
Yes You Can!

Is it hereditary - your overweight? Is it a family fat-trait? Can you win? Sure you can! "*ABCDiet*" is a weight loss Wonder-Key is for you and me. Read carefully, honestly.

## *Truly Poor People are Never Fat*

NOTE: Truly poor people in poor nations - *are never fat!*  
Why not? Very Simple. They never get enough to eat.  
They have so little food - they cannot overeat. Not ever.

NOTE: People in war-time prison camps - *are never fat!*  
Not even overweight. Why not? They are all underfed,  
starved. They cannot overeat. They lose weight. Always.

Both groups prove - decisively - that whatever our  
inherited genetic traits - we can all lose weight. Think of  
that - No One - needs to be fat. If we simply don't overeat.

So - what about it. Can you do it - lose the weight?  
Sure You can! Really! How? Keep reading . . .

## *My True Confession*

My true confession to you is - I know the fat fight too.  
Everyone knows - that even mild overweight can create  
high blood pressure, work the heart too hard, can cause  
stroke, raise diabetic blood sugar. So, it is unhealthy to be  
fat - unfair to those we love, who love and care about us.  
For too long I did not deal with my overweight. I too  
avoided mirrors, cameras, scales. How sad. When the  
simple solution was easy to see - in plain sight - always.

So, right up front, I confess to you: "*ABCDiet's weightloss  
Wonder-Key for you and me* - is no put-down to you at all.  
This is not written from some lofty, "know-it-all" - "holier-  
than-thou" level. Not at all. This is pure, sure, simple,  
smiling truth - to you from me - that frees us from failure  
and frustration we feel. I know the eating trials. Yes I do.

*ABCDiet.com*  
*All Bible Concept Diet*

God gives us all His “Triple A” - All Absolute Answers - His own great amazing-grace absolute-power-promises - in His high, holy, happy, Heaven-sent Book - the Bible - given to help us know - *Jesus Christ Himself - Creator, Savior-Lord - the Friend who sticks closer than a brother.*

Jesus knows each hurting heart on this planet - yours and mine too. He was “*in all points tempted, tested, as we are - yet without sin.*” He is “*touched with the feeling of our weaknesses.*” He is “*super-abundantly able to act in us, with us, for us, above all we ever ask or anticipate.*” In our day-to-day food fat-fight too - we can count on Him. Believe it.

Like you, I have failed too. But now I happily point you - beyond yourself - to Jesus Himself. He gives you and me His absolute answers to life's vital problems. And, yes, the overweight problem too. So - Look upUpUP to **Jesus** - He sees you, loves, cares, will help you. Believe that too!

*Why Lose Weight?*

Answer: Why not lose weight? We know it's right. We look better, feel better, younger, live longer, stronger, healthier, happier - if we win the fat-fight, overweight war.

And, think of those we love - who love and care about us. To them too - we are more fun to be with, we move more easily, with more energy, less effort, less tiring, more productive living - *when our **weight** to our **height** is right.*

## *Does it Matter?*

Absolutely! We're not just talking **looks** - but vital **health!**

## *Can You Fix It?*

**Yes you can!** Really! You need not be fat - think of that! You can win the overweight war! It simply takes truly meaning it - each day and way. Stop your self-coddling. Start God's control! When your habit is to take another unneeded helping - second hamburger - simply say - "No!"

Be aware - care - that God calls you to yield to His control - in every tempting bite - delight to do His will. Be aware - care - about those who love you, look to you. Love them - above "self." Then - you've begun - to choose to lose.

## *Prime of Life Years*

Wasting our best years losing the weight-war is foolish. Losing the best blessings our lifespan offers - is tragic.

Our 20s, 30s, 40s, 50s, even 60s, 70s - are prime-time years - times for vigor, vitality, activity - to enjoy life fully. Don't waste them in a foolish daily-overeating - fat fight.

## *God Shows us Ancient Israel*

Israel's Bible history - records their tragic waste of prime-time-years, wandering forty years in a barren Sinai Desert. Why did that whole adult Israeli generation waste those precious years - lived, died - missing God's best blessings?

Foolish self-choice was their way, not to live God's way.

Their *prime-life-years* they wasted in selfish living. And it showed - in their eating too. In self-pity they cried for their slave-days in Egypt, with the "*meat-pots and eating bread to the full.*" They called God unfair to limit their eating. Their sel-loving, selfish-indulgent record reads -

*"They yielded to intense craving . . . wept . . . said: 'Who will give us meat to eat? We remember the fish we ate freely, the cucumbers, melons, leeks, onions, garlic.'"*

What's wrong with this picture? They gave up - gave in - to "*intense craving*" . . . wept for foods they did not need.

Anything wrong with the foods they craved? Not at all. But they craved eating without limits - no control. They wanted to eat what they pleased, when they pleased - more than they wanted to please God. And when they could not, they resented God depriving them. It was self-will at work.

We do what they did - every time we choose to overeat. We are intent on "*eating to the full*" - and forget that our *prime-time-years* are fast passing - and we are overweight.

### *Choose to Lose - with Gusto!*

The Spanish say: "con muy mucho gusto" (with very much gusto) - give it your all! Daily we can - *choose to lose* - and - *rejoice in our choice!* Every day - be glad - not sad - not mad - be excited - happy to be alive - a hilarious hold on food-control - winning - the fat fight - the weight war.

Do it for God's glory. Do it for your good. Do it for all whom you love, who love you. They fear for you, want you well, healthy, feeling good, living longer, stronger, free from shackles of fat-living limitations.

Those who love you want to be proud of you - in your selfless eating-actions. They pray for your well-being - physical fitness in your *prime-life-years*. They deserve a power-positive *food-control example* - to learn from you. So - *Why Weight? Be Healthy! Why Wait? Begin today!*

“Choose to Lose!” “Rejoice in your Choice!”  
Yes You Can!

-----

### *Why OverWeight?*

Look around you. Be a people-watcher for awhile. You'll see half of all Americans - overweight. 60 million - obese.

What is Overweight? “Overweight” is weighing 10% more than our height indicates. “Obese” is 20% or more. Overweight is careless, bad body-use. Obesity is selfish, over-indulgent, foolish body misuse - abuse - no excuse.

The Bible gives us God's view - see what He says:

*“Laying aside every **weight**,  
and the sin which so easily snares us,  
let us run with patient endurance  
the race He set before us.  
(Hebrews 12:1)*

### *Why OverWeight?*

There are at least four prime reasons we are overweight. Mark them, meet them, defeat them. Eliminate each one.

Can You Do It? Yes You Can!

## *Why OverWeight?*

### *Reason One: Our weak-flesh "Self"*

We're overweight because we - *eat too much - eat wrong*. Why do we eat wrong, eat too much? Because we simply want to, choose to. We yield to body temptations. Read on.

Jesus tells it like it is. He defied, defeated all temptation:

*"Watch and pray,  
so you not enter into temptation;  
indeed, the spirit is willing, but the flesh is weak."  
(Matthew 26:41)*

In any temptation our spirit is willing to resist - but our **flesh** is weak-willed. The late British Bible preacher and author, Dr. F. B. Meyer, said it this way: "**flesh** is **self** spelled backward, with the 'h' added, as we British do." Our "flesh" is weak-willed "self" - and it is tempted daily.

Anytime we would do right - *our weak-flesh-self* - wants its own self-way, self-say, every day. It is - *selfish* - pleasing self first. It's in our kids (inherited from us). Their "*flesh is weak*" too. No need to teach a child to be *selfish*. It's axiomatic. Self-love is innate in us all. Not - selfless love - selfish love. We must teach kids - by example, and instruction - to share, be self-less. We must learn it ourselves too.

We know what's right, but our *weak-flesh-self* wimps out - "*gives up*" - gives in - to wrong - even to sin. Mark it in your memory - our *flesh-self is weak!* So - God never says, "*love self, indulge self!*" We all do it easily, automatically. And God exposes sins that self-love causes.

The Bible calls “self-love” a root-cause of the world’s ills. He gives a sad sin-list - facts and acts “self-love” fosters:

*“Know this: in the last days perilous (dangerous) times will come. Because men will be **self-lovers**, money-lovers, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness, but denying His power. From such turn away” (II Tim 3:1-7).*

You get the picture, don’t you. Selfish “self-loving” is in the warp and woof of the fallen sin-nature in us all. By strong, stark contrast - Jesus revealed to us His pure, perfect example of “self-less love.” The Bible says it loud and clear for us all to hear and heed - the Lord Jesus:

*“Emptied Himself. . . Humble Himself. . . Denied Himself. . . Give up Himself. . . to die on the Cross for sinners like you and me - and the world.”* So, love, serve God - love, serve others - love, serve “self” - least and last.

You and I - to be right in God’s sight - are to see Jesus, please Jesus, mimic Jesus - keeping our bodies pure - even in our eating patterns.

We see *weak-flesh-self* in action daily, don't we. Watch the plates in restaurants - over-filled - more than is healthy. Many people are trapped in “*temptation snares*” - slaves to drugs, booze, porno-sex, money-love, buying unneeded things, credit card slaves, etc. We all - too often - show our fallen sin-nature’s - *weak-flesh-self*. In our eating too.

Often, in affluent nations, we are self-serving, overeating, while millions in the "two-thirds-world" nations - starve.

So, what shall we do? Look to God's Book - the Bible. See what God says to do: "*Laying aside every weight, and the sin which so easily snares us*" (Hebrews 12:1,2).

The "self-weight" of self-serving overeating causes our overweight. The "easy-snaring sin" of no control makes us obese. Yes it does. Can we win over this self-weight and sin? ***Yes we can! Never give up!***

Jesus Himself gave His timeless *Weightloss Wonder-key!* I'll tell it later. But now, keep reading, stop over-feeding!

### *Why OverWeight?*

*Reason One: Our weak-flesh Self*

-----

### *Why OverWeight?*

*Reason Two: Our own Self-will*

***"You Grew Fat and Kicked!"***

Overeating and bad eating - are our own self choices. Every way, every day. It's self-will above God's will.

God inspired Moses to pen a song reminding Israel of His beautiful, bountiful blessing-gifts. Including abundant good foods that God supplied to them. And, along with good foods, God gave them - His dietary laws - so they could always be healthy. Among His commands was this:

*"You shall eat **no** fat or blood.*

*You shall **not** eat any fat."*

But self-willed, rebelling Israel chose to defy, disobey God's Word - to eat as they pleased - not as God pleased.

They set their will against God's will (*Leviticus 3:17; 7:23-27*). So, Moses wrote what God said about them:

*“Jeshurun (Israel) grew fat and kicked. You have grown fat, you have grown thick (obese), you are covered with fatness” (Deuteronomy 32:15):*

God said it. Self-willed Israel *“grew fat and kicked.”* It's a common sin in affluent nations - overindulging in the abundance God gives us - money - things - and good food. Even though God says not to overindulge - we do anyway. We *“kick”* against His will and *“grow fat!”* It's our rebel-refusal (big or little) to obey His wise Word and way.

We over-indulge in many ways. Some folks are slaves to money, houses, things. Others to drugs, booze, sex-sins, and much more. *Selfism does that.* And in overeating we *“kick”* against God - seek our own way - and gain weight. We need to say to Him: *“Not My will, but Thine be done!”*

So, before God, how long has it been since you confessed to Him the sin of your overeating - and yielded control to Him? How long? Too long?

Dr. Billy Graham's book - *“The Seven Deadly Sins”* - lists *pride - anger - envy - impurity - gluttony - sloth - avarice.* Do you see it - sandwiched in between - *“impurity” (sex-sin)* and *“sloth” (laziness)* is - *“gluttony.”* Weak-flesh overeating. *“Gluttony”* is a sin - akin to lust and laziness.

*“The drunkard and gluttonous come to poverty, and drowsiness will clothe one in rags” (23:21).*

Perhaps not poverty-rags - but clearly, certainly - poverty in health. Overweight clothes us both in too much fat - but also in the soul-rags of spiritual poverty - before God.

Dr. Graham said it this way: “Gluttony is the epitome of selfishness . . . a sin most of us commit, few mention.”

He's right, isn't he. Fat is the silent subject. We don't talk about it, so we won't have to deal with it, or get right. Some laugh off their overweight or obesity - but it's no joke at all, is it. Obesity is a - “*deadly sin.*” It can kill us! Heart disease and failure, diabetic coma, the list goes on.

Paul the Apostle said it - gluttony is akin to porno-sex-sin.

*“All things are lawful (no one will force you to stop being fat), but I will not be under the power of any. Foods for the stomach, and the stomach for foods, but God will destroy both it and them. The body is not for sex-sins, but for the Lord, and the Lord for the body” (I Cor 6:12,13).*

The Bible speaks of rebels against God - “*Whose god is their belly, whose glory is in their shame, who mind earthly things*” (Philippians 3:19).

Bottom line in it all - we overeat to overweight fat - in rebel self-will - we choose to do so. You know it's true.

### *Why OverWeight?*

*Reason One: Our weak-flesh Self*

*Reason Two: Our own weak-flesh-self-will*

Can you change it? With God - Yes You Can! Read on!

-----

### *Why OverWeight?*

*Reason Three: Our Over-Eating Habit*

## *Appetite is a Good Thing*

Appetite is good. Under control. But not if it controls us.

God created in us - good physical appetites. Hunger for food, thirst for drink, need for heat or cold, sexual desire.

All are God-given appetites. And He gave us physical senses: to see, hear, smell, taste, feel - to enhance appetite. Think of all your favorite foods - well prepared, served. WOW! All your senses come alive - aiding in enjoying your good appetite. God created us so. It's all healthy.

God means for us to enjoy and satisfy our good appetites. But always under real, right, good-for-us - control. Always in healthy moderation.

Appetites out-of-control - are bad for us. Example: a child's "appetite" (need) for warmth from cold requires a coat. That's good. But these days, some kids will kill for a "designer" coat. That's appetite gone bad - *out-of-control*. Today we see many such bizarre acts. The fact is: appetites need control.

Out-of-control appetites - for drugs, booze, sex, money, clothes, cars, things - go far beyond - good and pure appetite - they become addictions. So, it's true too of overeating to overweight. That is appetite - *out-of-control*.

Habit-addictions are all around us, aren't they. And they prove Jesus is exactly right - "*The spirit is willing, but the flesh is weak (willed)!*"

## *No Excuse!*

So, tell me, are addicts exempt, excused from blame, shame? Legal courts today excuse a person's bad actions, if he was drunk, or on drugs, addicted. But God does not.

It's the "no blame game." Addicts are called "victims." Many people won't, don't accept blame or shame for their wrong choices, selfish, bad deeds. Children aren't taught to resist and beat temptation, as Jesus beat the devil. Not taught, by example and instruction - to say "No" to wrong. So many kids never know the joy of being in control of tempting tests, to win against sin. Nor do they know the right and good in being responsible for their wrong works.

Many excuse self-excesses - blame others. A tragic result of the "I-want-more-for-me" syndrome - the "if it feels good do it, take it, **eat it**" mentality.

Our law courts and prisons overflow with spoiled-brat men, women, teens, even some children - who were never taught to say "no" to sin. They were not told that when they do wrong - they're guilty - and accountable to God.

So, because we excuse overeating to obesity - hospitals, doctor offices, psycho-couches, fat-fad facilities, and divorce courts - are full of people who won't say "**No**" to *weak-willed-self* - and out-of-control overeating.

Of course, far too often we all fail to "*Just say No.*" Many ways, many days. In our eating habits too. Think about it - really. It's a sad shame to be slaves to our "sneak snack eat-cheating." We can be free - fat-free! You can too. Yes you can. Believe it! Believe God!

## *God is Always Right*

God is always right. He always gives to us only His good.

*“And we know that God works all things together for good to those who love God, to those who are called according to His purpose” (Romans 8:28).*

But too often we take His goodness for granted. We forget His faithful goodness. We misuse, abuse His good gifts, excuse our bad behavior. Our self-indulgence “gives up” control in our lives, we do as **w**e please, not as **H**e pleases. Then our appetites dominate day-to-day living - to our harm, ill-health, humiliation, and the hurt of all we love, all who love us. Be honest, we know it's true, don't we.

If we overeat to overweight we treat our body badly. Our health suffers, activities exhaust us, diseases can attack. We can die early. Above all, *out-of-control* eating ignores God's will, every time. Yes it does

We saw how Old Testament Israel indulged self, ignored God's orders, abused, misused God's blessings - even the good foods He supplied. He said they “*grew fat.*” Do you enjoy God's good gifts? Do you indulge *weak-flesh-self* and “*grow fat?*” Don't deny it - confess it - change it!

If we don't set eating limits, even in good things, if we don't control our overeating, we pay a extra heavy price (pun intended). The real winning way is clear - it works every time it's truly tried. Read on.

May I illustrate: When our children go outside to play - good parents set limits. Those limits are for their good. It's bad if we don't. We limit their activities, time, money,

location - where they go, when, with whom. Some things we permit. To some we say “No.” We monitor their friends, warn them of dangers, strangers, bad people, bad things, bad foods - or too much food. Good controls and limits are responsible parenting, so children can enjoy life, within wise limits, right rules, good activities, smart behavioral habits. We do it because we love them.

God loves us too. He sets limits too - even eating limits. He created us - cares about us - spirit, soul, mind - body. He is working His best will to improve all who love Him -

*“Abstain from every form of evil. Now may the God of peace Himself sanctify you completely, and may your whole spirit, soul, and **body** be preserved blameless at the coming of our Lord Jesus Christ. He who calls you is faithful, who also will do it” (I Thessalonians 5:22-24).*

God is for us. We need not battle the bulge alone. God offers us His power, His peace, His best - to stop overeating - if we seek to live His way. “Sanctify” means - “set apart” - by God, to God, for God's glory, for our good, for the good of others. He will “sanctify . . . set us apart” - if we honor and obey Him - in our eating too - He helps us - *control eating - stop overeating*. Yes He will. If we don't, He won't. Simple. So do it - His way.

### *Why OverWeight?*

*Reason One: Our weak-flesh Self*

*Reason Two: Our own weak-flesh-self-will!*

*Reason Three: Our Over-Eating Habit*

-----

## *Why OverWeight?*

*Reason Four: Our Family Heritage  
It's the Gene Scene*

### *"The Fat is in Your Head"*

Sixty percent of our brain is - *fat* - did you know that? Well, it's interesting, isn't it. But it seems to have nothing to do with our tendency to be overweight. Maybe.

Charlie Shedd wrote a book he titled:  
*"The Fat is in Your Head."* He dedicated it:  
*"To you, my fellow fatty."*

You and I can adjust his title: *"The Fat is in **My** Head."*

### *Denials Don't Help*

In weightloss, brutal honesty is a must. Always. We easily lie to ourselves, don't we. We avoid mirrors, hide from cameras, forget weighing scales - to ignore weight-gain.

Overeating is a personal inner-battle, isn't it. The warfare is far more mental than physical. We play mind-games. We deny, delay, rationalize. But we won't, don't face our own obvious fat-facts. And our denial, most of all, is a spiritual warfare. To please and glorify God in our body.

Or Not.

We easily lie - to ourselves - and to others. In our overeating to overweight and even obesity - we do the classic cop-out called - blame-shifting. We say our being fat is not our fault, but is due to genetics, heredity, metabolism. Grandma's fault - not mine.

But - remember again - in prison-camps - No One Is Fat. In wartime prison camps - it matters not the prisoners' genetics, heredity, metabolism - they are never fat. Why? They are on a starvation diet. They cannot overeat.

And - remember too - truly poor people - are never fat. Whatever their genetics, heritage, metabolism - people who live in real abject poverty scarcely get one meal a day - they cannot over-indulge. And - they are never fat.

Think about it. Compare the truly poor in "third-world" countries - with the "so-called poor" in affluent countries. Truly impoverished peoples are never fat. But in affluent nations many "so-called poor" people are way overweight, very often obese. "So-called poor" can overeat. And do.

What this proves is that whatever their genetics, heredity, metabolism, environment - the people who eat less - will lose weight. Those who don't, won't.

We blame our overweight on dad, mom, grandpa, grandma, on whoever, whatever we can - just to deny - in fat-fact and fat-act - that our overweight is due to our own careless overeating. It's our own personal choice - daily. It's our own fault - our fault to fix - no matter whose genes we inherited. It's a matter of truth - before God and others.

And - we do **lie** - **deny** our fat-guilt further - when we avoid mirrors, hide in photos, ignore weighing scales. And - in all this - we choose to forget this fun food fact - we are overweight - simply because - we overeat. Really.

Watch the mall - both young and old - men and women - short and tall - watch them all. Today - too many are fat.

## *Why Me!*

Some cry “unfair”, “why me?” But really - why not me? If I overeat - I gain weight. If I refuse right eating, excuse wrong eating - I won't, don't eat less - I do gain weight.

Sadly, we see it daily, don't we. People passing the pattern on to others in and beyond their own family. A parent on drugs, alcohol, nicotine tells a child - “Do as I say, not as I do!” And - every day - it happens in overeating too. You know it's true

We openly exhibit to all who see us - a spiritual, mental attitude that seeks to satiate our *weak-flesh-self* - not to help others we love. And we confirm to all who watch us - “*The fat is in fact in our head!*”

## *Face the Naked Truth*

The Bible tells us - God sees all we are, and have, and do:  
“*All things are naked and open to the eyes of Him to whom we give account*” (Hebrews 4:13).

Face yourself in a full-length mirror. Take a long look. Study what you see. That's you. No excuse. No escape.

Eve and Adam did the first fig-leaf-cover-up in their - *self-willed sin*. They tried to alibi their rebel disobeying - but they did not fool God. He sees us. We don't fool God. Or ourselves. Or anyone else.

Stumbling alcoholics deny, alibi their *weak-flesh-self*. Stoned-out drug-addicts deny, excuse *weak-flesh-self*. Porno-sex-sinners deny, alibi, excuse *weak-flesh-self*.

Obese food-addicts also - deny, excuse, alibi, blame-shift their *weak-flesh-self* - when they need to face it - fix it.

*All Bible Concept Diet - ABCDiet.com* - calls us to see ourselves as we are - and say: “*Yes! I'm fat! I'll fix that!*”

Now - right this minute - as we speak -  
*Don't Deny It! Try It! Choose to Lose! Yes You Can!*

-----

### *Happy Gene Honesty*

Are genetics really a factor in overweight? Well, of course they are, don't be ridiculous! No doubt about it! Example: If I weigh 200 pounds at 7 feet tall - I'm skinny. If I weigh 200 pounds at 6 feet tall - I am sorta normal. But - if 200 pounds at 5 feet tall - I'm fat. And that's that.

The fat-fact is easy to see. Heredity may well control my **height** - but - mark this fact - **I** - control my **weight**! Or, I won't, don't control my weight. Our fat future is not inherently set in blubber. Maybe it is for a whale - but not for you and me. We're fat cause we choose to overeat.

### *People in Enemy Prison Camps are Never Fat*

May I re-assert, re-affirm this power-point. In military service I knew men who had been prisoners of war - suffered in enemy prison camps. One was on the brutal, bloody Japanese Bataan Death March. One thing all people in prison camps have in common - None Are Fat! When we excuse our overweight - on genetics or anything else - remember the starving enemy camp prisoners - not one of them is fat - because they never over-eat.

*Double Emphasis*  
*Truly Poor People are Never Fat*

Again, may I say it. In India, I saw many truly poor people - some are called “scavengers.” Daily they must work the “dumps” - their whole activity is trying to find enough stuff to sell, or scraps to eat, simply to live another day. The sad fact is - whatever their genetic or metabolism, none of them is ever fat - for they never get enough to eat.

Our fat-denying, mirror-hating, camera avoiding, lame blame-shifting - to genetics, or heredity, or metabolism - all are all classic cop-outs. The solemn, sober truth is this:

*If I overeat - I grow fat!*

And - when I'm fat - it is because - I overeat - simple!

*Unfair?*

Is heredity **un**fair? Maybe so. But who said life is fair? Is it fair that some people and their children are born in a land of abundance, while millions of others are born into poverty, hunger? India's untouchables, China's peasants, Africa's outcasts - never get enough to eat. They go out all day long, scavenging the garbage of more fortunate people. Dawn to dark the seek food to survive the day. I've seen many. Believe it - *the truly poor are never fat*. Remember it. Genes don't make us fat - *Overeating* does.

Exactly what is unfair? Is self-serving, over-eating fair? Are we fair to overeat into overweight, then throw out leftovers that would feed millions of perpetually hungry men, women, children? If we want to be “fair” - why not eat less - and give more - to help save some who starve. Now, that is fair, don't you think? Sure you do. It's true.

*Quit Blaming Mean Genes*  
*Quit Sneak-Snacking Cheat-Eating*

Are heredity or genetics a valid excuse for overweight? Not at all. We are wrong to blame ancestors for our own *weak-flesh self-will*. So, put away self-pity - lose the fat.

Can your family trust you - not to - *cheat-eat*? Are you a cooky-captive? Really - *foods don't make us fat - we do!* It begins with sneak-snacking, then blatant bloat-binging.

*Is Our Fat Fair to Others?*  
*What if . . . ?*

Are you fair to be fat? Fair to your spouse, your children? Think about that. What if your spouse - husband or wife - “gave up, gave in” to the temptation of some self-indulging sin? What if your children “gave up, gave in” to bad daily temptations - as you “give up, give in” to cheat-eating? What if your spouse or child refused to face and fix their self-indulging, as you refuse to face and fix your overeating? Is your being fat fair to them? Really?

We are unfair to family, if overeating harms our health. We are unfair to others if our overweight brings on us unnecessary medical problems. Being fat can rob us of active vitality, make us ill, shorten our lifespan. We are unfair to deprive our spouse, family, friends of our best, just so we can - *serve self - not submit to God*. So - can you fix it? Yes You Can. Absolutely. The real question is:  
Will you fix it?

Keep on reading - ABCDiet.com -  
Why Weight? Be Healthy!

## *What Fat Does to Us*

*Our body!* Fat works our heart - hard. Fat makes our muscles lift and move more weight, makes our spine carry far more of a load than God intended. Fat forces our heart to pump blood 3 miles more for every pound of fat we add. We easily fatigue (“fat-tigue”), because we drag around excess food turned to fat. Can we lose the fat? Yes we can. Think of that.

*Our soul!* Obesity brings guilt, shame, inner-man or inner-woman sadness, frustration, shame. We are embarrassed, as we should be. We are defensive, as we should not be. Our appearance is depressing, openly confessing our “taboo” “don’t talk about it” problem. It’s a sad soul-shut-down. Can you change it? Yes you can!

*Our mind!* A dim, dull, defeated mental state means more depression, self-deception, because of our cheat-eating. And, there is our denial and pretense that all is well - when we know it’s not. Not at all. It is a *weak-flesh-self-mind-set* - refusing to think about our fat-future, tomorrow, next year, three, ten, twenty years ahead. Refusing to fix our fat failure. It’s always on our mind.

*Our spirit!* Ditto! The “*spirit is willing*” - to eat less - eat right. But our - “*weak-flesh-self*” - keeps on overeating - living first for “self” - not for God - not for others - first for “self.” Blame-shifting, cheat-eating, sneak-snacking, are all - *spiritual acts*. Why? Because they are - body abusing, body misusing - lies. They try to excuse fat-failures. A hypocritical lifestyle. It makes impossible an honest, healthy, open walk with God. Our spiritual fellowship with God becomes very - unreal.

World-famous evangelist, Dwight L. Moody and equally world-famous London Pastor, Charles Haddon Spurgeon. were both mightily used by God. Once when they met, Mr. Moody pointed to Mr. Spurgeon's cigar, shaking his head in disapproval. Mr. Spurgeon said nothing, but simply put his finger on Mr Moody's big belly. Moody died at age 62. Friends said, "Just three months before his death, he added 30 pounds to his already ample frame." Mr Spurgeon died early too, at age 57, also in ill health.

Of course, both were wrong about abuse, misuse of their bodies. Both needed to seek Jesus, confess to Him, do right in His sight. Like you and I do too.

Think about it. In your day-to-day temptation to overeat - do you "*tell it to Jesus?*" If not - it's a sad spiritual state.

### *Does Fat Matter?*

Well, ask yourself: "Does my body matter? Is my good health important?" Yes! Of course! Managing our body matters much - to us - and to all who love and look to us.

What do we tell our child about smoking, alcohol, drugs? Do these abuses matter? Of course they do! Why? Because they damage, disable, threaten your child's life.

Fat does that too. And - our bad fat example to them - matters too. Believe me: to all who are in and beyond our beloved family - to all who truly love us - *our fat matters!* If we love them - we make it matter too. Right now!

## *Fat Matters to God*

The Bible says, the body of anyone who loves Jesus is God's own "*holy temple.*" In His wonderful grace He created our marvelous, amazing bodies - male and female. And - He tells us to obey and honor Him - in our bodies - read it, heed it - I Corinthians 6:19,20; 10:31 -

*"What? Don't you know that your body is the temple of the Holy Spirit, who is in you, and you are not your own, you were bought with a price. Therefore, glorify God in your body, and in your spirit, which belong to God.*

*"Whether you eat, or drink, or whatever you do - do all to the glory of God."*

So do it. Obey God. Begin today. Glorify God in your body - in eating, drinking - in all you do with your body.

Do not - *self-indulge in overeating.* And - Do say - "No" - to any hyper-harmful appetite that overweights, does damage to your body. Do it because God says so. Choose to eat - *under His control.* And you will lose weight.

## *Remember King David*

We all recall King David's sad sins: Adultery. Murder. But we forget another sin - that led to those gross sins. Before his "sex-sin" and "killer-sin" - his *weak-flesh-self* "coveted" (lusted for) another man's wife. Then he lied and tried to hide his sins. But, of course, God saw it all.

David - "gave up" *Holy Spirit control* - for His own *self-serving* - coveting another man's wife. That coveting led to his greater sins - adultery and murder. It is a sick, sad part of our fallen, human sin-nature.

We all have in us *weak-flesh-self* that need to yield to God's pure, perfect, powerful Holy Spirit control.

Our own self-sin of "coveting" (lusting) for more food than is good for us - exposes our gross sin-symptoms - in our overweight. Like David - we give up control to "self."

*Self-serving Self-stuffing?  
Or Holy Spirit Control?*

The Bible calls *Holy Spirit-control* - "*fruit of the Spirit.*" It is one of the pure, perfect power-traits seen in the righteous, holy life of Jesus Himself. In all who trust and love Him God creates and grows His "*Holy Spirit fruit.*"

Character strength is a vital element in our weight control. The Bible lists the "*fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, meekness, control*" (*Galatians 5:22,23*). And God says - against such good character-traits - "there is no law." He means - when you and I live in His full control - we need no laws forcing us to do right in His sight. We love to live for Him.

You see it, don't you. That last *spiritual-life-fruit* was called: "*control.*" This term (Greek: ) was long ago used of Olympic athletes in training, fine-tuning their bodies to peak, prime physical condition - to compete - and win. They still do it, still control their food intake, their drink, exercise, rest, social activity. They choose to *control* - to improve, strengthen their body, sharpen their will, shape their skill - *to be the very best - and to win!*

It's about winning, isn't it. They gladly forfeit whatever weakens or weighs them down - just so they can win.

It's a mind-set we all need, to win the fat-fight weight war. A will to win can best begin - not by *self-control* - but with - *God's Holy Spirit control*. Submitting control to Him.

Most people who truly know and love Jesus aspire to living out the first eight life-traits that Galatians 5:22,23 lists: His kind of "*love, joy, peace, patience, kindness, goodness, faithfulness, meekness.*"

But many don't seem so interested in that last Jesus-trait: "*control.*" And, as Hamlet said, "Aye, there's the rub." We forget Churchill's words: "Never give up! Never!" Too often we give up God's control, give in to our own "self-control." Recall those wise, winning war-words:

*"Never give up! Never! Never! Never!"*

Before you give way and give up and give in - always - look upUPUP to Jesus Himself. He is our highest Help. With Jesus - you and I too - can begin to win. Right now.

### *"Lay Aside Every Weight and Sin"*

The Bible tells us all to be "*Laying aside every weight, and the sin which so easily snares us.*" Spiritual, moral - "*weights and sins*" - involve our mind, soul, body actions of every kind. And includes the physical "*weight and sin*" of *self-serving* overeating.

*"Weights and sins so easily snare us"* - simply because of - **no control**. If we give way, give up, give in - to cravings for tobacco, alcohol, drugs, sex-lust, over-buying-binges - or to excess - food-fill-ups - the bottom-line cause is always - **no control**. Overeating is - *self-serving, self-stuffing*. It is - *self-love - out-of-control*. Whenever we

indulge in “*self-desire*” - in that “*give-up*” act - whom do we care about more? God? Our spouse? Our children? Others? Or our “Self?” Obvious, isn’t it.

### *Family Deserves Our Best*

Do we love and appreciate our spouse, children, family, our friends? Of course we do. So, is our overweight considerate of those we love, and who love us. They worry about us becoming disabled, even dying, by fat-related disease. They fear for our overworked heart, that pumps blood an extra mile for each 3 pounds of fat, or our overloaded spine carrying 30, 60, 80 pounds too much, or our tiring muscles lifting our fat all around.

The there’s shame of **no** control? All fat-failures feel it. When we give up, give in to overeating and overweight, whom do we consider, serve, please most? Again - self!

But still we cop-out. We whine - with a lying line that says: “low-self-esteem makes me overeat.” What nonsense. It is just more silly, simple-minded, misled psycho-shrink talk.

In fact, the opposite is true. Our high-fat overeating and overweight brings on us the - low self-image - called guilt, humiliation, shame. If you really want to “*feel good about yourself*” - stop the selfish living - start self-**less** living.

Having no “*will-power*” in us - against overeating - makes us feel shame and guilt. It is our woeful lack of “*won't-power.*” We seek that from God Himself.

## *Do Our Loved Ones Love us Fat?*

Yes and No. Their love for us is sure, secure always. Nothing changes true love. Count on it. But - because - they love us - they fear for us. They wish, hope, pray for our good health, our long life, for many happy, healthy, active days - with them. If our fat jeopardizes all that - shame on us - we are guilty. And inside - we feel the guilt.

### *Feeling Guilt is Good*

#### *What Pain is to the Body - Guilt is to the Soul*

Guilt is a God-send. When you overeat, eat wrong foods, when you avoid exercise, do you feel guilty? Yep, me too. And - that guilt is good. The wrong we do is bad - but guilt-feeling is good for us. Guilt pains us, prods us, nags us, drags us to do right, refuse wrong. Even in overeating.

Here's the rule: "What pain is to our body, Guilt is to our soul." Pain tells our body - "Something's wrong - fix it!" Guilt says it to our soul - - "Something's wrong - fix it!"

When we fix the wrongs - pain and guilt go away. But - if we won't fix the wrongs, they don't go away, the guilt continues. Again, simple, right? Yes it is.

Remember this too: God's first and great commandment is:  
*"You shall love the Lord your God with all your heart, all your soul, all your strength, all your mind, and your neighbor as yourself" (Luke 10:27).*

As a child, in Sunday Bible School, I learned that the highest "JOY" - is - "**J**esus first, **O**thers next, **Y**ou last."

John the Baptist did that. It cost his life. He pointed all people to Jesus - told them to follow Him - and he said:

*“He must increase, but I decrease” (John 3:30).*

You see this too, don't you. When we choose to love God first, others next, self last - we begin to lay aside every weight and easy-snaring sin - to live for Him - and them.

And we rejoice in our choice to submit control of “self” to God Himself. All who love us rejoice too. Yes! You know they do.

When we won't, don't choose His control in our eating - we feel guilt, shame, blame, soul-pain. Many fat people pay a shrink (so-called analyst, counselor) big bucks - in silly psycho-sessions aimed at easing the soul-pain of over-eating to overweight. And these folk expose that they love self - more they love God and doing right in His sight.

### *Why No Control?*

No control is epidemic these days. Too often, rather than calling our “*weights and besetting sins*” what they really are, we alibi, ignore, excuse, deny them. Yes we do.

Our society denies, excuses bad behavior too. Alcoholism is called a “disease”, drug abuse, “dysfunction”, sex-sins, “addiction.” And - we call out-of-control overeating to obesity - “disorder.” It's all a silly, sad sham, and shame.

All these cop-out terms are designed to rename wrongs, deny blame, avoid shame. But they don't change the facts.

So how about it? Is overeating to obesity - really an “eating disorder?” Well, sure it is, don’t be ridiculous!

Overeating to obesity is gross “*disorderly conduct.*” It’s like any other *out-of-control* bad act. We so easily see and say - drug-abusers, drunks, sex-sinners, thieves, liars, cheaters - are all guilty of sad, mad, bad - *out-of-control disorderly conduct.* But - the *disorderly conduct* of overeating to overweight and obesity - we excuse and alibi such sad, bad - to our harm. Yes we do. Get real.

### *Face the Fat Facts*

Face this fat fact. Overeating to obesity is **sin**. It is abuse, gross misuse of our body. It is **sin** in spirit, soul, body - **sin** against God - against family. It is the sad **sin** of **no** control. Billy Graham is right on - very Biblical - in saying:

*“Gluttony is selfishness.”*

Sir Winston Churchill said it right too: “*Never Give Up.*” In fighting the good fat-fight - to do right in God’s sight - because you love God - who loves you - because you love others who love you, who look up to you. And - face this added fat fact: obesity can disable us, kill us, like any out-of-control act, it can be a “deadly sin.”

Half of all Americans are overweight, half of those, obese. Denial terms, “disorder, dysfunction, disease”, may “salve the conscience”, enrich the doctors, but they rarely win the real fat-fight. The problem is - we are *self-serving* in overeating. The solution is - *God-given control of self.*

## *Just Say No!*

In the 1980s a strong slogan slowed drug and alcohol use among America's teens and children. That slogan was simple: "*Just Say No!*" We do tell our kids to "Say No" - to alcohol, drugs, etc., don't we. Many do "Just Say No."

But, do we warn them to "Say No" to evils like lust, sex-sins, lying, cheating, stealing, coveting, hating, profaning God's holy name, etc? Do we? We need to be positive - teach our children and teens to positively choose - truth, love, right, good, honor. And - warn them of the "negative" - what **not** to do.

### *Negative "No" is Good Too*

"*Just Say No!*" Remember this - Eight of God's Ten Commandments are negative. He said - "*Thou shalt **not!***" Why negative? Because you and I and all on this little rebel planet earth - are **negative** people. Our whole fallen sinner-society is **negative**. We're all a bunch of sinners - we all do selfish, sinner-stuff before the high, holy God.

And - mark it in your mental memory-banks - all of our poor, soul-pained, sorrow-plagued planet's problems we can track back to - ignoring, breaking God's Laws.

God is positive - absolutely! We sinners are - negative. We do sick, silly, stupid, sad, mad, bad, sin-guilty stuff. So - the high, holy God must keep on commanding us:

*"No! No! No! Don't do that!"*

We need to hear and heed Him in the daily fat-fight too.

## *Save the Children Too*

Many of America's children are overweight - many obese. See fat people at any mall - it's a two-fold trouble-trend.

Trouble-trend # 1      Self-indulgent overeating parents set a bad example for their children. They ignore, excuse, continue carelessly in overeating to overweight. And children often imitate "out-of-control" eating of their parents - who bear the blame and the shame.

Trouble-trend # 2      Self-indulgent personal lifestyle is permitted in children. Far too little child control and good guidance into true self-less living and giving. Giving "self" up to God - for others. We over-indulge children - buy useless things they see and covet in child-targeted advertising. A pattern is developed - of "junk-on-demand." We do it in foods and eating too.

So let's change it. Commit "self" to God not to goodies. Choose not to "gain" (weight) - choose to "lose" (fat). Do it for God first. Do it for your good. Do it for the good of those you love - spouse, child, others. It's the right thing to do. You know it's true.

Why don't we tell kids to "Say No?" Because we too - very often - don't "Say No." Why do kids do booze and drugs? Why not? Parents do it. Why are teens into sex-sins? Why not? Parents do it. America's 50% divorce rate shouts it out - many parents don't "Say No" to lust, sex-sins, adultery. Parents don't "Say No" to lying, stealing, coveting unneeded things? In many families one or both parents are overweight too. It's no mystery that teens and children overeat to overweight, even obesity.

## *Can You Fix It?*

*Yes you can! Absolutely! No doubt about it!*

*Others do it daily!*

*You can too! Yes you can!*

## *Are You Serious?*

How about it! The real right focal question here is this -

*Are You Serious?*

*Do you really want to live right, eat right, lose weight?*

I mean - really? Do you? Sure you do! Why else would you read all this (you are still reading, aren't you).

Keep Going!

## *Weight-loss Wonder-Key*

*for You and Me*

*How Do You and I Lose Unwanted Weight?*

## *Personal Wake-up Call*

Some time ago I found I had high blood pressure, hypertension. I was told it can kill me. So I saw a fine cardiologist. His orders to me - to lower blood pressure, relieve hyper-tension, save me from stroke - were simple:

He said: "*Lose weight.*"

So I tried. But at my next doctor visit I had not lost weight. Again he said: "*Lose weight.*" This time I asked him: "*How?*" His answer was classic - simple, short, sublime - good words we all know - but ignore - he said: "Eat Less."

## *“Eat less!”*

The wise *Wonder-Key* to real, right *Weight Loss*.

Today, as we speak, it is strange and sad that some people pay physicians big bucks to surgically staple shut their stomach, just so they will - “**eat less.**” Tragic. For they can avoid all that - if they simply exercise control - shut their mouth - push away from the table - “**eat less.**”

Remember Winston Churchill’s words: “Never give up!” People “*give up*” control - give in to - *weak-flesh-self*. Many take drugs - all sorts of pills, powders, potions - to help them - “**eat less.**” Others follow fat-fad gurus or shape-up shrinks. All this - and much more - just because they won’t, they don’t make the happy, healthy choice to simply - “**Say No**” - “**Eat Less**” - “**Eat Right.**”

Overeating is *self-serving self-stuffing* - **not Holy Spirit Control!** So here it is -- the *Weight-loss Wonder-Key* --

*“Eat Less! Eat Right!”*

*Smaller portions - - Fewer helpings.  
No potions - no pills - no analyst bills.  
No fat-fad gurus - no shape-up shrinks.  
No diet plans or special foods to buy.*

*Say **Yes to Less!***

The *Weightloss Wonder-Key* is - **Eat Less.** And the greatest wonder is - this wise *Wonder-Key* works - all the time, every time you use it. Just say: “**Yes - I’ll Eat Less.**” And do it. You will lose weight. If you don’t, you won’t!

## *Let's Talk Fasting*

Fasting is an ancient Bible concept. Simply stated, fasting is personal self-denial. When used for a pure purpose, within proper limits, it is a good, right, wise form of -controlling our "*weak flesh self.*" In fasting we choose to lose - by simply saying: "**Yes to Less.**"

### *Warning Word on Eating Too Little?*

Eating too little - is bad for us. Those who eat too little trying to lose weight - can become very ill - can even die. Eating too little - is another loss of body-control. It is as serious as out-of-control - overeating to obesity.

In affluent nations some people with too much money, too much time, have an "I-me-my-mine" mentality. It is the sick "self-syndrome" culture, that focuses - not on loving, serving God, not on loving, serving others, as Jesus said to do, but on loving, serving "self" first. In eating habits too.

"Anorexia" is a form of eating too little. Today it is called an "eating disorder" - and, of course, it is that - precisely. It is the "out-of-order" mind-set of people pre-occupied with over-attention - to "self." Not to serving, honoring, pleasing God, not to serving others, but to self-serving. And it all centers in self-pride.

Commercial advertising is fanatically, even frantically - *self-focused*. We see it in all sorts of ways - from fashions - to face-lifts - to fat-loss. And, all this sad *self-focus* consumes and controls many. They choose to lose weight - in excessive, obsessive *self-absorbed* anorexic behavior.

In doing so, they far too often damage their deprived body's appearance and health. Some even die.

Eating too little - can easily become another "*deadly sin*" - just like - *eating too much*. Again - eating too little - like eating too much - is - *out-of-control eating*. Believe it.

### *Back to Submitting to God's Control*

To millions of people - both too thin and too fat - the thought of "control" seems an unreal ideal, a lost cause, a concept too far-out to ever reach. But God says - it is wise and right to fight fat - with control - to choose to lose. Again, think of Churchill: "Never give up! Never!"

### *Are You Serious?*

*Are you really serious about matching **weight** to **height**?  
Get Real! Get Ready! Begin Now! Yes You Can!*

Serious weightloss starts with happy, humble, honest living. No excuses, no exceptions, no escape. No quitting.

Be happy about that truth. It will bless you. You too can look good, slim down, drop pounds, feel fit, be healthy, avoid disease - if - **if** - you get real. Yes you can. If you follow this - "ABCDiet" - All Bible Concept Diet - you will lose weight. Really. If you don't, you won't. Really.

Again - think about it - no potions - no pills - no analyst bills - no diet plan or special foods - no fat-fad guru or shape-up shrink. You can do it without them all. Really. You can begin today - the minute you - choose to lose - in God's control - I place of your - **no-control**. **Yes you can!**

## *"Tell It to Jesus"*

It's an old church-song we use to sing, need to sing now:

“Are you weary? Are you heavy-hearted?

Tell it to Jesus!

Are you grieving over joys departed?

Tell it to Jesus alone!”

Self-control seldom works, for it is just that - **self**-control - not God-control. This is simply - “A-B-C Diet” - meaning - “All Bible Concept Diet.” God calls you to “submit self” to “*His Holy Spirit control.*” Then He helps. Yes He does.

### *Remember Galatians 5:22,23*

*“The fruit of the Spirit is . . . Holy Spirit control.”*

The Holy Spirit of God Himself - is ready, willing, able to help you and me - so we can trade - *self-serving weak flesh* - with **no control** - for - *God’s strong Holy Spirit control* over our weak-willed flesh-self’s wrong desires.

The Bible records many sin-lists - labeling our sick, sad, sordid, stupid wrongs against God and others. Galatians 5 calls these sins - “*deeds of the flesh.*” Then the Holy Spirit lists good things, God’s things, called “*fruit of the Spirit.*”

*“The fruit of the Spirit is love, joy, peace, patient endurance, kindness, goodness, faithfulness, meekness, control” (Galatians 5:22-23).*

So, exactly how does God grow in us - His spiritual fruit to do good and right in His sight - in eating too? Read on. Back on page 9 - we saw what Jesus said to all who trust Him, love, live for Him - in Matthew’s Gospel 26:41 -

*“Watch and Pray, so you not enter into temptation. Indeed, the spirit is willing, but the flesh is weak.”*

You see it, don't you. Every time you and I are tempted to overeat to overweight - and we want to say: **“Yes to Less”** - say it first - *in prayer*. God is there - He really does care. God calls His - “inner-control” - the *“fruit of the Spirit.”* God the Holy Spirit gives us His control - if we ask Him.

**Prayer** is the - *power-key to inner-control*. Jesus said it:

**“Watch”** Stay awake, aware, alert, on guard in all food-tempting, “taste-testing” times.

**“Pray”** Talk to Him - facing any temptation, every time, all the time - *“Never give up - Never give in”* - Call on Jesus - it's the way to win.

**“So that”** Your high, holy goal and purpose - is to please - honor - *“glorify God in your body.*

**“So that you”** Very personal - “you” - it's about the body God gave YOU. Take care of it.

**“So that you not”** Jesus is the **Key** - the **King** - to win Your weight war. Yes He is. Come to Him.

**“Not enter into temptation . . .”** Any tempting test - we beat best - when we stay far, far away.

**“Temptation”** There it is - the real test - our true trust and love for God Himself, and for others.

**“Indeed”** Get real - get right - He helps all who truly want to - be right - do right - in His sight.

**“The spirit is willing”** Inside - in your heart, soul, mind, spirit - you really do want to lose weight, avoid temptations, be healthy.

**“But the flesh is weak.”** There it is: our “flesh-self” again. We're in a furious fat-fight - daily. We have met the enemy - and it is “US.”

Back on page 8 we saw this Bible verse - *Hebrews 12:1:*

*“Laying aside every weight,  
and the sin which so easily besets us . . .  
let us run with patient endurance the race set before us.”*

Then Hebrews 12:2 adds a vital line: *“looking to Jesus!”*  
Again, in *food-tempt-times*, say **Yes to Less - in Prayer.**

God loves us - will help us -  
if we truly *“Tell it to Jesus!”*

Not “once in a while.” Pray - go to Him every day - every way. Tell Him your temptation. Tell Him your weakness. Tell Him your failures too. He knows it all, but He calls us to face them - with Him. He sees, loves, cares, says -

*“I have loved you with an everlasting love.  
Therefore, with lovingkindness I have drawn you.  
“Call to Me and I will answer you,  
and show you great and mighty things you know not.  
“Come to Me, all who labor, heavy-laden,  
I will rest you.  
Take My yoke on you, and learn from Me . . .  
you will find soul-rest.”*

### *God Loves to Bless You*

God loves you. God loves to bless you. He blesses all your days - in many ways. But be careful - don't misuse or abuse His blessings. Many fat folks these days cop out - parroting this excuse for not dealing with their overweight shame - excuse for staying fat:

They say:

*“God loves me - just the way I am - even fat.”*

It is a false fat-idea - totally wrong.

Well, it's true, of course, *God loves you!* Absolutely! Infinitely! Now and Forever! No doubt about it!

God says it - loud, clear, for all to hear - Romans 5:5,8 -

*“God demonstrates His love for us, in that while we were still sinners, Christ died for us.”*

God **never** says He loves us *“just the way we are”* - He loves us - ***in spite of the way we are.*** Because He loves us He plans to change us, conform us to His righteous will:

*“Present your bodies a living sacrifice, holy, acceptable to God, your reasonable service. Stop being conformed to this world, but be transformed by renewing of your mind, that you may prove what is that good and acceptable and perfect will of God” (Romans 12:1,2).*

*Question:*

*How does being fat glorify to God?*

*Answer:*

*Being fat never glorifies God.*

Being a drunk, drug addict, sex-sinner, or obese - the degree of these wrongs may differ - but none are acts that glorify God. They can never glorify God in our bodies.

Remember God's Word - to all who trust and love Him -

*“Don't you know your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own. You were bought with a price (paid by Jesus Christ dying on the Cross). Therefore glorify God in your body and in your spirit, which belong to God. Whether you eat, or drink, or whatever you do, do all to the glory of God” (I Corinthians 6:19,20; 10:31).*

Jesus said: *“Let your light shine before men, that they may see your good works and glorify your Father in Heaven.”*

Being fat - is our abuse, misuse of the body God gave us.  
Being fat - is a sad, bad example - to all who see us.  
Being fat - in our body-temple of the Holy Spirit - cannot  
*“shine as good works to glorify our Father in Heaven.”*

### *God Loves Us In Spite of the Way We Are*

Jesus saves us - to change us - to conform us to His image.  
When we choose to refuse to glorify Him in our bodies -  
He loves us anyway - absolutely - but He calls us to  
conform to His Word, will, way (see Romans 12:1,2).

So - NO - God does not love us - **“just the way we are.”**  
God loves us **“in spite of the way we are.”** The Bible says:  
*“God demonstrates His love toward us, in that while  
we were yet sinners, Christ died for us” (Romans 8:8).*

God's loving grace saves us. God's loving grace-goal is to  
- **change** us - from being *“just the way we are”* - to our  
*“being conformed to the image of His Son” (see Romans  
8:29).* When we ignore God's high, holy, happy purpose -  
He says - we too - *“grow fat . . . and kick”* against Him.

Saul of Tarsus did that - “kicked against God” - in  
persecuting Christians. Jesus stopped him - showed  
him a little “shock and awe.” Jesus told Saul (Paul):  
*“I AM Jesus, whom you persecute! It is hard  
for you to kick against the goads” (Acts 9:5).*

Fighting God - giving way, giving up, giving in to the  
sadness of obesity - is hard on us. We feel the pain, like a

stubborn mule - kicking against the sharp prodding stick (goad) - meant to make him move to his master's will.

*Does God Really Want Us Fat?*

*Think about that!*

*“You are bought with a price;  
therefore glorify God in your body, and in your spirit,  
which belong to God.*

*Whether you eat, drink, whatever you do -  
do all to the glory of God.”*

God loves us - in spite of our sins - and wants us changed - to be like His Savior-Son Jesus. So, in temptation to do wrong (in overeating, obesity too) go to Him in prayer - ask Him to change us, conform us to His pure, perfect will.

When we say “**Yes to Less!**” say it first to God in **Prayer**. In every *overeating tempting time* - we need His help to -  
**“Eat Less - Eat Right.”**

### *Help Others*

General William Booth, founder of the Salvation Army, when an aged man, could not attend their conventions. But in the midst of one convention - a man rushed in - with a message from General Booth, it was just one word:

**“Others!”**

How often do you encourage others, uplift others? Daily? Do you minister good - serve your spouse, your children? It was God, not man, who created the “support group.” It was the family. A father, a mother, children. He has not changed that - best social arrangement. We sinners have.

God created marriage - a prime support group of two - husband and wife - headed by God - living out God's kind of love - to care - to be there - for Him - for each other - "for better or worse, for richer or poorer, in sickness and in health, as long as we both shall live."

God ordained the family - ordered it as a first-line support group - in His kind of love - love for Him - for each other.

God began and built His Church - His support group. When the Church - local and at large - ministers in His name - with His kind of loving caring - as He anointed and appointed us to do - so-called "support groups" are not needed at all. And - get this - in your and my food-craving tempting times - it helps to pray - with and for others.

Above all - our most vital, valued, victory Support against temptation - any temptation - is the Lord Jesus Himself.

If you trust, love, live for Jesus, you will find in Him - absolute-power over all temptation. Good times and bad. Remember and rejoice in each of these true Biblical support groups. But first, foremost, always, above all, in all - for sure, secure - inner-control - "*Tell it to Jesus.*"

### *Say **Yes to Less!***

If you choose (*and it is your choice*) to give spirit, soul, heart, mind, body to the Lord - if you decide - by an act of your will - to do right in His sight - then - *Yes you can - Eat Less - and - Yes you will - Weigh Less.* Believe it.

Think about it. As you grow stronger in *inner-control* - you will "eat less." As you "eat less" you will lose weight.

Losing weight will *further strengthen* your *inner-control* to keep on “eating less” - until you will see the happy, healthy light at the end of a long dark tunnel of overweight - and break free - into vibrant victory living.

Does our overweight matter? Sure it does! Absolutely! We're not talking just - **looks** - we're talking good **health**. Strength, vitality, active lifestyle - for Jesus - for others.

### *What to Eat*

Today's food-enlightened times make us mostly know what to eat - and what not to eat. Most simple food-lists are good - tell you and me - “Yes, eat it”, or “No, don't.” So, really now, you and I both know basic “good-for-us” or “bad-for-us” foods, don't we. Yes we do.

Our prime problem is not a lack of knowing - but lack of control. We choose - healthy good eating - refuse the bad - or choose bad and grow unhealthy.

The food-tempt issue is - “Will I do right - or wrong?” In all the good foods you choose to eat - do the right thing - and - *Say Yes to Less!* You will be oh so glad you did. And so will all who love you. Count on it.

### *Lose Weight! Lose Worry!*

*NOW - GO TO IT!* Once we decide to do right - *Eat Less* - when we delight to choose to deny self - defy fat - think first of God - next of others - our weal flesh self - last. - then - we are on the way - to shout - “Amen and Hooray!”

We will rejoice in our choice of an every day, day-to-day, life-long food-control lifestyle. We will use sugar-free, lo-fat, no-fat foods. For healthy eating.

And - that's exciting, excelling living for all who have for so long - over-eaten to overweight - and being fat.

Don't worry, you won't starve. Really. You will feel so great to lose weight. Yes you will. Count on it!

-----

### *Keep the Key in Mind*

*The Wonder-Key to Weight-Loss is -*

***“Eat Less! Eat Right!”***

*Smaller portions. Fewer helpings. Right foods.*

*More water - to fill up - not out.*

*Water helps avoid hunger pangs.*

*Eat less - eat right - you will lose weight.*

***Yes You Can!***

### *Make a List - Check it Twice*

*Be honest now, are you naughty or nice?*

If you honestly, accurately list all you eat in a week, and the amounts - you can measure how much you eat, and stop the “bad-for-you” foods, start “good-for-you” foods.

***Yes You Can!***

If you're “food-nice” you'll see. If you're “food-naughty” you can choose to change - right now - right away - today.

When you're “food-nice” you are not only “nice” to you - but “nice too” - to all who love you. Be happy about that.

Eating good foods - in less amounts is right. If you've begun - *Well Done!* You've got fat on the run. I do heartily, healthily commend you. Rejoice! Get all excited!

And keep on going!

*Yes You Can!*

Do it! Look in your fridge, pantry, cupboards. Dump all the bad stuff. Don't restock! Because, "bad-for-you" foods - are "bad-for-your-family" too. You love them, don't you, love them more than yourself. So think of them too - first.

Do it! Fill up the fridge, pantry, cupboards with "good-for-you" foods. They are "good-for-your-family" too. Use your God-given - *inner-control*. When your weak flesh self rears it's fat head - talk to Jesus - call on Him for inner-control. He will help you if you ask Him to. Do it!

*Yes You Can!*

Jesus said, "*Follow Me.*" If/ when you and I do choose to - *follow Him* - in true trust, in real love, in good, God-honoring lifestyle choices, in all life-patterns and habits - in all our eating too - then - as the apostle Paul said - we too can say - to all whom we love - all who look to us -

*"You - become mimics of us - and of the Lord."*

-----

Choosing always to do right in God's sight - is often hard. Being a good example to others is not always easy. Really. But it is always right. And doing right is worth the fight. And, when you fail (we all do) - instantly begin again -

Churchill said it -

*"Never give up! Never! Never! Never!"*

*Make Your Body Move!*

*Each Day - Say - **Yes!** I'll Eat **Less!**  
**Yes!** I Delight to **Eat Right!**  
And the - Make Your Body Move!*

Another doctor's order to me, to ease my hyper-tensed high blood pressure, was this: “*Start walking!*” So I do.

A big part of weightloss is physical fitness. You know it.

Remember that strong Bible line I quoted for you:  
“*Laying aside every weight and easy-snaring sin . . .*”

Well, that great, wise Bible line has these further words:  
“*Let us **run** with patient endurance  
the race set before us*” (*Hebrews 12:1*).

Now I know what many of you who read this - are thinking. You’re telling me - “Don, I’m not into running.”  
Keep reading . . .

Our whole lifespan is a spiritual marathon run - year-after-year - day-by-day-by-day. If we become sedentary in our run for God - we weaken, even fall, not run for God at all.

The Bible says: “*Bodily exercise does profit a little, but exercise yourself rather - to Godliness*” (*I Timothy 4:8*).

So - you and I need good, strong, steady *spiritual exercise* - day-by-day - year-after-year - daily in the Word of God. We need to seek the will and way God calls us to live and give ourselves - to Him - to others. First to bow down to worship Him - then we’re able to stand, walk, run for Him.

All this is true of our *physical lifespan* too. We must make our body move - to build up our body - burn off body-fat. Because - alongside our - *overeating* - or *eating wrong* - a major cause of weight-gain is our - *sedentary lifestyle*.

We eat too much, then sit too much. Are we simply lazy (slothful)? Maybe so. Or does our fat take too much effort to get up, get going - in mild activity - like walking?

Think about this. Many people are disabled in some way, and they cannot walk or exercise. If that's not you - do you praise and thank God - that you can move, walk, workout? Hmmm?

So - do it anyway! **Eat less! Eat Right! And Walk!**  
Do it for the Lord. For you. For those you love.

To lose weight - *move!* It's a fact - if we walk 20 to 30 minutes - four times a week - we lose weight. Even a little exercise is better than none. If some can't "*run the race*" try to "*walk the pace.*" If you can't walk a mile, walk a half-mile twice, a quarter-mile four times. It will help your body's cardio-vascular circulation, your muscles, lungs, your whole body. And - it will burn off the fat. Start today - keep on going - all the way. **Yes You Can!**  
*"Never give up! Never! Never! Never!"*

One more word about *eating less* and *exercise* - it's this:  
What weight you **don't** gain in the first place,  
you **never** need to lose.  
Your first *weightloss exercise* is: Push away from the table  
**"Stop the Stress! Say Yes to Less!"**

It works every time you truly do it!

*Eat Less - Eat Right  
Enjoy More*

- 1- **Decide!**    *Yes - I'll **Eat Less** - to lose the weight!*
- 2- **Devote!**    *Yes - I'll **Love** God first - live for Him - love my spouse, children, family, friends - before self!*
- 3- **Deny!**        *Yes - I'll say "No" to self - "No" to overeating!*
- 4- **Delete!**       *Yes - I'll **Eat Right** - Eat **No** Bad Foods -  
**no** sneak-snack cheat-eating!*
- 5- **Delight!**      *Yes - I'll **Eat Less** - **Eat Right** - **Happily!***
- 6- **Daily!**         *Yes - right now - I **Decide**, **Devote**, **Deny**,  
**Delight** - **today** - **Yes** - I'll **Eat Less!***
- 7- **Do It Now!**    *Say **Yes!** Why Wait? Why Weight?*

*Power-Plan to Stay Slim and Trim*

- 1- Pray First! God helps us control self. Yes He does.
- 2- Believe God! He loves You - wants Your best.
- 3- Love God! Say “Yes” to Him Stay close to Him.
- 4- Pray Again! Say you love Him, will serve Him.
- 5- Love Others! Say “No” to “weak-flesh-self.”
- 6- Pray Again! Say you love the Family He gave you.
- 7- Live on Less Say “Yes to Less!” “Yes - I’ll Eat Less!”
- 8- Leave the table! Say “No! I Won't Go!” (for seconds)
- 9- Do it Daily! If you fail - begin again. Every time.
- 10- Pray Last! God helps us control self. Really!

## *Review and Renew*

### ***The Person***

*YOU - Say Yes to Less*

### ***The People***

*Say Yes to Less*

*for All those You Love - All who Love You*

### ***The Problem***

*Overeating to Overweight*

*Self-serving brings Self-defeat*

### ***The Plan***

*Say Yes! I'll Eat Less - Eat Right - Do it Daily*

### ***The Prayer***

*"Tell it to Jesus . . . tell it to Jesus"*

### ***The Power***

*God-given Holy Spirit control*

### ***The Prize***

*The Bright Brand New You!*

*"Never give up! Never! Never! Never!"*

*If you find yourself in a overweight plight,  
If you failed again in today's fat fight,  
Keep eating less, keep eating right,  
Look upUpUP to Jesus - follow His Light,*

*Say **Yes** to **Less!**  
Yes You Can!*

*And may God bless you real good!*

*Prayer Poem*

*Father in Heaven  
Holy is Your Name*

*As I pillow my head in sleep tonight,  
I thank You for helping me in today's fat-fight?*

*In facing the tests, when I had to choose,  
I chose to win - by choosing to lose.*

*When the new day dawns, I'll ask You to bless,  
Help me **not** to give up - but to say **Yes** to **less?***

*I'll rise to greet Your bright new gift-day,  
And remember well - to pause and pray.*

*In Your control - eat and drink Your way.  
Stay close to me Lord - for with You I will stay.*

*Jesus Himself said to all who believe in Him:  
"Behold - I AM with you - always.  
I will never leave you, nor forsake you,  
so we may boldly say,  
The Lord is my Helper - I will not fear!"*

*Copyright 1997  
ABCDiet.com  
DonBooks.Com  
All Rights Reserved*