Extra Weight

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I have been on a weight loss program for the last couple of months. During that time, I have lost about twenty-five pounds. I have lost the weight with a combination of exercise and controlling my diet. In fact, that is the best way for anyone to lose weight. There is no substitute for discipline and work.

I find it amusing to watch some of the ads on television that promise easy results. Even more ridiculous are the ones in the newspapers and magazines which promise to burn away fat while you sleep. It is hard for me to believe that anyone could actually believe such claims. Sleeping the pounds away is simply not going to happen.

I feel much better after having lost some weight. I am in a better mood, I have more energy and my blood pressure is lower. I am also running faster. I have never been a good runner, but I have been pretty consistent with my speed over the last several years. However, after I lost the first twenty pounds, I found that I easily took a minute per mile off of my run time. I am now running as fast as I did when I was thirty-five years old.

I was talking to a friend of mine about my faster run time and he reminded me that basically, I had been running with the weight of a bowling ball around my waist. I had never thought of it that way, but he was correct. After I dropped the extra load, I could run more easily.

The interesting thing about weight is that it can be used to build us up or wear us down. We use weights to strengthen us, but if we carry too much weight for very long, it fatigues us and exhausts our ability to carry it further. Even weight training tires us out and takes a toll on us.

When we have problems in life, it is just like carrying weight around. In fact, we even refer to being burdened or being weighted down by problems. We know that when we struggle through a problem, it makes us stronger. But we also know that carrying a problem for too long and take a toll on us emotionally and physically. It gets to be more than we can deal with.

Jesus knew that a burden that was even greater than life's problems was the burden of sin. He knew that it would be too much for us to carry. In fact, simply trying to carry the burden would destroy us completely. That is why He chose to offer to remove the burden from us. He is able to carry what we cannot. In fact, He told His followers to come to Him and He would give us rest from our burdens. I can tell you from experience that when Jesus carries your burden, you are able to walk through life more easily. You are no longer carrying the extra weight that loads you down.

Allow God to put you on the best weight-loss program of all. Let Him lift life's burdens from you.

Semper Fi in the Lord and I hope to see you in Church on Sunday.