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SKYVIEW BULLETIN

LOSING WEIGHT



We see the ads everywhere. On billboards, in magazines, on television, in newspapers. These ads tell us how we can "Drop one dress size in seven days." Or, "How to lose weight in two weeks." There are many programs available that focus on losing weight. Exercise, diet pills, weight loss clinics, pills that curb the appetite, special diets all promise the same thing: "Lose weight fast."

The incentives for weight loss are usually two-fold: Be healthier and look better. We are advised that being over-weight results in unhealthy results. We can have high blood pressure, heart disease, diabetes, high cholesterol and other health problems, if

we are over-weight. Then there is the appearance issue. Losing weight can help us look younger and more attractive.

As a Christian we certainly should be health conscious. We are taught in scripture that because our body is the temple of the Holy Spirit, we need to take care of it and honor God with it. *"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your body"* (1 Corinthians 6:19-20) We are also admonished *"Don't you know that you yourselves are God's temple and that God's Spirit lives in you? 17 If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple"* (1Corinthians 3:16-17 Without a doubt, we must do all we can to maintain the health and well-being of our physical body. This may mean a weight-loss or a more healthy diet.

But.....there is a greater need for weight loss that we don't hear too much about. This weight loss is not always critical to our physical health, but affects our spiritual health. We need to lose the weight of *SIN*. Notice what the writer to the Hebrew Christians said: *"Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us,"* (Hebrews 12:1). Some think the weight in this passage refers to the weights that athletes attached to their legs and feet as they trained to run in races. This is probably the correct application. However, any weight caused by sin is a burden and should be lost. Also some think the "sin" in this passage refers to the specific sin of falling away. But, any sin is a weight and we need to lay it aside. We can not properly run the Christian race if we are over-weight. Sin is a burden, a heavy weight, and destroys our spiritual health. Sin is a weight because of the nature of sin itself. Jesus said if we commit sin, we are the servant of sin (John 8:34). The wages of sin is death (Romans 6:23). Sin is deceitful (Hebrews 3:13). Sin is a transgression of law (1 John 3:4). Sin is unrighteousness (1 John 5:17). Sin brings us into captivity (Romans 7:23). It is easy to understand how sin is a weight that must be lost. We need to be concerned with how we can lose this weight.

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ELDERS

Ron Bastien
Don Greenlee
Charles Murray
David Roberts

DEACONS

Ron Bentz
Frank Edwards
Jim Ingram
George Loyd
Andy Murray
Dennis Trask
Brad VanHaerents

PREACHER

Charles Murray

MEN WE SUPPORT

William Stewart--Kingston, Canada
Bob Owen — Trip to Europe
Mike Mendez —trip to Cuba

WORSHIP TIMES

SUNDAY

Worship.....9:30 A.M.
Classes.....10:50 A.M.
Worship.....6:00 P.M.

WORSHIP PLACE

4050 80th Ave N
PO Box 3118
Pinellas Park, Fla. 33780

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How do we shed the weight of sin? How do we rid ourselves of the burden and bondage that sin puts on us? The Bible gives very clear answers to these questions. God sent His Son and offered Him as a sacrifice for our sins. We are all under the curse of sin. Sin separates us from God (Isaiah 53:1,2), and we need to be redeemed, or brought back into a relationship with God. We cannot do this without help. There may be some physical weight loss things we can do ourselves, but when it comes to losing the weight of sin we are helpless on our own. To lose the weight and burden and bondage of sin, we must be in Jesus Christ.

The New Testament reveals the benefits available by our being “*in Christ*.” In Ephesians 1:3 we are told that all spiritual blessings are in Christ. Then as we read the rest of the context, we are told what the spiritual blessings are. We are “*chosen*” in Him and found blameless (verse 4). We are the adopted sons of God in Christ (verse 5). In Christ we have redemption and forgiveness (verse 7). In Christ we are lavished with all of the riches of God’s grace (verses 7,8). If all of the above spiritual blessings are found “*in Christ*,” we need to know how we “*get into Christ*.”

To lose the weight and bondage of sin, we must be in Christ Jesus.

This also is very clearly revealed to us in scripture. Notice Galatians 3:27: “*for all of you who were baptized into Christ have clothed yourselves with Christ.*” The Bible says we are baptized into Christ. In 1 Corinthians 12:13, we are told that we are baptized into one body, which is Christ. In Romans 6:3,4 we are told that we are baptized into Christ Jesus and His death. It is in our obedience to God by submitting to Him in baptism that our weight of sin is lifted. We can enjoy the spiritual blessings that are found in Christ when we obey Christ and put Him on in baptism.

There are other passages that also teach us the truth about the weight loss of sin. We are told that our sins are washed away in baptism (Acts 22:16). The remission of sins is obtained in baptism (Acts 2:38). Salvation is found in baptism (1 Peter 3:21).

But, there are prerequisites to baptism. Faith in Christ is required. Jesus said, “*Whoever believes and is baptized will be saved*” (Mark 16:16). Before baptism we must repent. Peter told the believing Jews on Pentecost, when they asked, “*What must we do?*” to “*repent and be baptized for the forgiveness (remission KJV) of sins*” (Acts 2:38). Faith in God and in His Son, Jesus Christ is the first step we take to rid ourselves of the weight of sin. We then must turn from our sin in repentance, and then we are baptized into Christ—we put on Christ — and can then enjoy all spiritual blessings.

When we lose weight physically, we must work to maintain this weight loss. We are encouraged to exercise and eat healthy. We may be able to shed many pounds of unwanted weight. But if we are not careful, the pounds can slip back on us and before we know it we are over-weight again.

We can lose the weight of sin, but if we are not careful and if we do not work at keeping sin out of our lives we can again become weighted by sin. The apostle Paul was careful to bring his body under subjection lest he be rejected (1 Corinthians 9:27). It is the grace of God that enables us to shed the weight of sin, but we are warned that it is possible to fall away from that grace (Galatians 5:4). If we lose the weight of sin, we have the promise of an eternal rest when this life is over. But we are warned that we can fall short of it because of sin entering our lives again (Hebrews 4:1, 11). Peter warns us that we if we escape the corruption of the world and are again entangled in it and overcome by it (weighted down) we are in a worse condition than we were before we shed the weight of sin in the beginning.

These are solemn warnings to us to stay on top of our weight problem. Having shed the weight of sin we must constantly work to keep sin from again burdening us down. When we slip and add a few pounds of sin, we are told what to do. “*If we confess our sins, He is faithful and just to forgive us our sins and purify us from all unrighteousness*” (1 John 1:9). As a Christian, one who has had the burden of sin lifted and slips back into sin, we need to confess and ask God to forgive us. And we are warned not to be deceived into thinking that as a Christian we cannot sin. “*If we claim to be without sin, we deceive ourselves and the truth is not in us*” (1 John 1:8). “*If we claim we have not sinned, we make Him out to be a liar and His word has no place in our lives*” (1 John 1:10). Friend, if you are in sin, you need to lose weight. Why not use God’s weight losing plan? It will work for you!



Adult

Auditorium

**New class
beginning in**

January:

The Life Of Christ

GOD'S

PLAN OF SALVATION

Believe—Heb. 11:6

Repent—Luke 13:3

Confess—Rom. 10:9

Be Baptized—

Mk. 16:16, Acts 2:38,

1 Pet. 3:21

CEM