



Our mission is to bring glory to God by meeting people where they are in life, share Jesus with them in a meaningful way, and encourage them to live in a growing relationship with Him.

# This is not a sermon about weight loss

#### The Image in the Mirror

For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

1 Corinthians 13:12

#### Seeing is Not Enough

Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like.

James 1:23-24

If I look in the mirror, and don't like what I see I really only have 4 ways I can react to the image.

#### Disaster

If we have gotten to this point then understand we have lost hope

We see no way to fix the image in the mirror yet we just can't accept what we see



"Its not as bad as it looks"

In the church we point to successes of the past

We focus on the physical

#### Denial

May provide a spark, eventually with out a lifestyle change we will go back to life as we want it.

#### Denial

"This is who I am"

We just accept it

In the church we hold fast to mediocrity

"Good Enough" approach

#### Denial

It's not to the point where I want to just end it but it does mean we surrender to the image in the mirror

I don't like the image in the mirror, that is where this starts

But its also where it ends

I can't eat like that

I don't have time to exercise

That is unreasonable

Many times we will try to adapt the "diet" to our lifestyle, then when it does not work we declare the diet is bogus

### Disgust in the Church We are unhappy

Everything we see we find soemthing wrong with it We are frustrated

Every now and then we get fed up with the image and "try" something new

Your "style" is what created the image in the mirror you are now disgusted with

We want the image to get better but really we don't want to pay the price of improving the image

## Discipline (1 Corinthians 9:24-27)

#### Breaking Down Discipline

You know why you are running

Competing requires training

You have to run with direction

We have to work with in the rules

### Are you tired of the image?

What are you willing to do to change it?