Just one pound a year…

It is such a little thing. One pound – sixteen ounces - spread out over a year is only 1.3 ounces a month. A small order of fries.

I remember the first time I reached 195 pounds. I thought – at least I am not 200 pounds. Then 205 showed up on the scales. Somehow that sounded ok. At 210 I was annoyed. At 215, I said I need to do something about this. At 220 I finally said enough is enough. Thirty-five years it took to get there. One pound a year.

I find that concept true in everything in life.

There is a really good game on TV and well … to be honest, I do have a little headache – I think I will stay home from church tonight. Before you realize it, you have a little headache more often. Then they start in the morning. I didn’t sleep well last night.

*Excuses, excuses, we hear them every day.*

*The devil will supply them if church you’ll stay away.*

*In the summertime, it’s too hot.*

*In the winter it’s too cold.*

*The spring and in the fall, there’s somewhere else to go*.\*

You snap at your wife over something silly. You justify it because you’re tired. I haven’t done that in months. Then you start justifying that you haven’t done it in weeks. Then you justify it that is was the first time today. She knows how to “push my buttons”.

You spend more money on a “treat” than you should. You justify it because you “earned it” or you say you can “afford it”. Then it is a little more money and a little more. Then one day you realize that you are discouraged or frustrated, and you go spend money. Now it is money you can’t afford. You are spending money you don’t have, on stuff you don’t need, to try and feel better, but you feel worse.

Sin is that way. It creeps on you one pound a year.

I am glad to be able to tell you that 220 was enough – enough to make me take my problem seriously. Over the next three years I lost about one pound a month. Half an ounce a day.

What about you? What about your relationship with your wife? What about how you spend your money? What will it take for you to look in the mirror and see you for what you really are?

Think about it! Are you ready to admit that the biggest problem you have - is you? Consider an accountability partner or two. Don’t focus on just one sin or shortcoming in your life. Work on your LIFE! Live daily for Christ. Anything less is a waste.

In Him,

Tom Jones

\* A song I heard as a child. I do not know the author.