

## **Biggest Losers**

### **Ready:**

"Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God." –Romans 12:2

### **Set**

I am hooked on a TV show. When I first heard of it, I wondered why anyone would watch a show about people who are uncool by the world's standards. I was wrong. "The Biggest Loser" is about people who want to change, to transform how they live. The change these folks make in a short amount of time is truly remarkable.

When Christ's followers offer themselves to God, a change will follow if their hearts are committed. Our society tries to dictate how we should look, act, and talk. Too often we conform to this image. We are not called to live for today, but for the future with Christ. Christians are to be the biggest losers of all. We are not to lose the most weight, but to rid ourselves of the baggage of this world. This change must go to our very core—our heart and mind. We must be transformed in our minds and lose all our old ways to gain a better way through Christ. This change will happen from the inside out.

When I watch "The Biggest Loser," I can't help but cheer for these individuals. I'm impressed with how many of the men and women stick with the changes. Likewise, when we choose to transform our minds in Christ, we will strive to become more like Him daily.

### **Go**

1. What changes do you need to make in your life?
2. Why is transforming your mind (thinking) so important in this process?
3. How do you need to live to know what is good and pleasing to God?

### **Workout**

Colossians 1:9-10; 1 Peter 1:14-16; 1 John 2:15-17

### **Overtime**

Lord, please transform and renew my mind so that I can be more and more like You. Change me from the inside out so that I can know You more intimately each day. Amen.

### **Bible Reference:**

1 John 2



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