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## **Fit 4 Ever: Double Portion**

Last year I wrote an article about how portion sizes have grown significantly during the past 30 years. I mentioned that common foods like bagels, hamburgers, french fries, pizzas and steaks have doubled and sometimes tripled in size and number of calories. It seems that, like Elisha, we always want more. Yet, while Elisha sought more spiritual power so he could speak courageously to God's people and lead them in God's ways, we often seek bigger portions of food to satisfy our physical and even emotional hunger.

### **Bible Reference:**

2 Kings 2



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