



DIET?

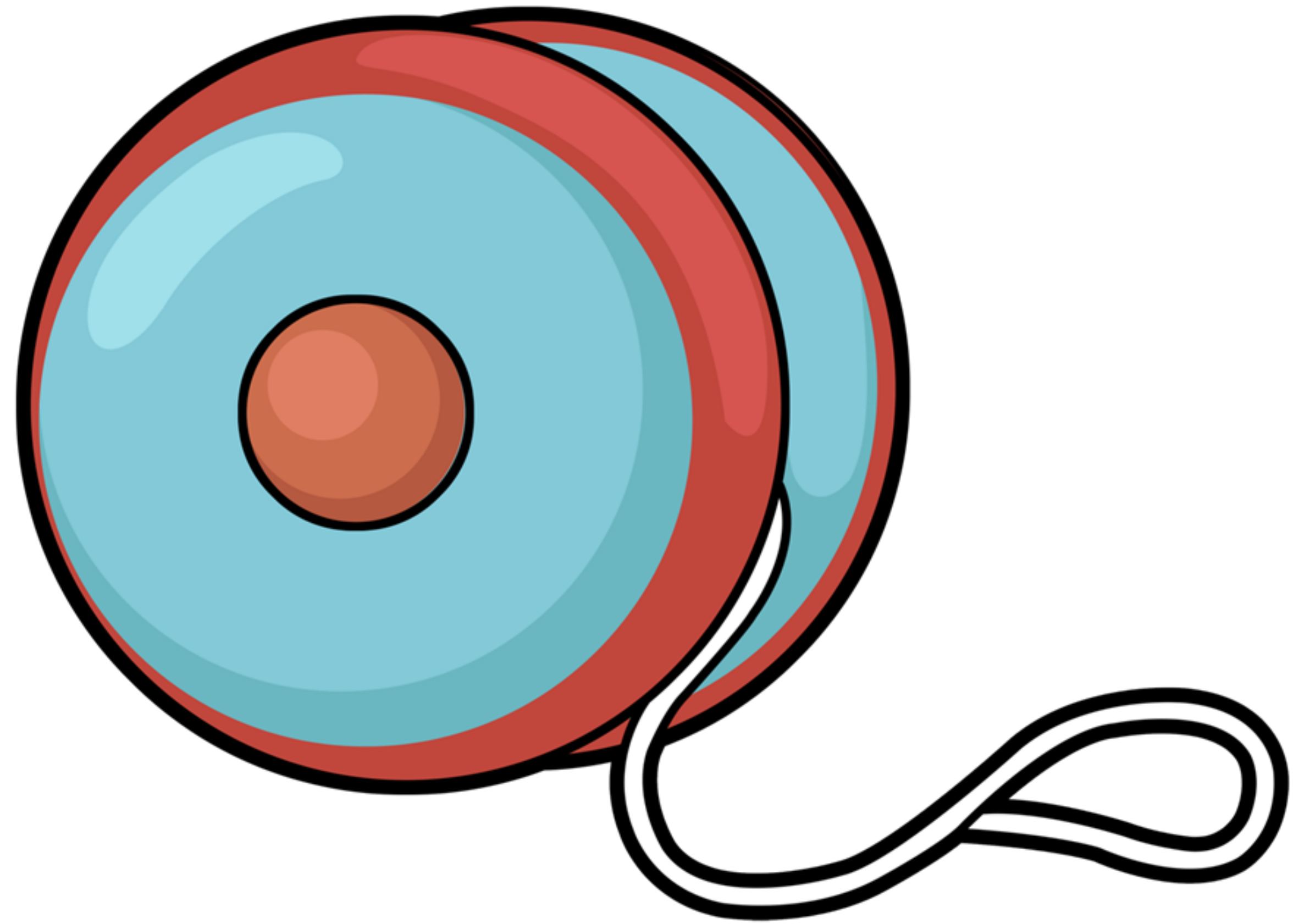
OR

LIFESTYLE CHANGE?



THE PROBLEM WITH DIETS

- They don't work.
- The yo-yo effect.



DIETARY CHRISTIANITY

- Think about the time of year.
- How crazy to people go with their gift-giving at this time of year?
- How much do people talk about Jesus around this time?
- What is our generosity like in the rest of the year? How much do we talk about Jesus at other times?

CHANGE YOUR LIFE!

- The yo-yo effect happens because people forget.
- Deuteronomy is full of warnings not to forget (no fewer than 9 times).
- The very word “repent” means a change of lifestyle. If our Christian values are displayed only while “on a diet,” then we haven’t really repented.

*Are your Christian values just a diet,
or have you actually changed your life?*