



South Hill Church of Christ

1136 South Hill Avenue

PO Box 3425

Fayetteville, Arkansas 72702-3425

Voice & Fax: 479-521-6809

Lsgage129@cs.com

Web: www.southhillcoc.org

December 13, 2010

No. 1 Reason People Eat Too Much

“For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; for it is sanctified by the word of God and prayer.” 1Timothy 4:4-5

This may be the wrong time of year to write an article on overeating, and then again, maybe this is exactly when such advice needs to be given. I personally believe that our own metabolism may have more to do with weight issues than a lot of other factors. Some people can eat everything in sight and not gain an ounce; other people just look at the menu and ounces turn into pounds. I read an article recently that advanced a theory on why people eat too much. The article stated:

The only proven way to lose weight and keep it off is to eat less. But how do you do that day in and day out? Just slow down. Don't eat so fast! Researchers from Laiko General Hospital in Athens, Greece have concluded that eating a meal quickly curtails the release of hormones in the gut that induce feelings of being full. The decreased release of these hormones can often lead to overeating because your body isn't telling you to stop...."Our findings give some insight into an aspect of modern-day food overconsumption, namely the fact that many people, pressed by demanding working and living conditions, eat faster and in greater amounts than in the past," said Kokkinos. "The warning we were given as children that 'wolfing down your food will make you fat,' may in fact have a physiological explanation." The study findings were published in the Endocrine Society's Journal of Clinical Endocrinology & Metabolism.

As I read this article I couldn't help but think that this might be good advice for our Bible study as well. Just slow down. Our demanding work and living conditions may also result in rushed Bible study, or, in some cases, no Bible study at all. The psalmist gives us this very advice in the first psalm: "Blessed is the man who walks not in the counsel of the ungodly, nor stands in the way of sinners, nor sits in the seat of the scornful; but his delight is in the law of the Lord, and in his law he meditates day and night" (Psa. 1:1-2).

Meditation does not sound like speed reading, does it? It indicates that we not only read a passage but that we think about it. We need to spend some time thinking about the way the passage impacts our lives and what applications it may have for us and others.

I realize that this may not sound very "encouraging" to us. We might respond, "You mean I have to make room for spending more time thinking about the Bible passages I read? How can I do that?" I find in my own case that I spend more time in front of the television than I probably should. It is very possible that I could cut out 30-minutes of TV and be amazed at how much meditating I could achieve. So, slow down and read and think.

“Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth.” 2Timothy 2:15