

DRIZZIES DRIZZLE



CALORIES IN, CALORIES OUT

I finally got honest with myself. I love food. Actually, it is worse than that. I really love food. I love all food. I love meat. I love vegetables. I love sweet things. I love salty things. I love salads. The only meal I remember not enjoying in my entire life was a “tuna-ham casserole.” I still ate it.

My body was demanding change. I had to stop making promises to myself that I was going to eat less. I had a couple of decades of history that told me it was not going to happen. I had to find another way to get in shape before I was too heavy to carry myself up a set of stairs. The solution was not in deciding I was going to eat less. Others might be that strong. I’m not. It was not going to work for me. I had to find another way. I had to speed up my metabolism by getting moving.

On January 23rd of this year I made the decision that I was going to aim to walk 8 kilometres every day. Day in and day out I was going to get moving. I have reached my target 84% of the days since that decision and in doing that I have made a wonderful discovery. If I walk 8 kilometres a day I burn at least 3000 calories. And if I do that I can eat whatever I want - even salads!

Most Christians are about 3,000 verses overweight. There has never been a generation that has attended more Bible studies and had more good teaching available to them. My cell phone has over 1000 different versions of scripture in over 700 languages available on it. There are podcasts in abundance. Knowing the Bible is not our problem. Our challenge is we crave teaching and seldom move our knowledge into action.

The District Leadership Team had the privilege of having Larry Moore speak into the life of our District at our last meeting. Larry Moore is the Executive Director of United Youth Outreach. Many of us are familiar with the Street Invaders program that United Youth operates. Larry expressed his concern about the number of kids in our churches who graduate from High School. They move out of home and more often than not also leave their faith behind. In his conversations with these kids he discovered that many of them said they just couldn’t figure out the relevance of Christianity. They talked about going to church Sunday after Sunday and hearing good teachings from people they genuinely liked. Challenging messages talked about how important it was that people come to a saving knowledge of Christ but as they got older they recognized nobody seemed to believe it. The church did next to nothing to reach people for Christ. When people from the community came they were often treated as “outsiders.” Their parents didn’t seem overly concerned about telling others about Jesus. The messages didn’t really seem to matter. Studying it did. Applying it didn’t.

Lots of calories in. Seldom any calories out. It isn't important enough to share. 3,000 verses overweight.

Making disciples is the missing ingredient in the North American churches. For the last twenty or thirty years there have been more and more conferences and seminars on discipleship. Books have been written. But most of them are off the mark. They talk about what we need to do to be good disciples. We need to pray. We need to attend church regularly. We need to study our Bibles. We need to be nice. All of that is good, but it is not the emphasis of scripture. The emphasis of scripture is on making disciples. We are being disciples when we are making disciples. Calories in - calories out!

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The call of God upon the church is to go into all the world and make disciples - **teaching them**. The emphasis is not on learning ourselves. For years many of us have not been closing the missional cycle. We have ate and ate and ate but we have never been actively engaged in telling others about our Lord and Saviour.

The simple decision to get our eyes on the world and to get out into the harvest field will change our province. Maybe we need to drop a couple of "feeding the flock gatherings" in our churches and put much of our energy into running a children's outreach with excellence and excitement. When is the last time our youth groups went to one of Saskatchewan's reserves to minister and share their faith or hopped on a bus to run an ESL outreach in Quebec? Adults need to be challenged to open their

hearts and homes again and run Alpha, Grief Share, or an Addiction Recovery Program. We can make a huge difference in all our communities. The challenge is getting up and getting moving.

Calories in - calories out.

Your superintendent and friend - *hoping to see you at District Conference.*

Life's Brighter Under the Son,

John Drisner

