

God and America’s Obesity Crisis

*Speaking Truth
by Clint Decker*

Clay Center, Kansas – Based on government data in the 1960s and 70s around 13% of Americans were considered obese while less than 1% were defined as morbidly obese. However, in the 1980s and 90s waistlines began to dramatically increase. Today, according to USAFacts, obesity rates have tripled in America over the last 60 years with nearly 70% being either overweight or obese. This has given rise to over 250 health problems like type 2 diabetes, high blood pressure, heart disease, strokes, fatty liver diseases, some cancers, fertility issues, mental health problems and more. In 2016 over \$260 billion was spent on obesity related healthcare, while in 2024 it increased to \$385 billion.

We have a health crisis in America! Where is the church and Christian ministries on this? Are we not pro-life? This crisis is leading to obesity-related deaths by the thousands and chronic related sicknesses by the millions. Our families, churches and communities are all touched by this.

Does God have anything to say about our health?

Jesus said, “And you shall love the Lord your God with all your heart and with all your soul and with

all your mind and with all your strength.’ The second is this: ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these.” (Mark 12:29-31) This refers to loving and serving God with your whole being, which includes your body. For believers, taking care of our body is an expression of our love for God. For when we do, we can more effectively serve others, whereas obesity limits us in different ways. Additionally, it is written “... whether you eat or drink, or whatever you do, do all to the glory of God.” (1 Corinthians 10:31) This is communicating that in all things, including what we eat and drink, we are to do for the glory (or honor) of God.

The goal of living a healthier life is first about God, second about others and last about you. It is not primarily about YOU looking good in the mirror or YOU feeling good about yourself. The Bible says, “Happy are you, O land, when your king is the son of the nobility, and your princes feast at the proper time, for strength, and not for drunkenness!” (Ecclesiastes 10:17) What is the purpose of eating and drinking? It is not for personal pleasure or self-indulgence, for that is where many of our problems start. Rather, it is to produce the strength and energy we

need to serve God and others.

What are some practical ways we can fight against obesity?

Live with belief. Believe it is possible for you to eat and live a healthier life. No matter what your past failures have been. No matter what your existing health problems are. No matter what your genetics are. Believe that you can overcome.

Live with a plan. Turn your belief into action. Seek out a practical diet and exercise plan.

Live with a goal. Whatever you aim at is what you will hit. Set small reasonable weight loss goals.

Live with common sense. Make better choices. Eating smaller portions and fruits and vegetables is good. Eating larger portions and piles of cupcakes is bad.

Live for the glory of God. Do not live with guilt over your weight, nor compare your body to anyone else’s. Fix your eyes on Jesus and live for His praise alone.

Live with a persevering mindset. Know this will be extremely difficult but determine that you will never quit! Never!

Jesus came to die and rise again that we might no longer be enslaved by the things of this world. He created you and He knows the battles you face. In Christ, you have all you need to live a healthy life.

A prayer for you – Lord God, we ask for your help to begin living a healthier life. We need your enabling power. We are weak, but you are strong. Help us O God and grant us success. In Jesus’ name. Amen.

Clint Decker is President of Great Awakenings. Please share your comment at cdecker@greatawakenings.org and follow his blog at clintdecker.blogspot.com.

Museum Minute

The Neodesha Historical Museum is scheduled to open April 18 for the year.

The museum will be open on Fridays from 9 A.M. to 5 P.M. and Saturdays from 9 A.M. to 12 P.M.

Come visit and see whats new..

**THE NEODESHA
DERRICK NEWS**
(620)714-0326
NEODYNEWS@GMAIL.COM

Cheaper by The Dozen?

*By Adaven Rohling
Diversified Agriculture and
Natural Resource Agent,
Wildcat Extension District*

As chicks arrive in farm stores and egg prices have increased at the grocery store, you might be thinking about getting chickens. But before you buy chicks, here are a few things to know.

Chicks need warmth. For the first few weeks, chicks must be kept at about 95°F. This usually means keeping them inside under a heat lamp or brooder. Once they grow their adult feathers, they can be moved outside into a chicken coop. They will need a coop that will keep them warm in the winter, provide shade in the summer, and, most importantly, protect them from predators. Coops can be purchased ready-made or built yourself; dozens of coop designs for flocks of all sizes are available online.

If you want to start getting eggs immediately, getting adult hens may be a better fit, as pullets (chicks that are hens) won’t start laying eggs until they’re about 5 months old. Getting hens that are a “layer” breed is also important if egg production is your goal. This

means the breed has been developed for egg production. While all chickens lay eggs, "layer" breeds will produce more eggs than others. When purchasing chicks, there will be the option to get “straight run chicks” or pullets. “Straight run chicks” have not been sexed to determine their gender, so you will be taking your chances on getting hens or roosters. While chicks labeled “pullets” are hens (although it’s not a 100% guarantee).

Trying to figure out how many hens you need to meet your egg consumption needs? Six hens will lay, on average, three to five eggs a day. However, egg production is not consistent year-round. Chickens go through a molting phase where they shed their feathers and look rough. Hens stop laying eggs when they are molting because their energy is going toward growing new feathers. Egg production will also decrease in the winter due to reduced daylight. However, a light can be added to the coop to help keep egg production up.

While chickens are great recyclers and can eat many kitchen scraps, they will also need to be fed feed formu-

lated for chickens to fulfill their nutritional requirements while growing and to achieve peak egg production as adults. If you want to run the numbers to see if owning chickens will save money vs. buying eggs from the store. A chick will eat about 13-15 lbs. of feed before they start laying, and adult chickens eat, on average, a quarter pound a day. If you have six hens, they will eat about 42 lbs. of feed a month, and a bag of feed costs about \$20.

If you want more information on raising chickens, contact Adaven Rohling, Diversified Agriculture and Natural Resource Agent Wildcat District, at 620-331-2690 or adaven@ksu.edu.

BUSINESS
DIRECTORY

Looking for a quick, handy location to keep your business name before the public? The Derrick News Business Directory is just \$4 a week

Today Word

Colorful?

By Charles Rice, Pastor Bethel Church of Good

Perhaps you have already noticed that we nominal Christians are extraordinarily color conscious. By that I mean we tend to follow others according to color and do so seemingly without thought or question. Ever wonder why there is a “white” church while across the street and a block over a “black” church? Years ago, we held a Martin Luther King, Jr. service with a desire for unity and which was intended to recognize that Dr. King was a Christian martyr; he died for what he believed and taught. There were many in the “white” community who would not attend such a service because Dr. King was “black.” And, there were those on the other side who would not attend because the celebration was being held in a “white” church. Then there were those who would not have been there because of complete indifference.

Where in the Bible do you read where God so loved only white people or only black people? My Bible says, “God so loved the world . . .” If you are in this world, God loves you and Jesus gave his life to save you regardless of skin color or lack thereof.

Could it be that the lemming we are following is prejudiced? We’re afraid to answer that question, aren’t we? Afraid we might be wrong? Afraid we might not know what else to do? Afraid of what others will say, if we don’t conform? We are lost and don’t know it because we are not following Jesus.

Oh, but how we love to try to justify our lemmingness by twisting Scripture to suit our needs. Some organizations want to ordain women while the hardliners want to point to something the Apostle Paul wrote about women keeping silent in the church and not being allowed to preach or teach. Strange that the hardliners ignore something else that Paul wrote. Galatians 3:28 (NLT) There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.

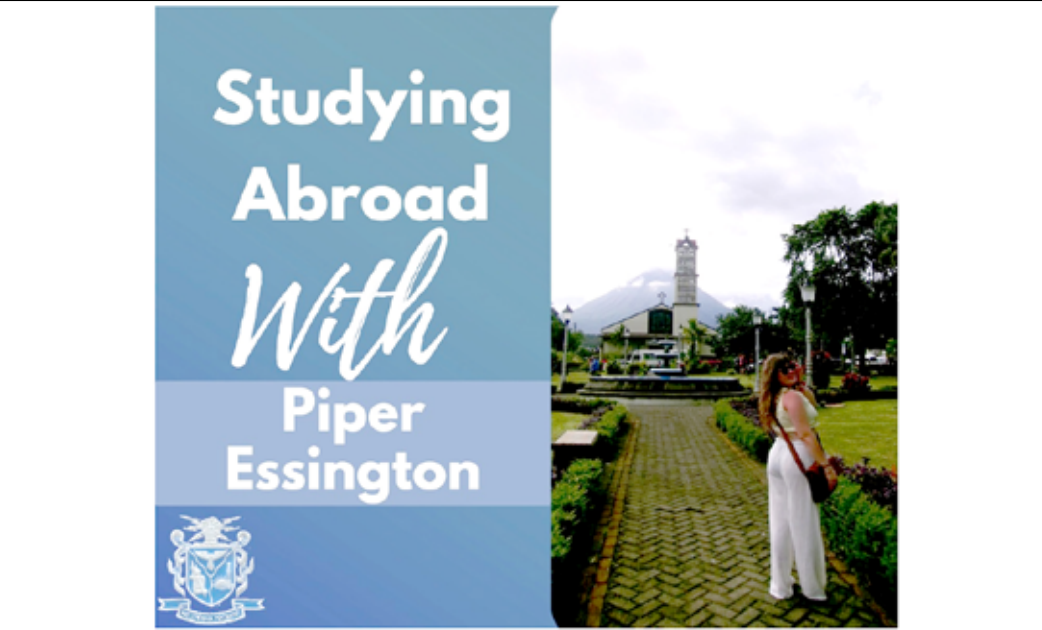
Surely, if we claim to be one with Jesus Christ and the Father, we would never dare to tell Jesus he couldn’t preach or teach, or that he couldn’t use someone else to do so through the indwelling of the Holy Spirit.

Are we not all then a royal priesthood, regardless of color or gender? 1 Peter 2:9 (NLT) But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God’s very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light. No divisions here! Collectively, we are all a royal priesthood, a holy nation, but only so far as we are in Christ and he in us. Now, if Christ is in us and living again through us, can Jesus still preach? Does color or gender any longer matter?

Bible Trivia

1. Fill in the blank: “And he (Jacob) charged them, and said unto them, I am to be gathered unto my people: bury me with my fathers in the _____ that is in the field of Ephron the Hittite.” Cave, plot, tomb
2. Who asked for a letter from King Artaxerxes to present to the keeper of the king’s forest as he returned to build Jerusalem? Ezra, Nehemiah, Zerubbabel
3. When a man and a woman are married, Jesus said they become one what? Body, flesh, spirit
4. According to Paul, the law was added because of what? A covenant, lack of faith, transgressions
5. She was the sister of Aaron. Huldah, Jochebed, Miriam

Answers: 1. Cave (Genesis 49:29), 2. Nehemiah (Nehemiah 1:1-8), 3. Flesh (Matthew 19:4-5), 4. Transgressions (Galatians 3:19), 5. Miriam (Exodus 15:20)



University of Kansas | Piper Essington

Where did you study abroad?

I studied abroad in Costa Rica and visited San Jose, Monteverde, Arenal, La Fortuna, and Manuel Antonio.

What did you study/learn through this experience?

I studied environmental practices and writing. I learned about the many ways that Costa Rica implements renewable energy and resources so as to preserve their biodiversity and land.

What was your favorite aspect of the study abroad experience?

My favorite aspect was being immersed in a new culture and learning from experience rather than a textbook.

Any advice for students who are interested in studying abroad?

DO IT! There are so many scholarships available and it's an experience you will never forget.

The churches listed and the following sponsors make this Church Directory possible every week:

Bank of Commerce
The Derrick
The Neodesha
Derrick news
Loran Fawcett Chapel

Grace Baptist Church!

Sunday 9:45 am, 10:45 am
& 6:30 pm
Wednesday 7 pm
Master Clubs 6:30 pm Wednesday
1317 N. 7th St., Neodesha KS
Pastor Trevor Hubbs
325-3636
www.gbconeodesha.com

Bethel Church of God

PASTOR CHARLES RICE

Sunday School 9:30 a.m.
Sunday Worship 10:30 a.m.
2 miles North of Neodesha on Hwy. 75
(620) 331-1970 or (620) 331-3993

Church of Christ

1226 N. 8th, Neodesha
620-325-2387
Sunday School....10 a.m.
Sunday Worship....11 a.m.
Sunday Evening....6 p.m.
Wed. Evening...7:30 p.m.

Christ Church

2 blocks South of Granby on Elm St.
Pastor Joseph Dodson
Pastor Emeritus
Dave Cheshier
Sunday Morning Worship 10 a.m.
Men's Prayer/Cave time Wed. 6 p.m.
Women's Bible Study Wed. 6 p.m.
Sunday Night Service 6 p.m.
Sunday Night Youth Group 6 p.m.

Neodesha First Christian Church

702 Wisconsin
Pastor Brian Rothgeb
Morning Worship
9:45 a.m.
NeodyFCCfamily@gmail.com
Facebook: firstchristianchurchneodesh

Neodesha United Methodist Church

802 Indiana
(620) 325-2787
Pastor Rev. Susan Hood
Worship at 10 a.m.
www.neodeshaumc.org

St. Ignatius Catholic Church

8th & Grant • 620-325-5215
Fr. Stuart M. Smeltzer
MASS SCHEDULE
Sunday 8:30 am
Wednesday 5:30 p.m.
Friday 8 a.m.
1st Saturday 8:30 am

CrossRoad Church

614 Main, Neodesha
Pastor Gary Larson
Sunday Morning Services
10 A.M.

First Southern Baptist Church

719-339-3461
David Dickenson, Pastor
Sunday School 9:30 a.m.
Worship 10:30 a.m.
Sunday Evening 6:00 p.m.
Wednesday Evening 6:30 p.m.

Calvary Missionary Baptist Church

3117 Ann St
Lafontaine, KS
Pastor Tom Bell
Services : Sunday school 10 am
Sunday service - 11 am
Sunday & Wednesday
Night 5 - 6:30 p.m.

Neodesha Church of the Nazarene

812 N. 7th
Pastor Jay Reed
Sunday Worship 10 am
Sunday Small Groups 9 am
Wednesday ANCHORED 5:30 - 7 pm
Wednesday I.M.P.A.C.T. 5:30 - 8 pm

Episcopal Church of the Ascension

702 Osage, Neodesha
COME AND SEE
Sunday Service at 9 a.m.
Coffee hour following service.