

“Weight” Sermon for December 2, 2018, Advent 1:
Lection-Jeremiah 33:14-16 Luke 21:34-36
Sermon Text: Matthew 19:23-24

Then Jesus said to his disciples, "Truly I tell you, it is hard for someone who is rich to enter the kingdom of heaven. Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God."

Excess pounds do more than increase your **weight**—they increase your risk of major health **problems**. People who are overweight or obese are more likely to have heart disease, strokes, high blood pressure, diabetes, cancer, and depression.

Fortunately, losing **weight** can reduce your risk of developing some of **these problems**.

Losing excess weight can make you feel better both physically and emotionally and can help you live a longer, healthier life.

Jesus was very clear about our time of preparation, and we, at the beginning of this new Christian Year must heed his warning (Luke 21:34)

34 “Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap.

We are told to be even more careful about our real life or spiritual weight than we are to be about our physical body weight. For while an overweight body can impair our health, a soul burdened down by the weight of this life can impair our spirits.

The reason Jesus so warns his disciples and through them, us, is that what is about to occur around us requires that we not only be watchful, but ready for what lies ahead. What lies ahead is the fulfillment of Jeremiah’s prophecy.

God’s righteous people, those who have pledged allegiance to God’s coming kingdom in Christ, that is even now in our very midst, must execute God’s

justice. We cannot execute God's justice if we are committed to the behaviors and values of our world. We cannot bring God's new order if we are bogged down and compromised contrary to the essence or fruit of God's Spirit.

If we are burdened with the weight and love of this world, its practices and its ideas so that it was be easier for a camel to pass through the eye of a needle than for someone to identify us as Christians, agent of God's Advent, we have a weight problem. We who would create a new world, a new human reality, must be capable of passing through the eye of the needle.

We must be spiritually fit. If we are to create righteousness in the land, in our world, we must be sanctified from its enticements, deceptions and pollutions. Only then can we pass through that all important gate, that we might guide all who follow

into life. In the name of the Father and of the son
and of the Holy Spirit. Amen.