



Introduction:

• The TV reality show *The Biggest Loser* has become a favorite at the Barfell house because it is all about life change. Each season 16 contestants are chosen who are grossly overweight. They are given one goal: to see who can lose the most weight. They can't do it alone, so they are provided with a personal trainer who helps educate and motivate them to overcome their biggest weaknesses that stand in the way of becoming the "biggest loser."

• The Christian life has a lot of similarities:

1. The #1 Goal of the Christian Life is _____

...be perfect as your Heavenly Father is perfect. Matthew 5:48
...students are to be like their teacher. Matthew 10:24, 25
Follow my example as I follow the example of Christ. I Corinthians 11:1

2. We Are "Overweight" With _____ - _____

Romans 6:6
We tend to carry around the "dead weight" of our _____
_____.

Ephesians 4:22-24
We're told to "put off" the _____ that is corrupt.

Hebrews 12:1
We're told to "lay aside" the _____ of sin in our lives.

Perhaps John the Baptist said it best:
He [Jesus] must increase but I must _____... (become the "biggest loser!") But we can't do alone!

3. We Have Been Given a _____ to Help Us Become More _____ (John 14:16)

Counselor – Gk. *paraklete* meaning:

- One called alongside to _____
- _____
- _____
- _____

*The Greek word Jesus used for "another" is **allos**, which means "another of the same kind." Jesus' choice of words emphasizes the unique work of the Spirit in continuing what He had begun while on earth without any loss of character, quality, power, or intimacy. Jesus could promise this because the Spirit is of equal divine essence with Jesus Himself.*

Tony Evans, **The Promise**, p. 24

...He teaches us _____ that "the world" can't understand.

- John 14:26; 16:13
- I Corinthians 2:10-12

...He motivates us to _____ what God desires of us.
• Ezekiel 36:27

...He identifies our _____ and helps us overcome them.
• Romans 8:26,27

Conclusion:

The results? Well, they speak for _____.