

The One Thing I Am Not Thankful for Today

So much is happening right now that I kind of forgot it was the beginning of the holiday season. My husband is remodeling our basement family room. Yes, I'm writing this in the midst of hammers pounding downstairs and scraping as concrete filling is going on the floors.

I'm thankful our family room will be more functional and better able to be utilized by our extended family. I'm not thankful for the noise, but I endure that for the prize in the end. That reminds me of a Scripture.

"Therefore, since we are encompassed with such a great cloud of witnesses, let us also lay aside every weight and the sin that so easily entangles us, and let us run with endurance the race that is set before us. Let us look to Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and is seated at the right hand of the throne of God" (Heb. 12:1-2).

One main thing I'm thankful for is that after losing 250 pounds I know without a doubt that Jesus is the Overcomer and helps me become one as well. The main thing I'm not thankful for is sugar and high-carbohydrate-content foods.

I see those foods as tools of the enemy. He knows my propensity for them. He didn't have to do much to stop my influence for God in the world. For 30 years I wallowed in sugar addiction. All he had to do was whisper in my ears, *Eat that, buy this, bake that*, and I was killing myself, slowly but surely.

The holidays were always the worst for me. I felt like I couldn't get through Christmas without Mom's fudge and Grandma's great pies. Overeating was what we all did. It was

embedded in us as celebration.

However, we all know the celebration is not complete without family and friends to share it with. Instead, I would focus on the food and forget about all the wonderful people around me.

This holiday I challenge you to connect, really connect with those around you. Are you thankful for them? And do you really know what's happening in their lives? How they are feeling today? During your celebrations, this week and the coming month, take time to talk to each person.

Do you know where they work or go to school or what they do with their days? Intentionally start a conversation with every person at your celebrations. Ask them things like "What's the best and worst part of your job, school or days?" Or just ask what Facebook asks us every day. "What's on your mind?"

Before you know it, as you begin putting the focus on other things besides food, the weight that so easily entangles you will be a distant memory. Of course you also must fix your attention on God because only then can you really be changed from the inside out (Rom. 12:2).

Focus more on growing your soul and spirit so that your body will shrink instead of expand during this holiday season.
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