

## *An Exercise To Discern Both Good and Evil (Hebrews 5:14)*

### **My Brother You Have A Self-Control Problem**

#### **Scenario:**

A brother in Christ begins a weight loss journey. He has determined that he is overweight. He has determined that he needs to do something about it. He publicly talks about his weight loss journey. He publicly confesses that his weight gains are because he has no self-control when it comes to food. He even stresses that, even when he knows his diabetes is going to get worse because he eats something, he just cannot help himself. He publicly confesses that he believes himself to be a sinner, not because of his weight, but because of his lack of self-control. He states that this area of his life is not the only area of his life wherein he lacks self-control. He then adds that he is going to start an online social media page to document his weight loss journey. He stresses that he is doing so to keep himself accountable. He encourages the brethren to watch this journey and hold him accountable. As a short time passes, his weight loss journey crashes. His social media pages have been sporadic. He has not lost weight, he has visibly gained it. A brother in Christ approaches him about this, in front of other saints, and addresses the issue. One brother pays close attention to this. That brother who was listening to the rebuke about lacking self-control decides to take action with that information on a brother in the congregation.

#### **Statement That Arises From Our Scenario:**

The bystander mentioned above approaches a brother in the congregation and says: "We have just witnessed a brother among us sin because he is fat. I cannot sit by idly while he is rebuked for his lack of self-control and let you get away with the same sin. My brother, you have a self-control problem. You need to come before the congregation, confess your lack of self-control, and show fruit meet for repentance."

#### **A Later Statement Is Made:**

After the brother in Christ breaks down in tears and says that his weight is not a self-control issue, the rebuker states: "We have just learned that being overweight is a self-control problem. Now, you have to add to your confession and repentance that you are a self-deceived liar. You have till the end of the day or I am bringing this before the congregation. It is a public sin. Don't worry, there are others I will be talking to as well about this same sin."

**For Discussion:** What do you see in those statements?