

Responsive Reading

Leader: So, whether you eat or drink or whatever you do, do it all for the glory of God (1 Corinthians 10:31, NIV)

Congregation: Let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God (2 Corinthians 7:1).

Leader: And you know that God anointed Jesus of Nazareth with the Holy Spirit and with power. Then Jesus went around doing good and healing all who were oppressed by the devil, for God was with him (Acts 10:38).

Congregation: I will never forget your commandments, for you have used them to restore my joy and health (Psalm 119: 93, NLT).

Leader: Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will (Romans 12:2).

So, whether you eat or drink or whatever you do, do it all for the glory of God (1 Corinthians 10:31).

Congregation: Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again (1 Thessalonians 5:23).

All: Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well (3 John 1:2, NIV).

Feel free to post your Taste Test Sunday Selfies on our Facebook Page: www.facebook.com/getcoveredms. For a complete listing of 2017 Suggested Health and Wellness Observances, you may go to www.getcoveredms.org/health_and_wellness_101.

Get Covered Mississippi!

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Taste Test Sunday

#TTS2017

Sunday, March 19, 2017

Worship Helps

Dr. Michael O. Minor, Editor

What Is Taste Test Sunday?

In 2008, the Northwest Mississippi Rising Sun Usher Federation designated the Third Sunday in March as “Taste Test Sunday” to promote healthy meals at church functions. To do so, the Federation asked churches to serve diabetic safe desserts. In 2013, Get Covered Mississippi! adopted this observance as part of our promotion of healthy living. On Taste Test Sunday 2017, we’re asking congregations to sample diabetic safe desserts after worship. You’ll watch members surprise as how good these desserts taste. You should consider promoting a contest in your congregation to collect recipes with healthy substitutions for a “Healthy Desserts Cookbook.” We offer the information in this guide to assist you in planning your Taste Test Sunday observance.

Facts about Obesity in the United States

Obesity is common, serious and costly

- More than one-third (36.5%) of U.S. adults have obesity.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.
- The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008 U.S. dollars; the medical costs for people who are obese were \$1,429 higher than those of normal weight.
- The annual nationwide productive costs of obesity obesity-related absenteeism range between \$3.38 billion (\$79 per obese individual) and \$6.38 billion (\$132 per obese individual).

Fact: Obesity is already having an adverse impact on young people

- Type 2 diabetes – once believed to affect only adults – is now being diagnosed among young people.
- In some communities, almost half of the pediatric diabetes cases are type 2, when, in the past, the total was close to zero. Although childhood-onset Type 2 diabetes is still a rare condition, overweight children with this disease are at risk of suffering the serious complications of diabetes as adults, such as kidney disease, blindness, and amputations.

Obesity affects some groups more than others

- Non-Hispanic blacks have the highest age-adjusted rates of obesity (48.1%) followed by Hispanics (42.5%), non-Hispanic whites (34.5%), and non-Hispanic Asians (11.7%). Obesity is higher among middle age adults age 40-59 years (40.2%) and older adults age 60 and over (37.0%) than among younger adults age 20–39 (32.3%).

Source: Centers for Disease Control and Prevention

Sermon Outlines

Daniel's Confidence in God (Daniel 1:11-16)

- I. The test of faith: "Prove thy servants" (vv. 11-14)
 - a. Living lean in a land of plenty.
 - b. Vegetable soup tasted better than wine and meat.
- II. Obedience to God makes life sweet (vv. 15-17)
- III. Results of this test of faith and obedience:
 - a. Daniel and his friends were healthier than the others.
 - b. Even the unbelievers saw the difference.

Trinity Wellness (3 John 1.2-3)

- I. What is Trinity Wellness?
 - a. Healthy body (physical life)
 - b. Healthy soul (spiritual life)
 - c. Healthy mind (mental life)
- II. John recognized the importance of Trinity Wellness (v. 2).
 - a. A "sick" Gaius would not be an effective leader.
 - b. A goodly number of church leaders today overdo it, neglecting their health.
- III. Gaius was doing a good work (v. 3)
- IV. John was a "spiritual" father of those saved by Gaius preaching (v. 4)
- V. God is concerned about the whole person.
 - a. There are many examples of Jesus' healing ministry.
 - b. We must strive to be "trinity" well.

Litany

ONE: In love, God calls us to health and wholeness in our own lives.

ALL: **For all who care for us emotionally, physically and spiritually;**

For all who hold us, encourage us and challenge us, who stir us emotionally to make healthy responses to the ebb and flow of living;

For all who provide guidance and support for our sexual and mental health,

We give you thanks.

ONE: In love, God calls us to mission among those in need.

ALL: **For all who offer food or shelter or a listening heart;**

For all who gently hold a troubled hand or sit silently in simple accompaniment;

For all who offer therapy or surgery, who bring intervention or enable rehabilitation with a full measure of hope,

We give you thanks.

ONE: In love, God calls us to care for the least among the children of God.

ALL: **For all who honor and care for those who are aging, who rock babies and children in need of comfort in an unkind and terrifying world;**

For all who offer care in community clinics and at health fairs, who diligently work to end epidemics, who value the disabled among us;

For all who see each person's worth and actively oppose discrimination,

We give you thanks.

ONE: In love, God calls us to open our hearts to the meaning of discipleship.

ALL: **Grant that we may have the wisdom and will, O God, to embrace the healing and service ministry of Jesus Christ and make it truly our own. Inspire us, Holy One, to trust that your healing love will use our humble efforts to bring health and wholeness to us and to the whole human family.**

Source: Rev. William R. Johnson, VP for Member Relations, UCC Council for Health and Human Service Ministries, www.chsm.org
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