

# Portion Control



At confirmation camp, our junior high kids received a lesson in portion control. At dinner everybody was to take only a fair share of the meal. After that seconds were available for the still-hungry. That way, everybody gets what they need.

It strikes me that in a nation that revels in the "all-you-can-eat" mentality, we can all use lessons in "portion control."

For instance, many serious health conditions are brought on by overeating. Portion control would involve eating no more than is necessary for health and energy.

We could also use portion control on our energy consumption. How many air conditioners hum in spaces we do not use? How far do our big cars and trucks go, when a more energy efficient vehicle would serve us just as well?

With "portion control" governing our choice of housing, we might well be satisfied with a smaller house, rather than a mini-mansion that strains our budget and causes us to go into credit-card debt.

The Biblical view of wealth shows that we should be satisfied when we have wealth that meets our needs. Everything beyond that is a blessing, not an entitlement, and with it comes responsibility to use it wisely for Godly purposes.

In Luke 3, John the Baptist tells people to prepare for the Kingdom of God by changing their relationship to their wealth and money. In verses 10-14, John tells people to share their goods, don't take more than they are entitled to, and be happy with their pay. Sounds like portion control to me.

-Rob Blezard, Stewardship of Life Institute

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