

The reality about Reality TV.

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It's time to get real about Reality TV. Is there anyone of us that doesn't have a little bit of trouble believing that all of the Survivor, Fear Factor, Amazing Race, Bachelor/Bachelorette, Wife Swap, and the many other programs that are thrown out to us as Reality TV?

Get real! How many times does our real life demand that we immerse ourselves in a vat of cockroaches or swallow really disgusting parts of animals better left undescribed? How many of us frequently bungee jump down our office building to get to work? When is the last time a dozen GQ/Victoria's Secret suitors begged for the chance to court us?

In truth all these new reality shows have no more basis in reality than the old reality shows - those that tried to convince us that "Leave it to Beaver" or "The Brady Bunch" were what American families were really like. In both these new and old reality shows - whether the casts are professional actors or hand-picked amateurs - the goal is to depict a life that's more interesting than our own, more exciting than everyday, more rewarding than we think is possible in our work-a-day world.

In other words: If we want to really live-it-up, we have to become unreal. We buy into this unreal reality every time we buy up a batch of short-cuts to fulfilled dreams. If we can't live our dreams, then we'll buy others' dreams instead and pretend they're a dream come true - and our dream.

Having said all of this, I have been a fan of "The Biggest Loser." The reality is that I will probably never take three to five months out of my life and work out all day everyday with a trainer and under doctor supervision. The reality also is that for a significant change to take place, a life-style change has to take place. The winners on "The Biggest Loser" demonstrate that. Those of us who know we need to change something in our lives are also aware of this, but getting started on the lifestyle change and keeping to it is not easy.

A year ago, God got into my face and I was inspired to do what I knew I had needed to do for a long time to put His temple in my body into better shape. To date, I have lost about 134 pounds. A number of people have asked how I have done it, hoping to cash in on my success. Others have said, "I wish I could do that."

Bottom line, I share with them that there is no magic pill, no easy diet, no shortcut. It required a lifestyle change and a complete change of eating habits and learning

portion control. It required changing from eating fast food on the go and late night grazing to eating fresh fruits and vegetables. And of course there has to be exercise. It wasn't one thing, it was a combination of many things. It was a lifestyle change. Even those who choose the drastic measure of surgery have to undergo a life-style change or risk reverting back.

Have you ever given thought to the fact that lifestyle changes might be in order in our Christian lives if we really want to be all we can be and need to be? Not everyone responds well to the challenge of new life and new lifestyle. Some would rather stay in their familiar rut than risk change, even if it is change for the better. Then there are the guardians of the old reality, wardens of the expected, and jailers of our junk lifestyles all around us.

It's hard to get started but now's the time for us to get real – to live the real possibilities and promises of a resurrected life rather than the unrealities of the dream life of Reality TV. Our challenge is to let God's resurrection life return life to our life, and then to live the real life to the glory of God and to the blessing of our souls.

At the start of weight loss



After losing 134 pounds

