

# What've You Got to Lose?

*by DiAnne Malone*



## FIVE SMALL LOSSES THAT GREATLY INCREASE YOUR GAINS

like the way the show, “The Biggest Loser,” takes the idea of being a loser and turns it on its head. It makes losing a good thing, when in our current society “all I do is win,” is the prevailing attitude.

The more I think about losing, the more I’m beginning to see it as a positive. I mean, is losing really that bad?

From a spiritual perspective, the bible tells us we have to lose all in order to gain all. This idea is contrary to the way society markets success. Still, spiritually, the more stuff we pick up, carry, weigh ourselves

down with things we don’t need, the worse we become.

It sounds confusing at first, for the measure of a man’s worth is often determined by how much his stuff is worth. But even in that context, is it really? Biblically speaking, there are a few things that we can afford to lose, but even for those who are not believers, it may not be a bad idea to examine some of these potential losses.

1. **Weight.** Yes, I need to illuminate that we could look at this literally and figuratively. A lot of us need to lose some

physical weight (the healthy way); however, there are unhealthy ways we feed our spirit and end up with the “fat” of useless emotional baggage.

2. **Guilt.** This is one of those things that trap many of us. When we do something wrong, we shrink and slouch under guilt, because we haven't accepted forgiveness for and deliverance from those things.
3. **Shame.** Shame goes hand in hand with number two. Once we realize and accept accountability for the error of our ways, it's sometimes hard to pick ourselves up and move forward. We are embarrassed, ashamed. Feelings of shame gain momentum as more and more people are made privy to our indiscretions. Incidentally, the way we react to our own faults can often determine how other people react to us. If we exhibit overwhelming shame and embarrassment, then we perpetuate a behavior that can be copied by others. Acknowledge your behavior. Make steps to change it. Walk with your head up and the knowledge that you are on your way to better, just because you were able to recognize your stumbling block and avoid it moving forward.
4. **The old man.** Every day we should be exposing ourselves to and learning something new. The new mercies

we experience every day should affect change in our lives. So, honestly we shouldn't be getting older everyday (at least not emotionally or psychologically OR spiritually); instead we should be becoming newer every day. The old sister we were should reveal some newness each day.

5. **Self.** Yep, I said it. You should lose yourself. We are all guilty of being caught up in the wonderful world of “ME.” No matter what or who you believe in, self-centered-ness does not make a happy life. I've said it many times, humans are relational beings. We are not designed to isolate ourselves from everyone else. We need each other. We need God to direct how we interact with each other. In order to do it right, to love others right, to keep a right attitude, to walk in a broader purpose, we must lose ourselves in God.

Now, those aren't the only losses we should examine taking. There are always commitments, people, situations, acts of service, etc. we may need to lose; however, those things fall under more specific subtopics for number 1, weight. Still it's a start. Re-examine your life to see if you have anything to lose. ✝

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