

# The Lowedown

A monthly newsletter from the life and ministry of Dave & Jennifer Lowe

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## "The Rest of the Story"

"And now for the rest of the story..." Those are the famous words of long-time radio personality Paul Harvey.

Listeners have enjoyed for years as Harvey shared inspiring and humorous vignettes from the lives of ordinary and famous Americans.

Harvey would often share the unknown background that led up to a well-known ending. At the end he would announce, "and that's the rest of the story."

At the beginning of the year, I decided that I would make a New Year's resolution to lose weight. On January 2nd, I made a lifestyle change to eat healthier.

You might remember, if you read our newsletter, that I decided to follow the eating plan outlined in the popular South Beach Diet.

What had impressed me most about this diet was that it didn't seem so much like a fad as much as it seemed like a true life-style change by eating healthier.

The doctor who developed the plan is a cardiologist who was not seeing good blood results in his patients who were following a strict "low-fat" diet. So he decided to develop a diet that would address the problem of bad blood chemistry. In other words, he was more concerned

about the internal health of his patients than he was with the external results on which we so often focus.

His plan not only worked at producing the desired internal results, but his patients lost weight as well.

Since starting the plan in January, I have lost about 30 pounds, and so far, I've kept it off.

And now for the rest of the story...

A few years ago, when we were in Colorado for our national conference, I had some blood work done at our ministry's health fair.

When the blood work came back, it indicated that my cholesterol was about 209, which is slightly high. My good cholesterol number was good so it wasn't time to panic, but in the back of my mind, I always thought about it.

This summer, when we were in Colorado, I again had some blood drawn at our ministry's free health fair.

A few weeks ago, I got back the results which indicated that my cholesterol was down to 169. Not only have I lost 30 pounds, but I've shaved 30 points off of my cholesterol level as well.

I can't help but draw some spiritual parallels to this situation. In my own life I often

focus on trying to change my internal behavior rather than allowing God to change my heart.

In my mind, I know that if my heart is directed and submitted to the Lord, then my external behavior will naturally be pleasing and glorifying to God.

However, just like the fad diet, I, more often than not, am too focused on the external results. I want change to come quickly and as easily as possible, just like the fad diet.

I think this is what Paul meant when he said in Romans 12.1 that we are to be "transformed by the renewing of our minds."

Transformation, I'm learning starts on the inside and works its way out.

Please pray for us as we seek to be transformed spiritually from the inside out. Pray especially that we would model the love of Jesus to our children and that we would trust Jesus as we lead our staff and students in the mission God has called us to.

We are so grateful for your partnership with us. You are helping us to touch many lives for Jesus. Someday, in heaven, you'll learn the full impact you have had on these students. And then, you'll know "the rest of the story."