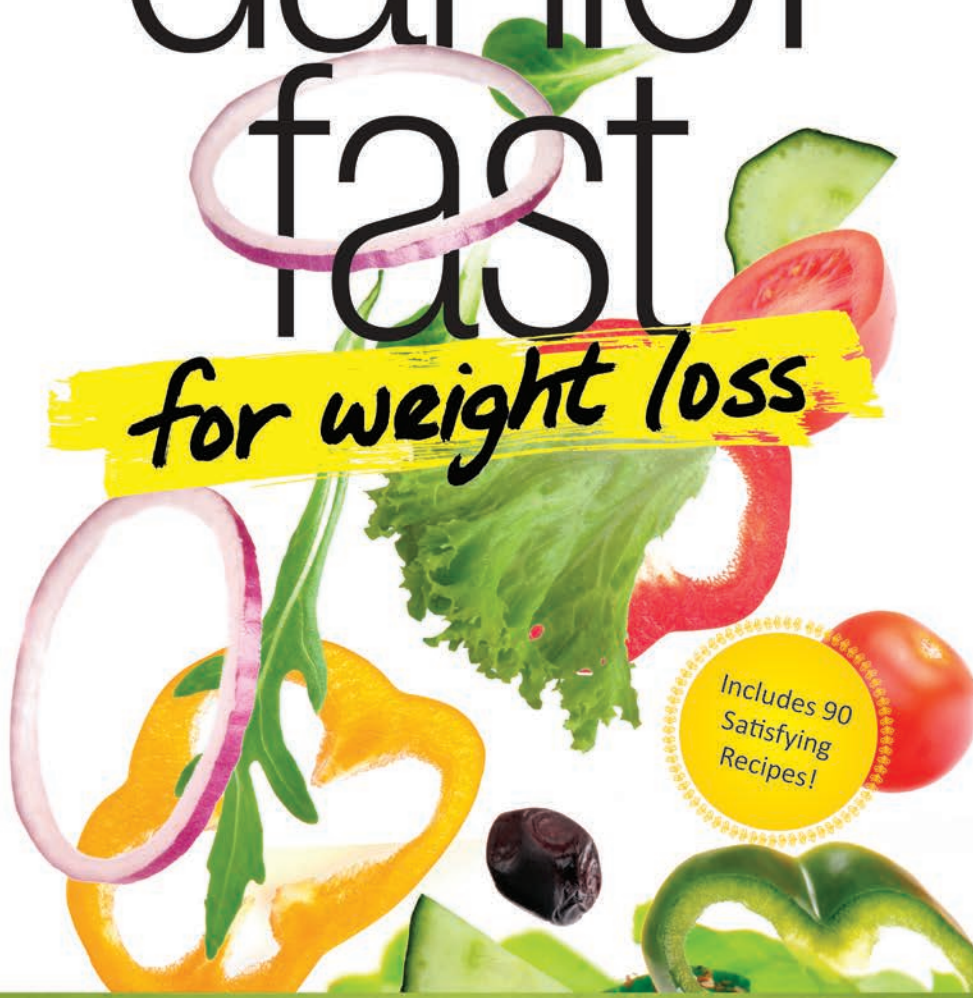


a biblical approach to losing weight and keeping it off

THE daniel fast



for weight loss

Includes 90
Satisfying
Recipes!

Author of the bestselling *The Daniel Fast*

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THE
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a biblical approach to losing weight and keeping it off

susan gregory



TYNDALE®
MOMENTUM

*An Imprint of
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*To all who struggle with weight and health challenges
yet are willing to fight the good fight of faith to overcome
them and step into the victory that awaits you*

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PART ONE

CHAPTER 1

The Daniel Fast

A Spiritual Fast That Encourages Physical Health

A NEW TREND IS EMERGING IN AMERICA, and this one is pointing us in the right direction. The latest fashion statement is health. We hear about it in magazines, on the news, and online, with new studies and suggestions popping up all the time. Yet in a nation where so many good things are available to us, nearly 70 percent of all Americans suffer from food-created ailments. The most widespread are obesity and overweight, which are key contributors to type 2 diabetes, high cholesterol, high blood pressure, heart disease, poor quality of life, and even premature death. If you're concerned about any of these areas—or even if you feel pretty good about your health but want to improve some habits—then this book is for you.

You are holding in your hand a guide that can start you on a life-changing journey to bring health and wellness to your spirit, your soul, and your body. In the pages of this book,

I will lead you into a faith-driven experience that will foster deeply rooted change. I will show how you can embrace some of the ways of God and, by doing so, cause those areas of your life that may be out of order to come into alignment with the heart of your Lord.

I will also introduce you to proven principles that can put an end to the cravings that disrupt your health goals. I will show you how to make minor changes in your daily habits that can cause dramatic improvements in your health and weight loss. And I will lead you through a twenty-one-day Daniel Fast for Weight Loss that will jump-start you into a lifestyle that is satisfying and safe, and will bring you the joy and freedom you desire.

Before we go any further, let me declare an essential point: This is not a diet book! Diets are temporary; you go on one and then you go off of it. Diets are plans you follow for a short period of time for quick results, and I don't think I need to tell you that they don't usually work. You probably know that from your own personal experience. Later on I'll go into more detail about why the Daniel Fast is effective whereas diets often aren't. But for now, please understand, you are not reading another diet book that you'll try for a while to see if it is the silver bullet to end all your weight-loss woes. Instead, you're reading a book that looks beyond temporary physical changes to lasting spiritual transformation.

You will also be guided to a safe, nutritious eating plan that will result in your dropping unwanted pounds without having to tediously count calories. The Daniel Fast meals are well-balanced and satisfying. As you follow the advice in this

book, you will find that cravings disappear and you won't even want to overeat. Therefore, there isn't a need to count or track calories.

I don't think you've picked up this book by mistake. You may have an internal and perhaps even unspoken yearning to drop unwanted pounds. You may want to stop sabotaging yourself by giving in to cravings for foods you know aren't good for you. Perhaps the Lord has nudged you many times to lose weight and get healthy.

The Daniel Fast for Weight Loss can initiate lifelong changes to address all of those problems. You can gain the control you thought was unattainable, and even eliminate anxiety and guilt about poor eating habits. In addition, the Daniel Fast will serve as a foundation for your forever healthy lifestyle. Most important, you will be in a place of joy and thanksgiving as you partner with your Creator in this life-giving process of transformation.

MY FASTING JOURNEY

I started fasting in the early 1990s. I had been a Christian for many years, but I wanted a deeper life with Jesus. At first I used a "normal fast" as my method, which means abstaining from food and drinking only water. My fasts were usually only a few days long.

Then in 2005, my life seemed to be exploding on just about every front. I was mature enough in my Christian walk to know that when life seems to be going off the rails, the best choice is to get on God's path and walk with Him in the Spirit (see Galatians 5:25). In the midst of the

turmoil, I wanted to draw nearer to God. I decided to enter an extended time of prayer and fasting using the Daniel Fast as my method.

Our God is always faithful. James 4:8 teaches, “Draw near to God and He will draw near to you.” And that’s exactly what happened during my twenty-one-day Daniel Fast. I faced difficult circumstances, but I felt as if the Lord had cloaked me in a protective robe that guarded me from the agonizing stress and heartache of betrayal that I would otherwise have suffered. He showered me with His precious love and His priceless grace, and He took my hand and showed me how to walk through the dark valley my earthly life had entered.

During this time I learned the incomparable value of extended prayer and fasting. I also realized that the Daniel Fast is a doable method of fasting for long periods of time. Since it’s a partial fast, where some foods are restricted and others allowed, I was able to receive the great benefits of biblical fasting for many weeks. Yet I was also able to attend to my responsibilities without the low energy that would occur if I was only drinking water or juice for multiple weeks.

Then in 2007, like millions of others in the United States and around the world, my life was hit harshly with the economic recession. After many months of trying to survive the downturn in the real estate market, I was forced to close my real estate investing business. I felt as if the financial rug had been pulled out from under me. It was stressful and dark, but as before, I knew that while the world was shaking in the uncertain times, the Lord was my solid rock and my safe refuge. Psalm 18 says:

*I will love You, O LORD, my strength.
The LORD is my rock and my fortress and my deliverer;
My God, my strength, in whom I will trust;
My shield and the horn of my salvation, my stronghold.
I will call upon the LORD, who is worthy to be praised;
So shall I be saved from my enemies.*

PSALM 18:1-3

In the winter of 2007, after hour upon hour of praying and seeking God and His direction, I heard the Spirit of God speaking to me in my spirit. He said, *Write about the Daniel Fast.*

Receiving an assignment from the Lord to write wasn't intimidating for me. I had spent more than twenty years as a Christian writer and had worked for many well-known ministries as a copywriter. I was, however, wondering how I was supposed to get the message about the Daniel Fast out to the Christian community quickly. January was approaching, and I knew that hundreds of thousands of believers throughout the world started the New Year with extended prayer and fasting, and that the most widely used method of fasting was the Daniel Fast. Even I was planning to use the Daniel Fast at the beginning of the coming year.

I was comfortable with computers since I had been a writer and a business owner, but I had never created a website and had no idea what to do. Still, I knew that the fastest way to share information with the most people would be through the Internet. So I put my head down, learned how to create a simple but usable website, and wrote about the Daniel Fast.

To say I was shocked by the response from the public would be a gross understatement. I was genuinely amazed when tens of thousands of people visited my simple website and wanted to learn more. With the rush of visitors and the unexpected popularity of the site, I felt as if I were on a wild amusement-park ride. I worked from dawn until late into the night answering posts and creating helpful tools for my readers, including two e-books. (This was before Kindle and Nook.)

I answered thousands of questions that people posted on the site. If I didn't know the answer to an inquiry, I would research until I could give a biblically based response. And through the hours and hours of writing and researching, I learned the ins and outs of spiritual fasting in general and, more specifically, the Daniel Fast. While I called myself "the Daniel Fast Blogger," I soon became known as "the Daniel Fast Expert."

One of the unforeseen benefits of writing about the Daniel Fast is that I received hundreds and hundreds of testimonies from women and men who had used the fast. The accounts were inspiring to read. God displayed His greatness as He ministered to His children while they fasted. Just about everyone experienced a deepened relationship with the Lord and developed new habits of prayer, meditation, and study. Some received supernatural answers to their prayers, including financial breakthroughs and a path for future stewardship and security. Failing marriages were restored, babies were conceived even after fertility doctors had given no hope, jobs were secured following months of unemployment, and forgiveness was imparted after deep and painful betrayal. One of the

most touching testimonies was from a woman who had been estranged from her son for seventeen years. She prayed and asked God to minister to her son's heart, and while she was on the Daniel Fast he called and asked if they could rebuild their relationship.

Among all these powerful testimonies were many that had to do with improved health. While people entered into the fast for the spiritual experience of drawing nearer to God, they were astonished by the improvements in their physical health. People who had high cholesterol before the fast learned that their counts had dropped to safe levels. Men and women with type 2 diabetes were able to drastically reduce or eliminate their body's need for medication; instead, their blood-sugar levels were now controlled by food. Many with high blood pressure reported that they were now in the safe zone, to the surprise of their doctors.

Weight loss was another common report. Without even trying, both men and women on the fast dropped a significant number of pounds. Some shed seven or eight pounds, while a few lost as many as twenty-five. The average loss over the twenty-one-day fasting experience was nine to ten pounds, and this was not because people were starving themselves. Rather, it was because they focused more of their attention on the Lord; ate simple, nourishing meals; and drank only water. A typical comment was, "I haven't felt this good in twenty years. I want to live this way forever!"

Many wanted to know if they could fast as a way of life. However, God designed fasting to last for a short period. It's a tool to help us focus on Him for a specific need or purpose.

What these women and men wanted was not necessarily to keep fasting, but to stay on this healthy path. They had gained traction, they had tasted victory, and they wanted a new lifestyle. Many wrote that they had been on diet after diet and never had success. Yet on the Daniel Fast they didn't miss food. Cravings disappeared, and they were energized and motivated.

Since then I have hosted many online groups where hundreds of men and women join in a twenty-one-day period of prayer and fasting focusing on health and weight loss. When we focus our attention on God and our desire to please Him, and then also learn how to care better for our bodies, we will almost always achieve success. The rewards go far beyond dropping a few pounds and gaining more energy. We enter into a more personal and intimate relationship with our Lord. We get to know Jesus in a deeper way, and we open our hearts and minds to the Spirit of God as we experience change from the inside out.

What I've discovered is that the best motivation to live a healthier lifestyle doesn't come from a diet book or because we don't like what we see in the mirror. The best incentive is a profound yearning to align our lives with the ways of God and to live according to His desires for us. He wants us to be healthy. He wants us to live vibrant lives. He wants us to be at peace. And He wants us to be positive examples of His children so that others will want what we have: Christ in us.

The apostle Paul writes,

Thanks be to God who always leads us in triumph in Christ, and through us diffuses the fragrance of

His knowledge in every place. For we are to God the fragrance of Christ among those who are being saved and among those who are perishing.

2 CORINTHIANS 2:14-15

As followers of Jesus Christ, we want to be a sweet fragrance for our Lord. We want to bring Him pleasure, and we want to be good examples for the cause of Christ. In our Father's idyllic way, everything that is good for Him is also good for us! So when we devote ourselves to prayer and fasting—even though we may experience some stretching and may need to power through some challenges—the reward on the other side always far outweighs any effort we expend.

ABOUT THE DANIEL FAST

The Daniel Fast is a spiritual experience. If I could shout that statement for all to hear, I would. My heart hurts when I see so many people missing the magnificent benefits of fasting because they focus on the food or turn the fast into a “Christian diet plan.” First and foremost, the Daniel Fast is a period of extended prayer that allows us to press into God. We separate ourselves from our typical daily routines and focus more of our time and attention on the Lord and what we need from and through Him. During the fast, we open our hearts to our loving Father. We humble ourselves before Him and learn from Him so we know what to do or how to change.

We'll talk more about this later, but please hear me. While you will almost assuredly drop some unwanted pounds, this

is not a diet book. Instead, it's a manual to guide you on a journey toward personal transformation. As part of your spiritual journey, you will learn about yourself, your life in Christ, and how best to treat the physical body that your Creator has entrusted to your care.

God is the designer of fasting, and He designed it with our needs in mind. He knows that at times we need to become more highly focused so we can hear Him better. Fasting is a spiritual discipline for us to use. We don't do it to prove our worth or to show God that we are "good disciples." Jesus is the only One who shows our Father our worth, and that's all been achieved through His blood. As 2 Corinthians 5:21 says, "He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him."

Neither is the purpose of fasting to change God's mind about something or to make Him love us more. Instead, fasting is a vehicle to change *us*! It's a predetermined period of time in which we consecrate ourselves—set ourselves apart for a spiritual purpose. During this Daniel Fast for Weight Loss, we set ourselves apart from our typical daily life and focus our attention on how God, our Creator, wants us to care for our bodies. Through this process, we experience a transformation that is fueled by desiring to please God and so aligning ourselves with His ways.

The Daniel Fast is a *method* of fasting, rather than a "called fast" that happens at a specific time, such as Passover or Lent. Based on the fasting experiences of the Old Testament prophet Daniel as well as typical Jewish fasting principles, it's a partial fast where some foods are restricted and others

are allowed. I encourage you to read *The Daniel Fast: Feed Your Soul, Strengthen Your Spirit, and Renew Your Body*, which was my first book about this method of fasting. In it you will learn much more detailed information about the spiritual discipline of fasting and specifically about the Daniel Fast.

Two passages from the book of Daniel serve as the biblical foundation for the Daniel Fast. First, in Daniel 1 we learn about the young Hebrew man Daniel and his companions, who were in captivity in Babylon during the reign of King Nebuchadnezzar. Babylon's territory was expanding massively, and the kingdom needed more manpower. Nebuchadnezzar took thousands of Hebrews into captivity, including Daniel and his companions. These young men, educated and trained while in Judah, were being groomed for leadership positions.

The king [Nebuchadnezzar] instructed Ashpenaz, the master of his eunuchs, to bring some of the children of Israel and some of the king's descendants and some of the nobles, young men in whom there was no blemish, but good-looking, gifted in all wisdom, possessing knowledge and quick to understand, who had ability to serve in the king's palace, and whom they might teach the language and literature of the Chaldeans. And the king appointed for them a daily provision of the king's delicacies and of the wine which he drank, and three years of training for them, so that at the end of that time they might serve before the king.

DANIEL 1:3-5

Great food. Tasty wine. The very same delicacies that were fit for the king! Sounds tempting, right? But Daniel had something inside of him that was much stronger than his appetite or cravings. He was committed to God, and he wanted to live according to the ways of the Lord.

But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.

DANIEL 1:8

Jewish law required meat to be prepared in a very specific manner, which the Babylonians did not follow. In addition, it's likely that King Nebuchadnezzar's food had been offered to the Babylonian gods, and Daniel felt that eating it would make him a participant in idol worship. Even though Daniel was captive in a foreign land, he stood firm in his faith and kept the Hebrew law. He didn't want to defile, or contaminate, his body by eating the food being offered to him.

Here is a point I find precious: Daniel was away from all that was familiar and apart from the community of faith he had known in Israel. Even so, God was still present with him and watching out for him. Daniel 1:9 tells us, "Now God had brought Daniel into the favor and goodwill of the chief of the eunuchs." So when Daniel declined the rich food of the king and asked that he and his friends be given only "pulse" (food grown from seed) to eat and water to drink, the chief of the eunuchs, while reluctant, agreed.

Daniel 1:12 is one of the primary references that establish the guidelines for the Daniel Fast:

Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. (KJV)

During the fast, we eat only foods grown from seed, including fruits, vegetables, whole grains, legumes, nuts, seeds, healthy oils, spices, and herbs. All food from animals is withheld during the fast, including fish, beef, poultry, dairy products, and eggs. The only beverage on the fast is water. No tea, no coffee, and no juice—just water to comply with this Scripture.

The second reference in the book of Daniel that establishes the guidelines for the Daniel Fast is in Daniel 10. By this time—decades after the events of Daniel 1—Daniel had gone through many trials, but he had also become a leader of great status in Babylon. However, after more than seventy years in captivity, he longed for the day when he could return to Jerusalem and when Israel would once again be a free nation. In much anguish as he hungered for some kind of direction about the future, Daniel turned to extended prayer and fasting. Daniel 10:3 reads,

I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

From this Scripture, we glean a few more points about the fast. First, Daniel fasted for twenty-one days. Because of this,

most people do the fast and abstain from certain foods for twenty-one consecutive days. Second, Daniel ate no meat, drank no wine, and refrained from eating “pleasant foods.”

We use this Scripture (as translated in a variety of Bible versions) to add more restrictions to the Daniel Fast guidelines. These include no sweeteners and no deep-fried foods. Standard Jewish fasting practices, which Daniel most likely followed, also exclude leavening agents. It’s possible this is intended by his noting of “no pleasant foods,” as many translations specify bread.

From Daniel 1:12 and Daniel 10:3, along with typical Jewish fasting principles, we develop our list of foods consumed while on the Daniel Fast: fruits, vegetables, whole grains, legumes, nuts, seeds, herbs, spices, and healthy oils. The only beverage is water.

The foods not allowed on the Daniel Fast are any that are produced from animals or that include leavening agents, solid fats, sweeteners (either natural or artificial), chemicals, food additives, preservatives, or processed ingredients. Also, no deep-fried foods.

A more extensive list of allowed foods is included in the recipe section of this book, along with some tips for preparing meals. But please, don’t rush off there.

DON’T SETTLE FOR LESS AND MISS THE BEST

In our fast and furious culture of instant diet solutions for painless weight loss, so often we rush off to the quick and easy solution. Our society’s messages train us to skip ahead. Use the CliffsNotes. Take the easy way so you’ll have the

instant results you are looking for. Sometimes those quick and easy options are helpful, like when you need to clean a stain in your carpet or find the best route to a location you've never visited before. But here, when it comes to discovering some of the mysteries of our faith, you don't want the quick and easy way. You don't want to skip ahead to the recipes and menus and miss the life-changing truths that your Lord wants you to understand. Don't settle for less (the quick and easy) and miss the best (the lasting and true).

Jesus calls us to a new way of life. He says, "The time is fulfilled, and the kingdom of God is at hand. Repent, and believe in the gospel" (Mark 1:15). The word *repent* in the Greek is *metanoeo*, which means "change, transfigure, transform, or reconsider." Our Lord is calling us to a new way of being that He has made possible by coming into the world, redeeming us, and restoring us to the Father. He tells us to "believe in the gospel." We need to learn about this new way of living that He's made possible and then entrench these new truths into every part of who we are. We want to make His ways our ways so we can live this new life in Christ!

In John 14:21 Jesus says, "He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him." *Manifest* means to show up or to declare wisdom through words. Can you grasp this amazing privilege we have at hand? The One who upholds "all things by the word of His power" (Hebrews 1:3) makes Himself available to you and me and anyone who will keep His commandments. Jesus shows Himself to us, and we express our

love to Him by doing what He says to do. We learn His teachings from the Scriptures and then we make the necessary changes in our lives so we are aligned with Him. Our way of living becomes consistent with the heart of our Savior.

This is the Christian life. This is Kingdom of God living. This is the life of a thankful and humble servant like Paul described to the Galatians: “I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me” (2:20, NIV).

Our beloved epistle writer Paul shares how to live this way:

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

ROMANS 12:1-2

The Daniel Fast serves as a powerful tool that can help you focus on God and His Word, renew your mind, and experience the changes you want to see in yourself. These changes will bring you closer to God and will help you crucify your flesh—that part of you that is not aligned with God. The Bible says:

What the law could not do in that it was weak through the flesh, God did by sending His own Son in the

likeness of sinful flesh, on account of sin: He condemned sin in the flesh, that the righteous requirement of the law might be fulfilled in us who do not walk according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.

ROMANS 8:3-5

One of the most valuable lessons we can learn on the Daniel Fast is how to suppress the influence of our flesh, or human nature, through submission and obedience. By setting our minds on the things of the Spirit, we allow the Spirit of God living in us to have more power in our lives. Our ultimate goal is to be Spirit-led rather than led by our flesh.

I am filled with joy when I hear from people who have been profoundly touched by God during their fast as they experienced this transformation. I often find myself in tears as I read messages from believers who have developed a deeper relationship with Jesus during their fast, who have been reconciled with a loved one, or who have experienced breakthroughs in financial matters. Others have discovered self-control and a desire to develop a healthy lifestyle as they submit all of who they are to God and adopt new habits that become their way of living. Oh, my heart bursts with joy and thanksgiving when I hear the testimonies of God working in the lives of His people to bring blessing, hope, and health!

Unfortunately, there is another side of this coin. I also read messages from people who become so focused on the “letter of the law”—what food items are allowed or not allowed on the fast—that they miss the deep truths available for them. Over the last couple of years I’ve seen the promotion of “delectable Daniel Fast meals,” “mouth-watering Daniel Fast recipes,” and “tempting Daniel Fast dessert recipes that will satisfy your sweet tooth.” Can you see what these are all doing? They are serving the flesh, and that is contrary to what our Christian life is about. God has created the spiritual discipline of fasting so His people can draw closer to Him and receive blessings and answers to prayer. To turn that into a way to pamper your taste buds while still maintaining the rules of the fast completely cancels the purpose of fasting.

The Daniel Fast is indeed a very healthy way to eat. But fasting is not about figuring out ways to satisfy our bodies while still upholding the guidelines of the fast. It’s about submitting ourselves to God so that He can fill us! My hope is that you will not go for the easy way of the flesh and miss out on the best that God has for you.

Does that mean you will consume only tasteless, boring foods on the fast? Are you wrong if you enjoy the meals you prepare? No. It’s okay to make Daniel Fast-compliant menus that will nourish your body and be pleasant to your palate. The key is to keep the food in its appropriate place—and that’s off the pedestal that so many of us have it on. You will find this balanced approach throughout this book, and it’s a key to developing your own lifestyle of health.

The Daniel Fast is a vehicle that allows you to receive the amazing truths that the Lord eagerly wants to give you as you draw near to Him. During your Daniel Fast, you will learn how to put your sinful nature in its humble position and become stronger in your spirit as you walk according to the Spirit of God. I'll share more about this very essential issue in chapter 6. My hope for right now is that as you open your mind and heart to this fasting experience, you will start out on the right foot! Don't set yourself up for a mediocre or disappointing fasting experience. Instead, choose the path that leads to spiritual growth, renewal, and transformation as you focus on what God wants for your health—a transformation that can last for your whole life and not just for twenty-one days.

During your Daniel Fast you'll find yourself turning away from food and turning toward God. All along you'll eat healthy foods for an extended period of time—in fact, you'll eat the very foods your Creator designed to nourish the body He designed. You'll get off the sugar roller coaster and soon find a new level of energy.

As you partner with your loving Father, you'll begin to change from the inside out as you embrace your identity as a valuable child of the Most High God. You will experience freedom from the bondages of food, overeating, cravings, and fatigue that may have become your normal life. You will soon have a new normal, but this one will be based on living a faith-driven life for health and well-being.

BEFORE YOU BEGIN

The Daniel Fast includes a very healthy eating plan. However, please allow the Great Physician to work hand in hand with your earthly physician. Any time you enter into a significant change to your diet and exercise routines, it's a good idea to check with your health professional for his or her input.

Fasting should never harm the body. If you have special dietary needs—if you are pregnant or nursing, if you have a chronic illness such as cancer or diabetes, if you are a young person who is still growing or an athlete who expends more than typical amounts of energy on a regular basis—contact your health professional and modify the Daniel Fast eating plan in a way that is appropriate to meet your health needs.

HOW TO USE THIS BOOK

This book will give you practical help as you prepare for the Daniel Fast, go through it, and transition out of it. I recommend that you read at least through chapter 2 before you begin your fast, as it will walk you through the specifics of planning menus, buying food, and preparing yourself for the fasting experience.

The remainder of the book can be read either before you begin the fast or as you are doing it. Chapters 3 and 4 lay the scriptural foundation for how we should view our bodies, chapter 5 discusses the specific health benefits of the fast, and chapter 6 deals with physical and spiritual responses to food cravings and broader temptations. Chapters 7 through 9 will guide you as you complete the fast and think about what

changes you want to make as you transition into a healthier lifestyle both physically and spiritually.

You'll also find other significant helps later in the book. I've included a number of recipes for breakfasts, lunches, dinners, and snacks that will give you ideas of how to cook healthy, satisfying foods within the Daniel Fast guidelines. (Recipes that are particularly low in calories are marked with a special icon.) You will also find a twenty-one-day devotional that will offer spiritual support as you go through the fast. If you need more help, visit my blog at danielfast.wordpress.com. You'll find plenty of articles, answers to common questions, and practical tips to get you through the fast successfully.

It's been my privilege to share in the fasting journeys of thousands of people over the past several years. My prayer is that as you begin the Daniel Fast seeking weight loss and improved health, you will be blessed in spirit, soul, and body.

WEIGHT LOSS SUCCESS TIP

Before you eat something—especially if you feel you are caving to temptations—pause for a few minutes. Don't take a bite, but instead candidly talk to the Lord. Humble yourself before Him and renew your commitment to follow His good ways for your life. You will be surprised how this simple step will alleviate almost all those times when you consume foods you really don't want to eat.