

Don't Let This Supernatural Barrier Hold You Back From Your Fitness Goals

Before I began my weight-loss journey, I wrote a dream list called, "Why I Want to Lose Weight." These included things I couldn't do at the time but wanted desperately to be able to do. They seemed like far-fetched dreams.

Something happened when I wrote down my dreams and then spoke them out loud. What I spoke I began to believe could happen. Eventually, I began to see happen and then, one day I realized, I've lost over 260 pounds with God's grace strengthening me.

Why I Want to Lose Weight

I'm a list-maker, and as any good list-maker knows, the best thing about making lists is being able to check things off when they are completed. I'm happy to say I checked off every one of my 101 things. Here are 10 of them.

- Fit in a booth at a restaurant
- Buckle the seatbelt
- Fit in chairs with arms on them
- Exercise without getting tired
- Fit in size medium
- Love my husband with no holds barred
- Speak kindly about myself
- Accept compliments
- Feel my waist
- Love all out

Recently, I did something I thought I'd never do. I started a new list: "Things I Want to Do When I Get Skinny." Getting skinny has never ever been on my mind until God recently

showed me how the antithesis of my dream list can be as important as the dream list itself because it can lead to an entirely new dream.

Why Don't You Want To Lose Weight?

It was while I was reading my first dream list that I sensed God say, "That's great. Now, tell me, why don't you want to lose weight?"

I said, "But I have lost weight."

He said, "Not all I've shown you that you will."

I had to agree that He has been talking to me about the 30 more pounds that need to disappear. So I began the list of "Why I Don't Want to Lose Weigh." I began by recalling how I felt prior to going on the extreme weight-loss journey. As I listed those feelings, I mentally checked off the ones that don't matter to me anymore and aren't an issue. That was every single one except the last one.

- It's too hard
- I don't want to give up my favorite foods
- I won't have the resolve to stay with it in social situations
- I'll just lose weight and then gain it back again like I've always done
- I don't want to yo-yo back and forth in my weight
- I just like food too much
- I need my comforts to stay sane
- I need to assuage bad emotions with food because I don't know how else to do it
- It takes too much time to cook healthy
- I don't want to be skinny; I just want to be normal

Why Don't You Want to Be Skinny?

With the last statement, I had my own attention and God's. He

said, "Wait. Why don't you want to be skinny? What will happen when you consider yourself skinny?"

I asked God to show me when I first decided I didn't want to be skinny. A situation from high school immediately came into my mind.

One of my beautiful, very thin, Christian friends had gotten pregnant before her senior year in high school. She and her boyfriend were going to elope right after graduation. Her parents didn't approve of him and at the time didn't know she was pregnant. She wasn't planning on telling them because she was sure she would be disowned.

Becoming a Christian Woman

Somehow their plans fell through, because she never returned to class after spring break. The young man went through graduation and was awarded a full-ride football scholarship to his dream university.

Even though she wasn't there, I still felt my friend's devastation, embarrassment and bewilderment. It made me want to never be skinny and beautiful like she was. I saw how she could have avoided this fiasco if she'd just followed the Christian rules we were both taught. It made me mad and sad at the same time.

It also made me feel if I was skinny, pretty and looked good I would wind up not being a good Christian, even if I had a heart for God. At that moment I convinced myself it was in my best interests to be overweight.

For a lot of my growing-up years, my parents were trying to protect me from being wayward. They did a good job of it, but some of it came from instilling fear of what it would mean if I did something that would ban me from wearing the label "good Christian woman," whatever that means.

Wall of Fear

Many times on our journeys, we hit a wall and just can't seem to go forward. Instead of examining the barrier, we run and hide behind it. In this instance, I hit a wall of fear that I would become promiscuous if I lost weight. It was a very unrealistic wall, seeing as how I have passed that problem, being a virgin when I married over 40 years ago and always being faithful to my husband.

Still, the wall was there and had to come down. So God and I worked to remove it. As it came down, I saw Father God standing with His arms open wide. I must admit, though, I didn't run to Him. I walked, ever so slowly.

He simply said, "Welcome to the rest of your life, my beautiful daughter." Then, I cried and ran into His embrace of grace.

When God helps me remove major barriers like this, it reinforces several truths. First, in order for me to know the truth, I have to experience it. Jesus said, "You will experience for yourselves the truth, and the truth will free you" (John 8:32b, MSG). This is a deeper knowing of how His truth is meant to be lived out in our lives.

It also reminds me that fear does not come from God. "For God did not give us a spirit of timidity or cowardice or fear, but He has given us a spirit of power and of love and of sound judgment and personal discipline, abilities that result in a calm, well-balanced mind and self-control" (2 Tim. 1:7, AMP). There is such depth in this passage. Suffice it to say, on the other side of the things we fear is the good God stuff.

Why I Want to Be Skinny

Now I am working on my new list: "Why I Want to Be Skinny." I might share it one day, but the thought of being skinnier is no longer a scary proposition to me.

With that fear removed, I am beginning to own the fact that this is something I really do want. It's when we own it that we stop acting against it and work with God to make it happen. Not only that, but I now know it's something God wants for me.

In the end, what He wants is all that matters. {eoa}

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This article originally appeared at .

The Charlottesville Riots May Fulfill Revelation 6—Here's What You Should Do

Like you, my spirit is grieved with the evil that took place this past weekend in Charlottesville, Virginia, in regards to the demonic demonstration of hate and violence of the white supremacists, neo-Nazis and the KKK. It's times like these that it is difficult to find words to express the absolute disgust I have for Satan and all of his wicked works against the human race. But I know, as Christians, we must rally together in the name of the Lord, take a stand, pray for a sovereign move of the Spirit and speak up.

I read in the Book of Revelation 6:3-4 where it says

concerning the last days, "When He opened the second seal, I heard the second living creature say, 'Come and see.' Then another horse that was red went forth. Power was given to him who sat on it to take peace from the earth, causing people to kill one another. Then a great sword was given to him." I am reading these passages from the Scriptures, seeing these prophecies coming to pass, knowing that hate will be increasing and the world will be growing darker spiritually. And yet I find myself asking Father God, "What do we do?"

And what I continue to hear Him say to us is to shine our light into the darkness. Be not afraid of what they may say or what they may do to the physical body, but be more concerned for the salvation of others. We are to be mindful of the times, fully aware of the lateness of the hour in these last days. Speak the truth, not from a heart filled with bitterness and revenge, but speak it in love and remember vengeance belongs to the Lord. We are not to bend to the sinful ways of the world but bear the light of truth found in God's Word.

Those with a mature ear will hear and know that our weapons are not carnal, but they are mighty for the pulling down of strongholds. Many will bow before the throne of grace and start to intercede for the human race while there is still time. Pray for those who are willing to go into this horrific dark corner of hate and release a mighty move of the Spirit of repentance and redemption.

Be not overpowered by the enemy's offer of hate, reject the wickedness upon his plate and instead reinstate the full power of the Father's love. {eoa}

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Hillsong Blends Worship and Club Music, Calls for an End to Just 'Chasing Feelings'

Hillsong Young & Free mashes up worship and electronic dance music to create a sound that's winning Millennials in droves. In this live performance of "Only Wanna Sing," the band calls for an end to emotionalism and just chasing feelings instead of chasing the Creator.

This One Practice Could Bring God's Word to Life in Your Community

Even a small drama program could make a big impact in your community. This Bible Gateway video shows how easy it is for your church to start dramatizing the Scriptures and winning hearts for the gospel.

This Incredible Todd White Prophetic Word Left the Azusa Now Conference in Awe

At the Azusa Now conference, Todd White gave a powerful prophetic word to everyone assembled. Now you can watch White's word for yourself here.

Watch the Entire Story of the Bible in 5 Minutes

The Bible is full of tiny, personal stories. But it also tells one cosmic, overarching story of God's relationship with His creation. The Bible Project beautifully depicts that story, from the creation of the universe to the end of time, in just five minutes.

Moving Live Worship Reminds Believers God Never Fails His

People

Sometimes believers wait on God to answer their prayers but don't get any response. If that's you, "Do It Again" by Elevation Worship will encourage you to keep asking. After all, as the lyrics go, "You have never failed me yet. Your promise still stands. Great is Your faithfulness!"

What Makes Today's Prophets Different From the Old Testament Prophets

Dr. Michael Brown believes prophets still play an important role in today's church. But prophets today have a very different function than they did in the Old Testament, and that should affect their ministries. If you or someone you know is practicing the prophetic, you need to watch this video.

Colton Dixon and Third Day Cover Worship Classic 'God of

Wonders' Live

"God of Wonders" has been a staple of modern worship for years. Watch Third Day and special guest Colton Dixon put their own spin on it in this live video.

Christian Comedian Sings Hilarious Love Song for Chick-fil-A

Tim Hawkins is in love with Chick-fil-A, and he doesn't care who knows it. In this clip, Hawkins breaks out his guitar and sings a love song he wrote specially for the Christian fast food chain. Don't miss it.