

How One Woman Lost 90 Pounds—And It Started With This Simple Prayer

“May the very God of peace sanctify you completely. And I pray to God that your whole spirit, soul, and body be preserved blameless unto the coming of our Lord Jesus Christ” (1 Thess. 5:23, MEV).

What is your “why” to keep your body blameless?

Knowing why gives you the power to walk in obedience.

We must come to the understanding that we are a three-part person, and each part is just as important as the other. It takes all three parts working together for good to enjoy our “earth walk.”

The God of peace is telling us how to walk in peace in this world, even though there is no peace in the world! You are a child of God, no longer a slave to the addictions of food, tobacco, shopping, gossiping or any other habit you may be walking in.

We are totally dependent on our best friend, the Holy Spirit, to help us in our time of need. Jesus told us in John 16:7 that it was to our advantage that He go away so the Helper will come to us. God never intended that we do everything on our own.

As a child of God, you must learn how your spirit, soul and body work together to walk in obedience to this command to keep yourself blameless in this world, which will enable you to walk in the peace He promised.

You are created to overcome in this world. First John 5:4 tells us, *“For whoever is born of God overcomes the world, and*

the victory that overcomes the world is our faith" (1 John 5:4, MEV).

The secret of success is learning to ask! Ask and receive that your joy may be full. Ask and it will be given to you. We are always looking for an easier way out, and this is just about as easy as it gets.

Ask! Do you get it? The Holy Spirit is waiting for you to say, "Will You help me? I can't do this on my own."

Your why should be, "I want to walk in obedience to God's Word. I know He loves me just the way I am, but I want to preserve my body blameless to His coming!"

God designed a remarkable pump and placed it in man's chest. It is called the heart. There is no machine on earth that works as hard as a human heart. Reading articles on the internet, I found that, on average, a healthy heart weighs 11 ounces and pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day.

A healthy heart allows you to enjoy the life that God has given you. It is your responsibility to take good care of your heart by what you feed it and how you exercise it, keeping yourself blameless.

The consequence of poor choices in this area is disease in our bodies, which brings pain and suffering. Our activities become limited in our daily lives, and much time has to be given to care for the needs of the body.

An unhealthy heart leads to death, not only in the physical realm but in the dreams and visions that God has placed in our heart for the kingdom of Heaven.

Proverbs 4:23 says, *"Keep your heart with all diligence, for out of it are the issues of life"* (MEV). That is true in the natural and in the spiritual.

When I share my testimony in my book, it is not simply another diet plan. We all know what to eat! It is a battle plan. The thief comes to steal, kill and destroy; only with the help of the Holy Spirit can you overcome in this world.

When I finally submitted my food problem to God, He gave me a battle plan that worked from the inside out that took 90 pounds from my body!

Relax and enjoy life. Satan is trying to make this a big deal in your life. Just ask for help. He has this—it is no problem to Him! {eo}

Joyce Tilney is the Founder of Women of God Ministries, teaching women today from women of yesterday. She is an author and Bible teacher. Visit for more information. Her book and workbook, *Why Diets Don't Work – Food Is Not the Problem*, share her testimony of how the Lord helped her lose 90 pounds. Visit the website: for information.