

How to Lay Aside the Weight

Do you want to get free from the issues weighing you down? If you take its principles to heart, it will not only set you free from excess weight, but will strengthen your faith, body, and mind.

Far too many of us try to disown ourselves, wishing we were somebody else and had what they have. But success comes when you own who you are and do your best with what you have. Every day.

This article will give you some tasty food for thought while providing physical health tips so you can start experiencing excellent health today. It is your destiny.

What do I mean by destiny? You are designed to prosper and be in health just as your soul prospers. I didn't always know that. I was once 240 pounds and a size 22. At that weight, I was too tired to do much at the end of the day beyond what I needed to do to survive. My life was burdened by a series of physical complaints and emotional distress. I was burdened down by fear and worry.

If you are experiencing any of these effects, today is the day that they end!

I believe that once you make up your mind to lay aside any weight that burdens you and take action to do it, then miracles happen. I was able to release 85 pounds and experienced a renewed sense of purpose, energy and joy—with God's help.

Meditate on this Scripture today: "To give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness" (Is. 61:3).

To experience freedom, the first thing to do to is to praise

God for the body that you have. I don't care what size you are. This is not about size; it's about stewardship and making the most of all that you have. God loves you and designed your body to serve you well during your stay on earth.

Science has valued the body at \$45 million if you were somehow able to sell its individual parts and chemical elements. Are you surprised? You are sitting on a fortune!

So today, treat your body as if you really believe it is worth \$45 million. Do it every day, and soon you will start looking and feeling that valuable too.

Physical Freedom Tip

If you are currently drinking sodas or any sugared drinks, then the next time you reach for one, trade it in for a glass of water instead. Trading in one soft drink for water every day for a year will help you drop one pant or dress size. And that's just one drink! Imagine the changes that can happen if you were drinking 3 or 4 sugared drinks daily. This also includes fruit juice as well.

Most fruit drinks are 90 percent sugar water flavored with 10 percent juice. Always read the label to be sure it says 100 percent juice. Even then, you will want to limit your serving size to 1/2 cup since juice contains a lot of calories. If you are really craving something sweet, go for the whole fruit instead.

Physical Freedom Assignment

Write down all the things you love about your body, including the things you are grateful it can do. Write down how you would treat yourself if you believed you were worth \$45 million. Practice your physical freedom tip today.

Kimberly Taylor is the author of *The Weight Loss Scriptures* and many other books. Once 240 pounds and a size 22, she can

testify of God's goodness and healing power. Visit and receive more free health and weight-loss tips.