

How to Strengthen Yourself in Faith

Do you believe that it is possible for your circumstances to be transformed?

Without this belief, you will easily give up when faced with the slightest challenge in maintaining good health habits. You are going to need all the faith you can muster to stick with this process long term.

“He did not waver at the promise of God through unbelief, but was strengthened in faith, giving glory to God, and being fully convinced that what He had promised He was also able to perform” (Rom. 4:20-21).

Once you are fully convinced on the inside that achieving your ideal weight is possible, then it is only a matter of time before your changes show up on the outside. Strengthening your faith and following through on what you say you are going to do makes it happen.

I heard a story the other day that illustrates this point. Two farmers prayed to God for rain. However, only one prepared his fields to receive it. Which farmer do you think showed greater faith?

If you believe that you will release the excess weight and have prayed to receive greater health, then ask yourself: What am I doing to demonstrate that I'm ready to receive it? Whatever it is, take action on it right now. Give God your best, and He will handle the rest.

Physical Freedom Tip

To lose weight, maintaining a stable blood sugar is critical. How often do you eat currently? Are you eating breakfast?

If not, then it's recommended that you start.

Statistics show that those who eat breakfast maintain a lower weight than those who do not. Otherwise you stay in starvation mode, and in that state your body wants to hold on to as much fat as it can because it doesn't trust it will be fed regularly. If you are used to skipping meals, then that will need to change as well.

Adjust your eating pattern so that you strive to eat three smaller meals and two snacks each day, if needed. Pay attention to your hunger level to determine the right eating pattern that fits you. Again, the watchword is *smaller* because you won't lose weight if you are eating this often but your meals are large.

If you eat smaller meals in which you are comfortable but not stuffed, then this keeps your blood sugar stable. It also helps you avoid overeating in the evening, when your body is less likely able to handle an excess of calories.

Physical Freedom Assignment

Write down your vision of better health, and review it each day. First thing in the morning is a good time to do it. Keep it by your bed and read it. Take a few moments, close your eyes and see the vision in your mind as if it already exists. This will strengthen your faith and give you an edge in following through on your eating goals. Also work on your physical freedom tip. Using your food journal will also help you assess how often you eat as well as what you are eating. Knowledge is power!

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.