

# Is There a Supernatural Prayer for Weight Loss?

I often receive emails for prayer for weight-loss help. But the other day, I received a unique request:

“Could I ask how do I pray an extremely powerful prayer with 100 percent unwavering faith to ask the “I AM” to have me lose 40 kilograms of weight healthy, supernaturally and miraculously?”

I wasn't sure if I understood the request correctly, so I wrote back:

“It sounds like you are looking for a prayer that will help you lose weight without you having to do or change anything with your eating or exercise. Is that correct?”

“Yes!” he answered.

Here was my response in part and I hope it helps you too today:

I applaud you for wanting to achieve a healthy weight. I know how to pray to God for wisdom concerning weight loss, but I do not know a prayer that will enable you to lose weight without you having to do anything. Notice that I did not say that such a prayer doesn't exist; I am just saying that I do not know one.

Even with the great miracles in the Bible, action was required. For example, when God parted the Red Sea for the Israelites to cross, he still instructed Moses to raise his staff. Moses had to do something—act upon his faith.

However, I can give you a prayer so that you can ask God for wisdom on the right daily actions to take to lose weight. Here is that prayer:

“Gracious heavenly Father, You have said in your Word that if anyone lacks wisdom, all they need to do is ask and You will give them wisdom liberally and without reproach (James 1:5). I come to you in the name of Jesus asking for wisdom to take care of myself so that I may glorify You in my body and my spirit (1 Cor. 6:20). Give me the desire to choose foods that bring energy and vitality to my body and clarity to my mind. Give me enthusiasm to exercise so that I may strengthen my body and have the energy to do the things I need to do. Most of all, Lord, give me wisdom to put You first in my life because You have said that if I seek first Your kingdom and all its righteousness, my needs will be taken care of. Thank You, Father, for giving me the gift of abundant wisdom today. Amen.”

Now that you are asking God for wisdom, consider the wisdom that He has already given you. That is a source of great wealth that can enrich your life immediately. Refusing to use it is like leaving money on the table.

Here is a sobering Scripture to ponder: James 4:17 says, “Therefore, to him who knows to do good and does not do it, to him it is sin.”

What good things do you already know to do that will help your body stay healthy? According to this Scripture, you have a responsibility to do them. Write down all the wisdom that you already have about health. Then ask God daily to help you put it into action—starting today.

Do not give up; that is the 100 percent way that you will never get what you want. At least if you are working on it, you are giving yourself a fighting chance!

My prayer for you today is that you put your faith into action every day. According to Scripture, you will inherit the promises of God when you put faith and patience to work.

Be blessed in health, healing and wholeness.

Once 240 pounds and a size 22, **Kimberly Taylor** can testify of God's healing power to end binge eating. She is an author and the creator of the Christian weight loss website . Visit today for inspirational health and weight-loss tips.

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