

Keep Testing Your Limits to Break Old Habits

The Holy Spirit brought a powerful story to my mind about how memories of past failures and pain can limit your future. Here's the story:

A man on a "behind the scenes" circus tour passed by the elephants. He was astonished to see these giant creatures held by a small rope on one leg. Knowing these animals possessed the strength to break free any time they wanted, he was curious as to why they didn't. He asked their trainer that question.

"We start when they are young, and much smaller than they are now," the trainer said. "We use the same-sized rope to hold them and at that age, it is strong enough to hold them. As they grow up, they become conditioned to believe they can't break free. And so they stop even trying."

How many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before? Your past failures do not indicate your likelihood of success in the future. As you grow stronger in the Lord and in the power of His might, you *must* keep testing the limits of your old thinking and behavioral habits, such as overeating or eating junk food that keep you bound to being overweight.

Otherwise, you'll be like those mighty elephants bound with those little ropes. The first step to your freedom is to believe you *can* be free through renewing your mind with God's Word. And then you use God's strength to back away from the old habits and mindsets, keep backing away and keep backing away ... until the rope or stake gives way and you are free!

After the Holy Spirit brought this story to my mind, I shouted "Keep testing your limits!" Ephesians 3:20 says "Now to Him

who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,”

The elephant stays bound because the power within him is not put to use. Today, put the power within you to use. Yield to the Holy Spirit in your daily decisions. Keep growing stronger in the Lord—through prayer, praise, worship and study of God’s Word. Don’t give up until you are free of the things that bind you!

Be blessed in health, healing and wholeness.

*Note: Are you tired of losing weight—only to gain back the weight you lost, plus more? You are not alone! As someone once said, the definition of insanity is doing the same things over and over, but expecting different results. It’s time to close the door on weight-loss frustration and self-sabotage. Now the **Take Back Your Temple** e-book bundle will show you simple ways to transform your mind so you can transform your body. Start enjoying confidence of feeling good in your body, experiencing peace with food and celebrating the joy of living with purpose every day.*

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