

Spiritual Warfare in Weight Loss, Part 2

“My flesh and my heart fail; But God is the strength of my heart and my portion forever” (Ps. 73:26).

Have you ever awakened feeling tired? I did this morning. I prayed, exercised, and then sat down at my computer to write as usual. But this morning, the words would not come.

When that happens, I know there is no point in trying to force it. So I just wrote the following words that were on my heart to the Lord:

My agenda says that I must write Spiritual Warfare Part 2. But what do you say? I need rest and stillness in You. I need times of refreshing in You. I need reminding of who I am in You and who You are to me!”

I’ve learned from experience that whenever I don’t like the output of my life, I need to step back and look at the input. Proverbs 4:23 confirms this approach:

“Keep your **heart** with all diligence, for out of it *spring* the **issues** of life.”

So this leads to the second piece of spiritual armor:

“Stand therefore, having your waist girded with truth, having put on the breastplate of righteousness, having your feet fitted with the readiness of the gospel of peace, and above all, taking the shield of faith, with which you will be able to extinguish all the fiery arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God” (Eph. 6:14-17, MEV).

The breastplate of righteousness means guarding your heart through first affirming your true identity in Jesus Christ:

“God made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him” (2 Cor. 5:21, MEV).

Next, you need to remind yourself of who your Lord is to you. This is a **living** faith that you have. You experience different circumstances and seasons. Some days you feel spiritually strong and feel as if you can take on the world. Other days, you feel like you can't win the victory over a brownie!

When that happens, check and control your input through what you allow yourself to see, hear, and meditate upon.

The following songs were the things I used as input to help refresh my Spirit today. By the time I finished listening to all of these, I felt so much stronger! Check them out and then consider what songs and messages refresh you. [Click here](#) and [here](#).

Spiritual uplifting music and messages are weapons of spiritual warfare. Use them daily!

Be blessed in health, healing, and wholeness.

For part one of this series, [click here](#).

Kimberly Taylor is the author of *The Weight Loss Scriptures and many other books*. Once 240 pounds and a size 22, she can testify to God's goodness and healing power. Visit and receive more free health and weight-loss tips.

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