

Prophetess: How a Spirit of Praise Can Guide You Into Supernatural Weight Loss

God is a God without limits, but we often try to put limits on him anyway, says prophet Jennifer Eivaz. “We so often think that’s he’s not going to get into certain things, that those things are off-limits or that He doesn’t care or He has left that up to us.”

What we need to remember, Eivaz says on the “Take 10 With Jenn” podcast on the Charisma Podcast Network, is the scriptural truth that God is our helper through the ministry of the Holy Spirit. “He is our helper; He’ll help us. And He gives us every key for abundant life in His own Word.”

One of those keys, Eivaz has discovered, is the miracle of supernatural weight loss. She began looking into this miracle and studying it because the Lord had never used her in this way. As she studied, she says, she experienced the Holy Spirit’s supernatural anointing in this area.

“Not only did I have this anointing, but all of a sudden, I had an understanding from the Word of God about how the Lord wants to help us be at our ideal weight, the weight that helps us to accomplish His purposes, His destiny in our life,” Eivaz says. “And I want to point that out because this isn’t about vanity. This is about purpose. This is about you being able to run your race the way God wants you to run it.”

One insight came from Isaiah 61:3, “to grant those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness ... that they may be called trees of righteousness, the planting of the Lord that He may be glorified,” Eivaz says. “I asked myself this question: Is there such a thing as a spirit of

heaviness? And if so, what does that spirit do to you? And we see a key right there to break it. The garment of praise. Something about praise breaks the spirit of heaviness.”

Eivaz learned more and more as she studied and “tested the spirits” by posting to her online community about what she had learned. In a Facebook Live event, she asked people to praise and then report to her the results. “I started getting these testimonies. People started feeling heat on their body; they started feeling cold on their body; their body started shaking involuntarily, and a few other things. But what was most important is, the testimonies that came, there was a mix of testimonies that people started losing weight instantaneously. . . . And by the next week it’d be like five pounds, eight pounds. That’s a big deal. That doesn’t happen overnight.”

Later, Eivaz used this principle of praise in some of her meetings, and, she says, “people started losing weight right before our eyes. One girl in Tampa, she lost so much weight right in front of us instantaneously. She was swimming in her clothes because the weight was coming off supernaturally. And her testimony back to me was this, that she felt like bricks were coming off her.

“And what I noticed is this beautiful woman began to emerge out of all of this, this heavy weight that was on her, weight that she couldn’t get off. And it happened when we engaged in praise.”

To learn more about Eivaz’s teachings on keys to supernatural weight loss, listen to this podcast. {eoa}