

The Healthiest Thing You Can Do Every Day

Years ago, I used to suffer from depression. In the midst of it, the Lord challenged me with Psalm 119:164:

“Seven times a day I praise You, because of Your righteous judgments.”

He impressed upon me to get a pretty journal and write down seven things that happened that day for which I was thankful.

He further challenged me to do it each day for 30 days.

I did it. And by the end of that 30 days, I was happier and more peaceful than I had ever been! That depression lifted. If it ever tries to come back, I now know how to resist it.

Science is just catching up with God’s word. A psychologist once studied people who suffered from depression and other neurotic disorders. He discovered they all had one thing in common.

Can you guess what it was?

They were all fault finders.

They focused on the worst within themselves, in other people or in their life situations.

However, praise and thankfulness is God’s will for His people (1 Thess. 5:18). I believe that many of us who suffer from emotional eating have that depressive “spirit of heaviness” on us.

But Isaiah 61:3 says that God gives us “the garment of praise for the spirit of heaviness.”

Think about it: You have to choose to put on clothes every

day, don't you? They don't just magically appear on your body!

So each day, set your heart on praise and thanksgiving. Try it every day for 30 days and see if it doesn't help you on your health journey!

I am sure that you will agree it is the healthiest thing you can do every day.

Please comment if you decide to accept this 30-day challenge.

When you complete it, please come back and testify in the comments about how it has changed your outlook on life. {eoa}

*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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