

This Thought Pattern Is Stopping Holy Spirit's Power From Working in You

What dreams has the Lord placed in your heart to impact His kingdom?

You'll need power that works to accomplish them, even in your Christian weight loss goals!

Consider this powerful Scripture:

"Now to Him who is able to do exceedingly abundantly beyond all that we ask or imagine, according to the power that works in us" (Eph. 3:20).

Pause and think about that; God is able to do above all that we can ask or imagine!

Now you might wonder: Can anything limit God's ability to work within us?

Surprisingly, yes.

The book of Psalms records how the children of Israel put limits on God, who is limitless:

How often they provoked Him in the wilderness, And grieved Him in the desert!

Yes, again and again they tempted God, And limited the Holy One of Israel.

They did not remember His power: The day when He redeemed them from the enemy (Ps. 78:40-42).

So although God's power is limitless, God's people limited His work in their lives because of their own limiting beliefs and

actions.

Here is a natural example. Consider the power of lightning. That is raw electricity in action.

However, man can limit electricity in its application. We see this every day in how electricity powers our homes and businesses.

Electrical wiring and circuits control how electricity is delivered.

Consider the following about how electrical wiring works. As you read this excerpt from Wikipedia, imagine the application to your own spiritual life's power:

"Materials for wiring interior electrical systems in buildings vary depending on:

- Intended use and amount of power demand on the circuit
- Type of occupancy and size of the building
- National and local regulations
- Environment in which the wiring must operate"

Now, let's move from this natural example to the spiritual realm. What are the spiritual power demands of your life at present?

Are you trying to run your life with low-voltage batteries when the demands require a continuous power supply?

I recommend writing down the answers to the following questions and praying that the Holy Spirit illuminate how your answers can impact your spiritual power supply:

1. What territory has God given you to impact His kingdom?
Are you expecting an increase (use and power demand)?
2. Are you showing up for life and occupied with using your spiritual gifts to build up others (occupancy and size)?
3. How are you applying God's Word to guide your life

(biblical authority)?

4. What is your current internal environment (habitual thoughts and emotions) and external environment (actions and circumstances)?

If you are experiencing a power failure in your life, perhaps you need to check your power supply and/or upgrade your wiring circuits!

I also recommend reading Psalm 78 aloud. Note any phrases that resonate with you as you do so.

I did this exercise myself. Here are the thoughts that came to me as I read:

- Remember God's works.
- Live His Word.
- Teach His Word to your children.
- Set your hope in God.
- Set your heart right with God.
- Keep your spirit faithful to God.
- Believe in God.
- Trust in His salvation.

Act on what you learn with God's help daily, and you will see an increase of spiritual power in your life!

Here is my prayer for you:

May the Lord do exceedingly, abundantly more than you can ask or think according to the power that works within you. May He reveal the spiritual power at work in your life and show you any upgrades that are needed for increase. May He enlarge your territory to increase your influence for His kingdom among your family, friends, acquaintances and business associates. May you experience the kingdom of God within you every day—righteousness, peace and joy in the Holy Spirit. In Jesus' name, Amen.

Once 240 pounds and a size 22, **Kimberly Taylor** can testify to 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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