

Diane Byers

We serve an amazing and awesome God. He is always so patient and forgiving. I am so thankful that He is always there for us. No matter how badly we abuse our bodies His holy temple with unhealthy food, He will forgive us. He will always make “a way of escape” from the temptations.

This has been a very exciting summer. I had the privilege to go to the 2016 FP4H Summit in San Antonio, TX, with one of my members. It was one of the best revivals I have been to, hearing the testimonies of all the people that have been attending FP4H classes and how God has blessed them. It was so uplifting and encouraging. We all go through many of the same struggles of losing weight, but through FP4H we have fellow members that will help encourage and pray for us. It is the best program I know of that addresses mental, emotional, physical, and spiritual issues—the total person.



I am a living example of how FP4H can change a person. The only time in my life that I was little was when I was born. I only weighed 3 lbs. 4 oz., but by the time I was about four years old, I was already beginning to be a chubby little girl. I was always made fun of when I started school:

“Fatty, fatty, 2X4 can’t get through the bathroom door.” Someone was always saying something that would hurt your feelings. I kept gaining! I remember weighing 160 in the sixth grade. I became an emotional eater early in life due to some issues that I faced at home. By the time I went to high school, I had lost some weight. I began exercising more and not eating so much junk food.

After high school and college, I married and began to gain

more weight. It was a very stressful time in my life. My father passed away in 1987. In the same year, my mother was diagnosed with lung cancer. Being the emotional eater that I was, I turned to food for comfort. During this time, I also went through a very bad divorce. In 1992, my mother passed away. I hit my all-time high of 198 pounds in 1995. I refused to let myself get over 200 pounds.

A friend invited me to come to her church. I liked it so I joined. In the spring of 1996, the church began a First Place for Health Bible study and during the twelve weeks, I lost 30 pounds. I taught another FP4H class at the church and lost another 20 pounds. I taught several classes at my home, my workplace and at other churches. Sadly to say, events happened in my life and I got away from FP4H. You know what happened—the weight began to come back. I wasn't eating healthy nor getting the exercise that I should have gotten.

Last September, we were at a Ladies Retreat and my two roommates began talking about how they needed to lose weight. I told them about FP4H and how successful I had been through the program. They were so excited to get started on the plan. We began a class soon after we returned from the retreat. All three of us are now at our goal weight. I am now smaller than I was when I graduated high school, thanks to FP4H. I have lost 50 pounds since last September.



I am so thankful for FP4H. It has really helped me with my emotional eating. When I want something I shouldn't be eating, I will either stop and pray or God will bring a memory verse to mind. My spiritual life has improved more than I could ever begin to say.

If you don't use a prayer journal, I highly recommend that you begin. It will be a life changer. Memorize your Bible verses because there will come a time when you will need that special verse. The most rewarding commitment to me has been to have a set time to meet with our God in the mornings. Did you ever get stood up? It didn't make us feel very good. I know God gets stood up a lot of times. I may be a little late, but I try not to stand Him up.

FP4H has helped me to step out of my comfort zone. Before I began FP4H, I would have never thought I would be standing in front of a congregation giving my testimony or even reading an announcement. When I was young, I was so quiet that people would ask me if I could talk. I was always afraid that I would say something that would hurt someone's feelings, so I just kept quiet. Plus being overweight, I didn't have any confidence in myself. I am so thankful that God laid the FP4H program on those godly men and women's hearts back in 1981. It is an awesome program that will help you get emotional, mental, physical, and spiritual areas in your life in order, if you will put Christ first in "all" areas. Thank God, I got back into FP4H. I regret that I didn't give God first place in all areas of my life for those years, but with His help, I desire to finish my life doing the best I can for Him and for the FP4H program. During one of my recent daily devotions from Carole Lewis' book *Better Together*, I learned a new Bible verse that has really helped me, "Turn my eyes from worthless things, preserve my life according to Your Word (Psalms 119:37). Two of my favorite Bible verses:

I can do all things through Christ which strengthened me (Philippians 4:13).

We know that all things work together for good to them that love God, to them who are called according to His purpose.
(Romans 8:28