

God's Gift of Faith

I am thankful for God's gift of faith. A friend asked for prayer as she approached "one hundred pounds." She sensed doubt and fear as she approached a weight she hadn't seen in decades. For some of us, when we are about to realize a large victory, we begin to worry about *what's next* instead of celebrating.

First, I congratulated my friend for recognizing the perfect storm wreaking havoc on her emotions. It would seem the enemy was whispering lies creating unbelief in the plan God had for her. His plan is to "prosper, give us hope and a future" (Jeremiah 29:11). Our enemy, the devil, is happy to deceive us and attempt to knock us off track.

I remembered my struggle to believe reaching my long-term goal would be realized. Unbelief leads to fear and emotion that can take hold and shackle our progress. Fear and faith do not exist together. Faith is a gift from God (Ephesians 2:8-9) and we have an enemy who wants to rob us of this precious gift.

We need to send the devil running. On my exercise playlist I have Crowder's song, "Run Devil Run." The lyrics provide a long list of why the devil needs to run, ending with the most powerful, "I got my Jesus and the devil gotta' run." Woo Hoo! I am encouraged when I send the devil running away from me in the name of Jesus.

David (my favorite Bible warrior) revealed in Psalm 56:3 that when he feared, he needed to trust God. Psalm 119 is filled with many "I" statements that can bolster our trust in God. Read the Psalm and replace the "I" with your name. My favorite fear busters and faith strengtheners are verses 153-160 and 169-176.

The Psalm refers to God's commands, something I've learned to

love. Deuteronomy 30:11 encouraged me at each pot-hole on my weight loss journey. "Now what I am commanding you today is not too difficult or beyond your reach." Only a few verses later we find the familiar edict on the choice between curses, death and life.

This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live and that you may love the Lord your God, listen to his voice, and hold fast to Him. For the Lord is your life, and he will give you many years in the land he swore to give to your fathers, Abraham, Isaac and Jacob.

I challenge you to choose life so that you (and your children) may live and love the Lord our God and listen to His voice and hold fast to him. Believe and receive God's gift of faith. Embrace change and say "Yes" to all God has planned for your life.

Helen Baratta.....helen.baratta@fp4h.com

Helen Baratta is an author, speaker, coach, group leader, triathlete and nationally certified fitness instructor. She serves as Director of Development for First Place 4 Health. Check out her newest book [Restored! Embracing Weight Loss God's Way](#) available in our online bookstore.