

Honor Thy Health

Hey friends, here is my New Year's Question: Why are you doing the same thing you did last year that didn't work? Year after year people make the same commitments to "really lose the weight this time" and nothing changes. I'm not judging. I know about that. Why not let God help, and stop this thing once and for all.

This is how it can happen.

The conference was over and I was boxing up my table. The crowd was rushing by on their way to lunch. She hung on to my table like a life preserver. "Do you think this program would work for me?" As I looked into her face, I saw a beautiful obese woman who had lost all hope of ever losing weight. Not knowing a thing about her other than what I could see in her eyes, I quickly answered "yes". There was not much time to get her contact information so I said, "Give me your phone," and I punched in my cell number. She said that when she was ready to make changes, she would call me. I went home and forgot about her.

Wouldn't you know it? She called me the next Monday. I shared with her all the hope I have in Jesus and how He helped me get healthy. She was scared to death, but willing to stop trying to lose weight on her own and turn the whole thing over to God. That was eight weeks ago. She lost over ten pounds over the holidays. Yes, over the holidays!

So what is the difference? How does this God part work? It's really not a secret. Jesus shared it openly in Mark 12:30-31. "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." I explained all of this at our orientation for the class she joined. She had some honest

doubts and questions. One being "How do I find this help God has for me?" The Bible says in Deuteronomy 4:29, "But if from there you seek the LORD your God, you will find him if you seek him with all your heart and with all your soul."

What does the phrase "seek the Lord" imply? It means you have to go after it—with your whole heart. It means we seek Him with devotion of heart and determination of will. Putting Christ first in my life is some of the hardest and best work I have ever done. It will cost you plenty, but when God shows up He brings His blessing and power. The sacrifices you make to get healthy will be abundantly returned as blessings from the Lord.

As I shared with my friend, "I have sought the Lord's help with my weight over many years and He wants me to trust Him and do what He says." [Psalm 119:10](#) says, "I seek you with all my heart; do not let me stray from your commands." As He reveals His will for me in how much I should eat or not eat, He expects me to trust Him and not stray from what He is telling me. An area of trust for me was worrying that I would be emotionally unhappy without extra food. Not so. Seeking Him with my whole heart means—not a divided heart. I have learned that I can trust His Word. Many times we only seek part of what God wants for us. We pick and choose the things we want to obey. We love the Word of God until the Word gets in the way of our appetite. God wants us totally surrendered to Him. Many weight-loss programs will tell you "You can do this!" Not so in FP4h. We know we cannot do it or we would have already. Only God can help us figure out why we seek food instead of Him. Anyone can lose weight, but is that really the answer—and to gain it back? No! I want God to be my **go to**. I want Him to be my source of peace, power and purpose.

Isn't it time to be done with this weight issue? Join or start a class today. Honor thy health by giving Christ first place in every area, even your weight.

Still seeking Him,

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