

Keeli O'Cain

When I heard about First Place 4 Health, I just knew that this would be my “get skinny quick” fix. After a few meetings, I realized that there is much more to this lifestyle change than losing weight. As the session progressed and I started surrendering first place in my life to Christ, other things starting falling into place. Now, don't misunderstand me, I did not and still don't do anything perfect, but I have learned that God isn't looking for perfection. Each day that I do my best and live my life for His glory, He richly blesses me. You see, there is only one perfect man and he is no longer in a fleshly, human body. I was shocked to realize that He didn't expect me to be perfect. I quickly realized that God had a plan for my life that I had not been following.

All of this happened about the same time that my youngest child would be starting Kindergarten and I was devastated. For years I had a baby to take care of and now my last baby was going to school. I immediately told my husband that we needed another baby. He brought me back to reality by reminding me that I couldn't have another baby without Divine intervention.

We were about half way through the session and our weekly memory verse was Jeremiah 33:3, which says, Call unto Me and I will answer thee and show you great and mighty things that you do not know. (KJV) Amazing!! This was confirmation to me that he would do exactly what this verse said. I knew that He had something in store for me. When I stopped letting the devil talk me out of everything that God was telling me, things starting happening!

By the time my first First Place 4 Health session ended, I had agreed to teach a new Friday morning class. I had never taught a class before in my life and the devil reminded me of that on a regular basis. One morning my Momma sent me a quote that she

felt like was a word from God for me. Despite the devil telling me that I couldn't teach a Bible study, I did. I didn't do that to perfection either, but when I let God do his work through me, He always wins.

I know that I have missed so much by not being where God asked me to be or by simply not making myself available to him. That is a mistake that I don't intend to make again. First Place 4 Health is a ministry that God has called me to be a part of and I truly enjoy it. My body is the temple of God and it was about time I start acting like it. I have encountered women who can relate personally to my situation and seeing them moving forward is an inspiration. Oh, I almost forgot to mention the weight loss!! That has been amazing, but it is truly the icing on my cake. The relationship I have with the Lord now is the most important thing that I have gained. This ministry is all about one thing, Jesus!