

Sharollette Pennington

Start where you are today. Ask Him to take control and see the pounds fall off.

Be careful for nothing but in everything by prayer and supplication with thanksgiving let your request be made known to God. (Philippians 4:6 KJV)

This says to me: "Don't worry about anything; the cure for worries and cares is 'believing prayer' that takes in all God has done for me in the past, all He is doing in the present and all He is preparing for me in the future." This speaks of ALL things material, spiritual, and physical. *Pray without ceasing.* (1Thessalonians 5:17) These are my constant cheers to The God of heaven.

My name is Sharollette Renee' Pennington. I'm 53 years old, 5'4" on a small frame, and I've struggled with my body image since the day I got saved at the age of 10. The battle began: flesh versus spirit. Satan's job is to kill and destroy. I was a cheerleader most of my high school and college years, which helped me keep weight off. Then came the USAF, which demanded weight management.

After the death of my father and losing a child and a marriage, I made food my idol. Yes, my idol. I turned to food for comfort, for help and relief. The Holy Spirit within me was grieved. My spiritual light was nearly snuffed out, but I wanted God's will in my life. In 2013, I reached my all-time high of 201 lbs. I remembered that sometime in the 1990's, I tried First Place 4 Health with some success, so I went online to see if it was still available. After calling the 800 number, I reached Vickie Heath. I talked with her several minutes and realized that she was the wife of the pastor at my childhood church! I totally felt like an idiot and confessed to her whose daughter I was. You see, in the south it's always

“Who’s your Momma?”

Praise God for her spirit of kindness with no judgment. I had moved to the Smoky Mountains of East TN in 2001, and with Vicki’s help and encouragement, I went to my pastor, who had been pastor at this church for 29 years, and asked for permission to start a class. He said yes, but warned me not to expect too much and not to get my hopes up. He had seen pretty much everything in those 29 years. So following Vicki’s suggestions, I started the class. We had 17 show up and 16 completed the year! Praise The Lord! Additional classes started as a result, and classes at other churches also came from our humble beginnings. As a whole, our sisterhood class did great. Lives were changed, deep hurts were healed and prayers were answered by the dozens. The weight loss truly became last on our lists. The Bible study and our personal relationships with Christ Jesus was the center of our focus. Once again, my little light began to shine before others pointing them to a Christ Who saves, a Christ Who heals and a Christ Who forgives!!

The Christmas holidays came. So did the pounds. I had really put “me” in place of the food idol, and now I was my own idol. Our God is a jealous God. He alone wants to be in the center of our hearts. Now I was 207 lbs. This time I got on my face before The Lord and humbled myself with a broken and contrite heart; I asked Him to please take control of my food choices and to change my desires.

We serve a BIG GOD so I asked big! The very next morning I woke up and got a glass of water and an apple for breakfast—totally out of character! Always in the past I had to force myself to obey. God gave me the Holy Spirit within me so He took control. Each day I would ask Him to guide me, and every night I would thank Him. I go everywhere with an apple and a bag of raw almonds in my purse. The money I’ve saved from not drinking cokes has been a great blessing to spend how I choose.

All the praise goes to Jesus Christ. My body is His temple. I've lost 60 lbs. and I'm healthier and truly happier with myself inside and out more than I've ever been. Today my life centers on what will count for eternity: Jesus, and what I do for Him each day. I've learned that what I eat is a reflection of how I allow Him to care for me. How I look is a reflection of how I love Him.

You'll forget me, but if you meet Jesus, you'll never forget Him and He'll never leave you.

Start where you are today. Ask Him to take control and see the pounds fall off. Remember, Jesus is the source of all blessings and what He accomplished on the cross is the means for all blessings to be received. We must make the cross of Jesus our focus. With Him all things are possible.

Family by blood, the blood of Jesus! If I don't see you before, I'll see you when He calls the roll in our heavenly home!!

START YOUR OWN SUCCESS STORY