

Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
DONNA PARTOW



#1 - Recognize Your Body is _____.

The fall of humanity involved a woman being tempted by food that looked too good to pass up. Satan could have tempted Eve in any area—but he chose to tempt her in the area of food.

The scale is not your enemy. The woman in the mirror is not your enemy. Your husband is not your enemy. All the people who abused you in the past and the people who mistreat you every day. None of those people are your enemy. Satan is your enemy. He is the one who wants you overweight, exhausted and depressed.

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.” Ephesians 6:12



#2 - Do It for _____.

Don't do it because you think you'll like yourself better if you are skinnier. That's a lie and it's exactly backwards. When you agree with God, when you agree with all the wonderful things He says about you, you'll like yourself a whole lot more. And isn't it just flat-out true that we always take better care of someone we LIKE than someone we HATE? That's just human nature.

As long as you are trapped in self-loathing, you will continue in self-destructive behaviors like over-eating. Don't lose weight because you think other people will approve of you. You don't need anyone's approval anyway.



#3 - The Battle is Waged in Your _____, **NOT Your Body**

Think about Mary, the mother of Jesus. What God wanted to do, in and through her life, required the use of her body. Her body carried Jesus ...because Jesus couldn't get to where he needed to go, a stable in Bethlehem, without Mary's body. And just as surely as Jesus needed a human body to get to that stable, he needs YOUR body, today, to take him to the very ends of the earth.

Your body is God's mobile response unit. When God wants to intervene in human history, he almost always chooses to work through a human in a body. So it's probably pretty important for us to take care of our bodies, right?

But.....your body isn't the real battleground; somewhere else is.



#4 - Stop Depleting Your Limited Supply of _____.

The #1 reason diets fail is because they rely almost exclusively on *this one thing that* recent studies at Harvard University have demonstrated human beings have a very limited supply of, so you have to be extremely careful how you use this resource:

_____.

When it comes to weight loss, the path of least resistance is the right path. Don't make this harder than it has to be or you will fail.



#5 - Overcoming _____ Is Critical to Lifelong Weight Management

Everyone who struggles with weight issues has _____. And until those are addressed, you will never keep off excess pounds.

Dieting is a \$70 billion industry because dieting doesn't work. If dieting worked, everyone would go on the one diet that worked, lose the weight and then the dieting industry would cease to exist. But diets don't work.

Fortunately, the Holy Spirit does work!



#6 - When it comes to exercise, _____ will take you further than _____.

I have to tell you the whole truth. Yes, weight loss begins from the inside out. And yes, I firmly believe the battle is waged in your spirit and soul, first and foremost. But our body does play a role.

Researchers have found that a _____ did more for depression than any other form of treatment.

Bodily exercise profits little but it does profit some!!!

It doesn't have to be complicated. It just has to work.



#7 - _____ is Essential for Health, Vitality & Lifelong Weight Management

*"Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God."
2 Corinthians 7:1*

_____ is our most powerful weapon to "de-contaminate" both body and spirit. Once again, we've been lied to!

Digestion is the most demanding job your body has to undertake. It's like taking out the garbage. Can you imagine doing nothing all day, every day, but taking out the garbage. You'd be exhausted, frustrated and you'd never get anything else done! That's how your body feels! Your body needs a break from digestion so it can get others things done. Things like deeper cleansing, cellular repair and so much more.

Supernatural Weight Loss is Real.



Donna Partow is a best-selling author and internationally-known speaker whose books have sold more than a million copies worldwide. Her ministry has taken her to six continents, from the poorest of rural and urban neighborhoods to the CIA headquarters.

She is passionate about empowering Christians to become *all* God intended — healthy in spirit, soul and body.

She's the founder of Women's Empowerment University.

