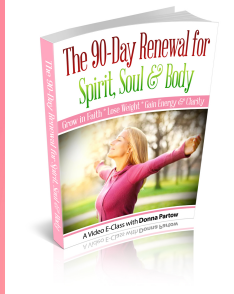


Discover God's Solution ... and FINALLY
Get Healthy in Spirit, Soul & Body!



with
DONNA PARTOW



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

**Welcome
to
Week 8**



7 Secrets for Weight Release

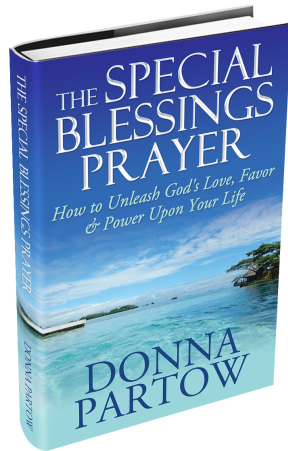
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**Recognize your body is on the
frontline of a spiritual war.**

7 Secrets for Weight Release

1

**Get Ready for
A Powerful Spiritual Weapon**



7 Secrets for Weight Release

1

What Will Happen to You if You Hold On to Hurt

1. The pain will eat away at you, creating stress that releases cortisol
2. Cause you to "stuff" the pain by over-eating
3. You'll be robbed of blessings
4. You'll be in rebellion
5. You'll rob yourself of a supernatural experience

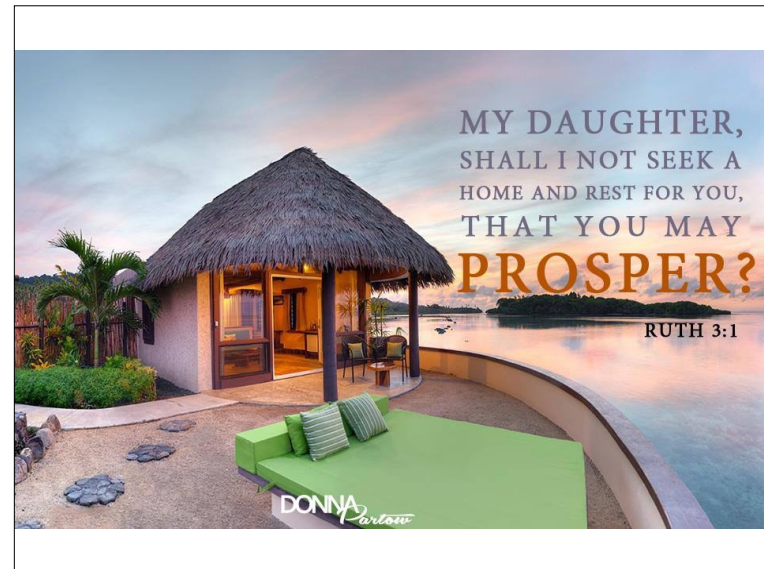
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1

My story...

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1

David, Nabal & Abigail

1 Samuel 25

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1

The Steps

1. Begin with your list

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1

The Steps

1. Begin with your list

2. Determine exactly what you were owed

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1

The Steps

1. Begin with your list

2. Determine exactly what you were owed

3. Identify at least one alternative response

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1

The Steps

1. Begin with your list
2. Determine exactly what you were owed
3. Identify at least one alternative response
4. Notice your pattern of response

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1

The Steps

1. Begin with your list
2. Determine exactly what you were owed
3. Identify at least one alternative response
4. Notice your pattern of response
5. Realize God can easily repay you

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1

The Steps

6. Accept repayment from God's hands

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1

The Steps

6. Accept repayment from God's hands
7. Tell the Other Person's Side of the Story (including the very best thing about that person)

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1

The Steps

6. Accept repayment from God's hands
7. Tell the Other Person's Side of the Story (including the very best thing about that person)
8. Look past your pain to see theirs - until you can weep for their pain, you will never be healed of yours

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1

The Steps

9. Decide that you are unwilling to continue polluting your own spiritual atmosphere

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1

The Steps

9. Decide that you are unwilling to continue polluting your own spiritual atmosphere
10. Embrace the power of "whether or not"

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1

The Steps

9. Decide that you are unwilling to continue polluting your own spiritual atmosphere
10. Embrace the power of "whether or not"
11. See if there is a way forward

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1

The Steps

9. Decide that you are unwilling to continue polluting your own spiritual atmosphere
10. Embrace the power of “whether or not”
11. See if there is a way forward
12. Pray the Prayer

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1

The Prayer

Dear Lord,

If you desire to bless _____ you will do so whether or not I pray for him/her. But you will not bless me unless I obey your command to bless those who have cursed (thought or spoken ill of me) or hurt me.

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1

The Prayer

Therefore, by faith, I choose to bless _____ . I cancel the debt s/he owed me to _____. I declare that s/he owes me absolutely nothing.

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1

The Prayer

If s/he cheated me out of anything—whether love, opportunity, money or any other blessing including _____, I believe you will give me double for my trouble. You will repay me in full and much more. So I release them from the debt.

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1

The Prayer

Besides, I now realize I could have responded differently by _____ and had a very different outcome.

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1

The Prayer

I see that s/he is doing noble things in the area of _____. I ask you to bless him/her. I look forward to reaping the blessing I've just sown.

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1

The Prayer

Thank you for setting me free from the curse of unforgiveness. Right now, in the name of Jesus, I declare that the blood of Jesus covers over the offense and all the sin that resulted. I hereby reclaim any ground given over to the Enemy by my sinful response and I slam the door on his ability to wreak havoc in my life because of it.

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1

The Prayer

I declare that greater is He who is in me than he who has used this garbage to gain access to my life. This sin cannot be used against me from this day forward.

I am free.
Amen

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2

Do it for something more significant than a scale or a dress size.

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3

Understand the battle is waged – and won or lost – in your soul, not your body.

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4

Stop depleting your limited supply of will power.

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5

Overcoming emotional eating triggers is critical to lifelong weight management.

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5

7x 3 Strategy

I congratulate you for...
I receive God's forgiveness and
forgive you for...
I commit to you that I will...

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6

When it comes to exercise,
little bits with consistency will
take you further than fits and
starts.

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6

- * 30 minute walk
- * Bouncing 14 minutes *
- * 90-Second Pre-Meal
(Squats, Wall Press, Chest pulls)
- * Kettle Bell Weight Training

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7 Secrets for Weight Release

7

True Biblical fasting is essential
for health, vitality and lifelong
weight management.

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6 Steps To Renewal Success

1. **READ** the Daily Assignment
in *Becoming the Woman I Want To Be*

6 Steps To Renewal Success

2. **LISTEN** to The Weekly Training,
Affirmations & Scripture Memory Audios

6 Steps To Renewal Success

3. **WATCH** the Daily Video

6 Steps To Renewal Success

4. **JOIN** The Weekly Webinar

6 Steps To Renewal Success

5. **MEET** Others in the Facebook Group

6 Steps To Renewal Success

6. **CHANGE** Your Life thru "Little Bits with Consistency"

What is this week's focus?

* The Special Blessings Prayer

6 Steps To Renewal Success

REMINDER

The 90-Day Renewal is about Addition, not Subtraction

6 Steps To Renewal Success

POSITIVE ADDITIONS - WEEK 8

1. Add Time with God to your schedule
2. Add Lemon water pre-breakfast (+/or cranberry)
3. Add a Whole Food supplement
4. Add as many veggies as you can
5. Add 30 minute walk
6. Add bouncing 14 minutes (*Increased this week*)
7. Add 64+ ounces of water
8. Add 2 eggs
9. Add a salad to your lunch
10. Add Evening Detox (*lemon or cranberry*)
11. Pre-Meal 90-second Exercise
12. Optional: Weight Training w/Kettle bells
13. Add Pro-biotics & Bone Broth
14. Add Healthy Dinner of Protein & Veggies

6 Steps To Renewal Success

MORNING ROUTINE

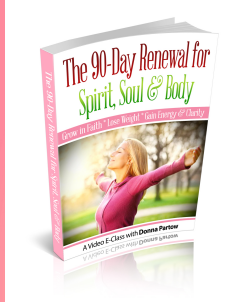
- * Set alarm 30-60 minutes earlier (6am suggested)
- * NO Snooze Button
- * Make a cup of warm lemon water (coconut oil) or Cranberry-Psyllium Detox drink
- * Go to your prayer place
- * Complete the day's reading in your book
- * Morning walk (if schedule allows, if not walk later)
- * 90-Second Pre-Meal Exercise
- * Eggs or Green Smoothie

6 Steps To Renewal Success

EVENING ROUTINE: 7-9-10

- 7pm: Stop Eating (Intermittent Fasting)
Cup of warm lemon water
Brush teeth
- 9pm: Turn off All Electronics (Timer or f.lux)
Turn down the lights
Cleansing bath/worship music or affirmations*
Evaluate the Day
Plan & Prepare for Tomorrow (Daily Plan Form)
- 10pm: In Bed with alarm set for 6am

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