

THE WEIGHT OF PROVERBS

This will be a 31 day study in the Book of Proverbs looking at dieting, regarding conviction, cleansing and finally freedom by receiving our wisdom from the written Word of God. It will focus first on taking responsibility for why we are overweight, turning it over to God and then being set free from the past which hinders us. If you will faithfully follow the Book of Proverbs for 31 days, you will gain insight on how to let God bring you forth from your weight problem. Changing our diets to look like something God wants us to do is up to us. You can reject your responsibility or accept it. The decision is always ultimately yours.

Ill-gotten Gain There are 3 passages to look at today. The first two are as follows: NIV: Proverb:1:19: Such is the end of all who go after ill-gotten gain. It takes away the lives of those who get it. NIV: Proverb:1:31: They will eat the fruit of their ways, and be filled with the fruit of their schemes.

MATTHEW HENRY'S COMMENTS: Men's greediness of gain hurries them upon practices which will not suffer them or others to live out half their days. What is a man profited, though he gain the world, if he lose his life? much less if he lose his soul? Men cannot turn by any power of their own; but God answers, Behold, I will pour out my Spirit unto you. Special grace is needful to sincere conversion. But that grace shall never be denied to any who seek it. The love of Christ, and the promises mingled with his reproofs, surely should have the attention of every one. It may well be asked, how long men mean to proceed in such a perilous path, when the uncertainty of life and the consequences of dying without Christ are considered?

MY OBSERVATIONS: Apply the word's "ill-gotten gain" to weight gain. It will eventually take away your life, social and physical. The extra poundage is placed upon our bodies from eating more calories a day than needed. Permanent weight gain comes about no other way. When you look at the scale and it shows a gain, remember this passage, "Ill-gotten gain". Did you limit yourself everyday to your 1,200, 1,400, or 1500 calories, or did you believe that it was all right to just stay at your allotted amount for a few days and that was good enough? Other than water weight fluctuation your body's gain is ill-gotten. There is no way to lose weight other than to cut back on calories. Apply the word's "fruit of their ways" and "fruit of their schemes" to the excess of poundage on the body. Not God's design, but ours. We are told that whatsoever a man sows, that he will reap. Be instead filled with the fruits of His Spirit, self-control and patience. Without these fruits the weight is not going to come off. The fruit of our way, and the fruit of our schemes is over-indulgence. We are going have to call on the Lord to help us do it His way.

Father God, I stand duly chastised by a loving Father today from the first chapter of Proverbs. I put myself in this position by my greed for ill-gotten gain and now I must pay the price. I ask Your forgiveness and cleansing in this area of defeat in my life. Grant me the patience and strength to overcome my flesh. Amen.

The third one is: NIV: Proverb 1:1-2 1 The proverbs of Solomon son of David, king of Israel: 2 for attaining wisdom and discipline; for understanding words of insight.

My Observations: How quickly I ran towards wisdom, but failed to achieve discipline. Dieting is discipline; not for a day, a week, or a month, but to make a permanent change--never go there again --discipline is something I must do daily from here on out. When I recognize that I must do something daily for the rest of my life, I free myself from thinking I can just do it occasionally and get the same results. We are told to pray without ceasing. If you have always struggled with weight gain, now you must change your habits without ceasing also.

Father God, I am ready to learn discipline. Help me in this area that I seem to be lacking in. Help me to not know all the answers, but instead come to You with all my questions. In Jesus' name. Amen

Today's Diet Tip: Write your weight goal and post it where you'll see it everyday. When I got down to my last 35 pounds, I began a countdown and posted the remaining pounds where I could see it by the computer. It sure motivated me to see the numbers go down until I finally reached goal.

Today's Positive Thought: Forgive yourself for the past, love yourself for the future, and accept yourself for today.



God Holds Our Victory NIV: Proverb: 2: 6-8 For the LORD gives wisdom, and from his mouth come knowledge and understanding. He holds victory in store for the upright, he is a shield to those whose walk is blameless, for he guards the course of the just and protects the way of his faithful ones.

MATTHEW HENRY'S COMMENTS: Christ speaks by his Word and by his Spirit. Christ is the Word and the Wisdom of God, and he is made to us wisdom. Fools are persons who have no true wisdom, who follow their own devices, without regard to reason, or reverence for God. Let Divine truths and commands be to us most honorable; let us value them, and then they shall be so to us.

MY OBSERVATIONS: Knowledge, wisdom and understanding comes from the mouth of God. As I endeavor to understand how and why I lost control of my weight and why I chose to follow my own devices, I can submit this area to Christ and gain the victory that

is in store for me! We are gaining knowledge and understanding of our weight problem and how to rid ourselves of it, but it takes wisdom to bring it to fruition. Knowledge and understanding equip you, but wisdom is a sense of proportion, how to use and act upon what we are learning here. Wisdom, according to this verse, is a gift from God. It is not based on our intelligence; even simple people can be wise when they turn to God. When we turn to Gods Word for all things in our life, and then diligently apply it, we become wise, and this time we can know for sure that we will never have to gain the weight again. As I attain this victory, He becomes a shield to me, and He will guard and protect this conquered area. Leave today with this thought. Jesus is already holding your victory of weight loss in store for you. By submitting this area to Him, you may now claim the victory held for you. It is there awaiting you!

Father God, I seek through your Son Jesus, the victory in this area that He has stored up for me already and I praise and thank You. Forgive me for failing to give this troublesome area to You sooner. As I gain Your will and wisdom, I pray that You will guard and protect my new ways, in Jesus' name. Amen

NIV: Proverb 2:1 For the upright will live in the land, and the blameless will remain in it; 22 but the wicked will be cut off from the land, and the unfaithful will be torn from it.

My Observations: Do you remember the land of skinny? The place where your body used to be the right proportion? The place where you felt good about yourself, and my friends, we thought they'd never end. To remain at the right weight and proportion, although we didn't think about it at the time, our job was to remain faithful, or be torn from it. To lose this weight now, we must be faithful and diligent EVERYDAY until it comes off, and then we must be faithful and diligent EVERYDAY to keep it off. Lets all head off to the land of skinny.

Father God, I choose this day to make my journey back to a safe and healthful weight. Bless my efforts, Father, as I remain faithful to this choice and to your Son, Jesus Christ. Amen

Today's Diet Tip:2. Remember that you alone are responsible for yourself.

Today's Positive Thought: You may be disappointed if you fail, but you are doomed if you don't try.



Health And Nourishment NIV: Proverbs 3:7-8 Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.

MATTHEW HENRY'S COMMENTS: Fools are persons who have no true wisdom, who

follow their own devices, without regard to reason, or reverence for God, therefore with the instruction there is need of a Law. Let Divine truths and commands be to us most honorable; let us value them, and then they shall be so to us.

MY OBSERVATIONS: As we learned in Proverbs 2, wisdom is the gift of God. Many have knowledge, (which is a good start) and losing a pound takes knowledge, but keeping that same pound off takes wisdom. Wisdom is more of an ability to see the big picture; a sense of proportion. As we gain wisdom, health AND nourishment will be ours through God and His Law. God plainly promises health and nourishment for those that will fear Him and shun evil. It may take awhile to incorporate God into our daily eating habits when we have kept this area for ourselves, but knowing His promise is health is our signal to follow Him and seek His wisdom. Gaining the victory means never again having to lose that same pound over and over again. Gaining the victory means that you will have health and nourishment rather than gluttony and over-indulgence.

Lord, in Your mercy grant us the wisdom to attain health and nourishment by reverencing You and shunning over-indulgence. Amen

NIV: Proverb 3:25 Have no fear of sudden disaster or of the ruin that overtakes the wicked, 26 for the LORD will be your confidence and will keep your foot from being snared.

My Observations: I can remember dieting ten years ago and losing 26 pounds not because I was too heavy, but because I had reached the age of 40 and wanted to do something to regain my youthful appearance. It was extremely difficult, especially those last 5 pounds. I remember telling people; "I will never put this weight back on because it was just too hard to get it off." And here I am, 10 years later with needing to lose 85 pounds (I have lost it). What happened? I did not include the Lord in my plans. He could have any other area in my life, but I was the one in charge of my body. Over-confidence and confidence in myself and own ability got me into trouble again! This time I placed my confidence in the Lord that not only will my foot be kept from this snare, but also my mouth. I now know that as I age, my caloric needs lessen as my activity level decreases. If I don't learn my lesson this time around, dieting disaster will strike me again.

Lord God, forgive me for thinking the temple of the body belonged to me. I turn it all over to You, and I would ask that You teach me to be a good steward in all areas of my life. Amen

Today's Diet Tip: 3.- Avoid greasy foods. Instead enjoy crisp vegetable salads

Today's Positive Thought: A positive attitude is like a fire - Unless you continue to add fuel, it goes out.



The Wellspring Of Life NIV: Proverb 4:20-23 My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. Above all else, guard your heart, for it is the wellspring of life.

MATTHEW HENRY'S COMMENTS: Solomon, having showed how dangerous it is to hearken to the temptations of Satan, here declares how dangerous it is not to hearken to the calls of God. Turn at his reproof. We do not make a right use of reproofs, if we do not turn from evil to that which is good. The promises are very encouraging. Men cannot turn by any power of their own; but God answers, Behold, I will pour out my Spirit unto you. Special grace is needful to sincere conversion. But that grace shall never be denied to any who seek it. The love of Christ, and the promises mingled with his reproofs, surely should have the attention of every one. Let us hearken diligently, and obey the Lord Jesus, that we may enjoy peace of conscience and confidence in God; be free from evil, in life, in death, and for ever.

MY OBSERVATIONS: I think MH said it all. Gluttony is sin also. If our heart is the wellspring of life, then we want to be heart healthy. Let us turn from darkness to the light, listen to God's correction, conquer this area of defeat, and attain the victory in Christ that is held in store for us. God desires to pour out His grace upon us, to give us life and health, but it is up to us to have a sincere conversion. We must revert from our poor and over abundant eating habits. If we don't and still expect to magically lose the weight, God can not pour out His grace upon us. If we think we became overweight or out of shape by accident, we are only deceiving ourselves, and again God cannot pour out His grace upon us. If we sincerely believe that we have strayed from God's perfect plan for our bodies then we must label it gluttony and repent from it. That means to turn away from it once for all and let God instruct us what is good and right for us. We can take this as a literal admonition to be heart-healthy and guard and protect our heart. When you are overweight or obese, you add an extra stress to the heart. It has to work harder and pump harder to support your body. Everyone knows this, and yet, this is one of the least of reasons for dieting. Most of us diet to look physically better. Here we take warning to guard our physical heart for life springs forth from the heart. Without a heartbeat, it is called death.

Lord God, I ask You to pour out Your grace upon me so that I can start caring again for the wellspring of life. Make me mindful that my body needs to be fueled properly to keep it running appropriately. Help me to care for it as You do. Amen

NIV: Proverb 4:12 When you walk, your steps will not be hampered; when you run, you will not stumble. If you haven't embraced a walking, jogging or running program yet or you are losing sight of the positive side of exercise let this be your motivational verse. Place this verse in your pocket or fanny pack and let the Word of God go with you as you walk. Get on your treadmill, cross country ski machine or glider and paste this scripture where you can see it. If God is with us, guiding those feet---preventing them from stumbling or failing---we can indeed endure a 30-60 minute trek with Him!

Almighty God, I ask you to forgive me and protect me from the foolish things I have done to my heart. I ask Your favor as I attempt to trim down my physical body so that the heart does not have to work so hard to support it. I come to You, knowing and understanding Your divine grace and forgiveness and ask that You create in me a contented heart in all things. Grant me the grace and stamina to start to exercise so that my body receives the type of activity that it was designed for. Amen

Today's Diet Tip: 4.- You should eat to live, and not live to eat.

Today's Positive Thought: If you always do what you've always done, you'll always get what you always got! Do something different!



Honey And Oil Please read Proverbs 5:1-17 which is a warning against having an affair as we then apply it to how we have all been unfaithful. (Space does not permit the entire noted scriptures).

MATTHEW HENRY'S COMMENTS: {These passages} treat the knowledge of wisdom, of piety towards God, of instruction and moral discipline, of the understanding wise and prudent counsels. Solomon cautions all, as his children, to abstain from fleshly lusts. The way of sin is down-hill; men cannot stop themselves. If we thrust ourselves into temptation we mock God when we pray, "Lead us not into temptation". By the frequent acts of sin, the habits of it become rooted and confirmed.

MY OBSERVATION: Much to our regret, we have had an affair with food. God is a jealous God (Ex. 34:14) and He will permit no other gods to be placed before Him (Ex. 20:3). The honey and oil of verse 3 have enticed us. Seduction begins with the mouth, but the ending results in suffering the consequences. Quite simply, our mouths were seduced to eating more than the body could absorb, and our bodies suffered the consequences of weight gain and all the unpleasantness that come with it. Let us then break off this affair and return to our first love Christ. Anything placed before the value of God's direction is sin. 1John:1:9-10: □ If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make him a liar, and his word is not in us. Once we can put aside all the excuses and just call it overindulgence which is sin, God puts it behind us and so can we. As you say grace this day, ask for your daily bread, and ask that you not be led into temptation. You will not only eat your fair share (daily bread), but you will not be led to eat that which has no nutritional value (temptation).

Father God, I confess I have had an affair with food for the last four years. As others suspected, noticed and commented to me, I became defensive about my weight gain and denying that I was entrapped in bondage. I thank you today for this conviction and for the sweet cleansing that follows, in Jesus' name. Amen.

NIV: Proverb 5:11 At the end of your life you will groan, when your flesh and body are spent. 12 You will say, "How I hated discipline! How my heart spurned correction! My Observations: Recently, someone jokingly said to me, I want to die young, and be a good looking corpse. If we do not take off the additional weight that needs to go, we might possibly die young, and be an overweight corpse. The secret to weight loss is discipline and correction. I should have paid heed to my body when my jeans began to be too tight to wear. I shouldn't have settled for throwing on a pair of sweat pants and slowly moving up in generic sizes. My body was attempting to correct and discipline me, and I kept on ignoring it. Now my body has my full attention. I've shot my wad on all my plus size wardrobe. My flesh and body has stretched to a size that is unmentionable. I am declaring war on fat!

Dear Father, help me along with my determination to lose this ungodly weight. Help me to do this, not only for myself, but for the witness I reflect when I proclaim I'm in Christ. May all areas of my life glorify You. Amen

Today's Diet Tip:5.- Get rid of high-calorie foods. You can have an abundance of vegetables and fruits. Let others be a garbage pail. Today's

Positive Thought: Take inventory of yourself, see if any remnants of fear are standing in your way. Then you may grow...because nothing, absolutely nothing, can stand in your way.



Is Stolen Bread Sweeter? NIV: Proverb 6:30-31 Men do not despise a thief, if he steal to satisfy his soul when he is hungry; But if he be found, he shall restore sevenfold; he shall give all the substance of his house.

MATTHEW HENRY'S COMMENTS; The word of God has something to say to us upon all occasions. Let not faithful reproofs ever make us uneasy. Shall Christians, who have such prospects, motives, and examples, be slothful and careless? Shall we neglect what is pleasing to God, and what he will graciously reward? May we closely watch every sense by which poison can enter our minds or affections.

MY OBSERVATIONS: Unlike the pity extended to a starving thief who though it might cost him all he has when he gets caught, restitution can put the crime behind him. You might say we were thieves in our eating habits and NOT because we were starving, but because we were greedy and wanted more than our daily bread. It is now restitution time and it can't be resolved by a monetary fine. Many times my eating habits were like the thief's, doing them in secret and overindulging in excess. No, stolen bread is not sweeter. I must now pay the time in restoring my body to God's design. When a criminal serves his sentence he says, I have paid my debt to society. As we diet to lose this excess we must think of it as paying our debt to what we owe our bodies and what we owe God in the precious gift of life. Food is eaten to satisfy appetite, for growth, to maintain all body

processes, and to supply energy to maintain body temperature and activity - in short to keep alive. When we overeat and choose the foods that we know are not healthy, the body does rebel and we have to pay our debt.

O Lord, thank you for your Word which applies to all aspects of our lives. I humbly come before You and ask that I may change my eating habits so that it does not give me secret delight and comfort, but nourishment and health. Amen

NIV: Proverb 6:27 Can a man scoop fire into his lap without his clothes being burned?

My Observations: You will note that this is a rhetorical question---simply put it doesn't need a reply because the answer is obvious. I am learning what the fire in my lap is. For the present time, I cannot do two things: I cannot go to an all-you-can-eat buffet and I cannot keep junk food in the house. I have yet to overcome these temptations, so I must learn to avoid them. What is your area of temptation where all your defenses and restraint crumbles? Learn well what they are--avoid them--and you will find your dieting attempts becoming easier as you push temptation away from you. To be tempted is not wrong, neither sin. It is in placing yourself intentionally in that path and succumbing to it that is sin. It will help you immensely if you know what areas you are not yet strong in, and avoid them with God's help and understanding. Healthy eating habits are a process that we must work our way through--one meal at a time.

Father God, I pray that eventually I will be able to walk away victorious from these areas of temptations in my life. I ask, for now, that You strengthen and renew me and my commitment to become a normal eater again, and I pray that You remind me often that I am dieting to find my way into Your highest will for me. In Jesus' name. Amen

Today's Diet Tip: 6.- Remember: You're learning a "way to live," not just a way to diet.

Today's Positive Thought: No one knows what he can do until he tries.



Food: The Seductress NIV: Proverb 7: 7-9 I saw among the simple, I noticed among the young men, a youth who lacked judgment. He was going down the street near her corner, walking along in the direction of her house at twilight, as the day was fading, as the dark of night set in. NIV: Proverb 7: 21 With persuasive words she led him astray; she seduced him with her smooth talk.

MATTHEW HENRY'S COMMENTS: Will any one dare to venture on temptations that lead to impurity, after Solomon has set before his eyes in so lively and plain a manner, the danger of even going near them? Then is he as the man who would dance on the edge of a lofty rock, when he has just seen another fall headlong from the same place. We ought daily to pray that we may be kept from running into temptation, else we invite the enemies of our souls to spread snares for us. Ever avoid the neighborhood of vice.

Beware of sins which are said to be pleasant sins. They are the more dangerous, because they most easily gain the heart, and close it against repentance.

MY OBSERVATIONS: Our knowledge of the strong temptations of over-indulging in foods and choosing the wrong things should be enough to keep us away from the buffet table of temptation. For many of us, we succumb to overeating or eating when we are not genuinely hungry at night as the darkness (loneliness, stress, etc.) sets in. "Consuming most of your calories at night and being overweight often go hand in hand," says Allan Geliebter, Ph.D., a research psychologist at the Obesity Research Center at St. Luke's-Roosevelt Hospital in New York. Food is our temptress and seductress. Isn't it just like her to come out at twilight as our Scripture says? Don't just walk away from temptation---run from it! And as you are running from it, turn in the direction of running toward God. Have you tried a prayer first? A Bible reading? Christian music? We must take our eyes off of food and turn them back onto Christ. We have to be very food oriented as we diet, but we have to spend equal amounts of time with the Lord throughout this journey. Scripture tells us that when we are weak, then He is strong. He is stronger than your food temptations. Try God before you try that slice of pie.

Father God, grow us in genuine repentance, faith in You, and victory in overcoming temptation through the grace and merits of Your Son, Jesus Christ. Amen.

NIV: Proverb 7:15 So I came out to meet you; I looked for you and have found you! My Observations: Have you ever noticed how food searches you out when you are on a diet? Friends will pop by with a lovely fat-laden casserole for you, or your husband will bring home a special box of dark chocolate covered cherries, just to surprise you. You're out driving your child and his friend home from soccer practice, and as you approach an ice cream stand they yell out, Please! Get us a banana split! We won and have to reward ourselves! Please remember, this is not Satan out to personally attack you. Remember, if we were not obsessive, food would be the language of love. This is a test from God, an opportunity to just say no, and to feel good about your new resolve. If you caved in and said yes, then it is an opportunity to learn from your experience; to literally know what your triggers are, and the next time to handle them wiser.

Almighty God, keep me from being paranoid of the enemy, but rather focus on Your tests and trial and how I can remain faithful to Your Word and to Your will for me. Forgive me when I fail, and lift me up from self-pity. Help me to remember, If God be for us, who can be against us? Amen

Today's Diet Tip: 7.- Don't gorge yourself; have small servings.

Today's Positive Thought: Joy is what happens to us when we allow ourselves to recognize how good things really are. Try healthy foods that you have never tried before. It might surprise you.



Rejoicing Always KJV: Proverb: 8:6 Listen, I will speak of excellent things, And from the opening of my lips will come right things. NIV: Proverb: 8:30-31 I was filled with delight day after day, rejoicing always in his presence, rejoicing in his whole world and delighting in mankind.

MATTHEW HENRY'S COMMENTS: Christ, as Wisdom, calls to the sons of men. Where there is an understanding heart, and willingness to receive the truth in love, wisdom is valued above silver and gold. The Son of God declares himself to have been engaged in the creation of the world. How able, how fit is the Son of God to be the Savior of the world, who was the Creator of it! The Son of God was ordained, before the world, to that great work. Does he delight in saving wretched sinners, and shall not we delight in his salvation?

MY OBSERVATIONS: As we open our lips, not only to speak with and for Christ, let us also open our lips to allow only good, nourishing dietary needs to enter. A bad tree does not bear good fruits. (Lk. 6:43b) As Christians, there is no dietary food that is illegal, but as dieters there become many forbidden foods. Put into your lips that which is good. You will not lose weight by eating the very same foods that put weight on you. You must give up certain things to have a successful weight loss. It is all about restricting calories and limiting portion size, but you can make poor choices in just one meal and have your calorie allotment used up for the whole day. Learn to choose sensible so that you will have enough to satisfy you throughout the day. And then rejoice always, especially when our conscience is free from overindulging on the fruits of the earth which Christ created.

Dear Lord, May excuses fail to dissent this day..."I'm happy with my size"; "Big is beautiful"; "All things are permitted for me". We are worshipping Christ, not Buddha nor Baal. Help us to keep a right perspective in all things. Amen

NIV: Proverb 8:4 To you, O men, I call out; I raise my voice to all mankind. 5 You who are simple, gain prudence; you who are foolish, gain understanding.

My Observations: Right about now, I have been questioning my foolishness, as well as my sanity. How could I have possibly ignored my weight gain for 4 steady years. Why didn't I diet at 10 or even 20 pounds? I could have been off this diet by now. I have come to understand the words, You who are simple, gain prudence. ☐ It is not a compliment. It is a warning for simple-minded ones to gain wisdom. Wisdom would have alerted me that something was wrong in my choices. Wisdom would have alerted me that I was covering a problem with the comforts of food. Wisdom would have required that I react a lot quicker. I have, through Proverbs, gained wisdom and knowledge. I now know that this is more than a diet that I am on. It is a battle to regain the fruit of self-control.

Gracious Father, in Your mercy, equip me again with the fruit of self-control. Forgive my foolishness, and restore unto me the years that the locust has eaten. In Jesus' name. Amen

Today's Diet Tip: 8.- Drink eight 8-oz. glasses of water a day. Water is essential to all

bodily functions and has no calories. It is the perfect drink for dieters.

Today's Positive Thought: There are two ways of spreading light - to be the candle or the mirror that reflects it.



Food Eaten In Secret NIV: Proverb 9:16-18 Let all who are simple come in here, she says to those who lack judgment. Stolen water is sweet; food eaten in secret is delicious! But little do they know that the dead are there, that her guests are in the depths of the grave.

MATTHEW HENRY'S COMMENTS: How diligent the tempter is, to seduce unwary souls into sin! Carnal, sensual pleasure, stupefies conscience, and puts out the sparks of conviction. We need to seek and pray for true wisdom, for Satan has many ways to withdraw our souls from Christ. Worldly lusts prove fatal to the souls of men. The depths of Satan are depths of hell; and sin, without remorse, is ruin, ruin without remedy. Solomon shows the hook; those that believe him, will not meddle with the bait.

MY OBSERVATIONS: Whether we are ready to admit it or not, a portion of stolen and secret food has been our pathway into the weight-gain dilemma we are lost in. Until we can fully confess that too much food has been Satan's foothold in our lives, we are doomed to not having a life changing experience. It may take us days, months, or years to fully comprehend the insidious temptations of Satan. As Mike Adkins reminds us in song, "Lord take out the trash in me; remove the debris, whatever it takes, take out the trash in me." There can be no cleansing and freedom from God until the trash in us is taken out. It is no one's fault but our own that we gain weight. Nobody sits there and makes us eat more than what God designed to keep the body functioning and normal. Anything other than a normal portion is Satan's bait for us, dangling, tempting, and pulling us away from what God has intended for us. Choose to turn away from Satan's bait and lure. Greater is God that is within you, than he that is in the world. God has set before each of us a just portion, as He did the Israelites who gathered manna each day. God has set this same portion provision into effect with us. We can no longer gather what is too much for us. We might hide our portions in secret from others, but we cannot hide it from God.

Father God, In Jesus' name I ask Your help to overcome all the negative and damaging ways that I have used food as my comforter, instead of relying on the Comforter. I have eaten in secret too many times because I have known I was wrong. Grant us the wisdom this day to rely on You and not our fleshly lusts. Amen

NIV: Proverb 9:12 If you are wise, your wisdom will reward you; if you are a mocker, you alone will suffer.

My Observations: Ah, the excuses I used for gaining weight. I run out of fingers on both

hands counting them, and besides, I was hurting no one but myself. Better than lashing out at others and being responsible for that sin. NOT! I am right in being alone in my suffering now while attempting to get this weight off, but I am not right in thinking that I could harm the temple of God, and not be responsible for it. Each person shall bear their own sin and burden until they truly place it at the foot of the cross! If you have not placed this burden at the foot of the cross yet, do it today. He can make a new creature out of you. God promises the application of His wisdom to reward us. In our instance this reward will be manifested in health.

Heavenly Father, Bless my attempts to correct my sins and restore my body to Your will for me. Grant me not only wisdom for myself, but also for all others that are in the dieting dilemma along with me. For the sake of Your Son, Jesus Christ, I pray. Amen

Today's Diet Tip: 9.- Don't let anyone "love" you with food.

Today's Positive Thought: Knowing is not enough; we must apply. Willing is not enough; we must do.



Hunger & Craving NIV: Proverb 10:3 The LORD does not let the righteous go hungry but he thwarts the craving of the wicked.

MATTHEW HENRY'S COMMENTS: Through the whole of the Proverbs, we are to look for somewhat beyond the first sense the passage may imply, and this we shall find to be Christ. He is the Wisdom so often spoken of in this book. Abundance of blessings shall abide on good men; real blessings. Both the just and the wicked must die; but between their souls there is a vast difference. The wise in heart puts his knowledge in practice.

MY OBSERVATIONS: What a vast difference between hunger and craving! Hunger pains are our internal system's mechanism signaling that it is time to take nourishment. Craving is a product of the mind and can never be satisfied with just a smidgen. We have been taught somewhere along the line that a craving is the body's signal that we need a nutrient, and therefore we should satisfy it. Not true! What is born of the flesh is flesh, and that which is born of the Spirit is spirit. (Jn. 3:6) Cravings are products of the flesh. They are not divine shoulder taps from God. Cravings will truly disappear as you become skilled in saying no to them. They do not have to be addressed, they are of the flesh and they are fleeting. The wise in heart will learn the difference between hunger and craving and will overcome the cravings and be set free.

Our Heavenly Father, as we seek You, help us to seek you in truth and in spirit, for not all knowledge is rightly divided and wise. Help us to set the flesh of the mindset behind us as we alter our lifestyles, for the sake of Your Son, Jesus Christ. Amen

NIV: Proverb 10:17 He who heeds discipline shows the way to life, but whoever ignores correction leads others astray.

My Observations: It may take a 20-30 pound weight loss until others really notice the difference in body size, but once the momentum of the excitement is noticed, wow, you can become an instrument of God's righteousness. What better way to testify of God's grace than to give witness as to how He has forgiven your waywardness, and through the discipline of godly dieting have returned to the way of life. As for me, when I began dieting, I plea bargained with God, suggesting that if He help me to lose this weight, I would see that He was glorified for it alone. There were too many years that I led others astray by my body size, pretending that as long as I was spiritual, I could wreak havoc with my outside impression. I am changing, through the grace of God.

Father, I thank You that Your mercy never fails, and that no matter what my sins and problems are---You are always there to lend a listening ear--- and to coach me back on the path of righteousness. Thank You, Father, in Jesus' name. Amen

Today's Diet Tip: 10.- Be happy. Do not act as if resisting all those tempting food is killing you.

Today's Positive Thought: One of the most common causes of failure is the habit of quitting when one is overtaken by temporary defeat. Every person is guilty of this mistake at one time or another. Remember to pick yourself up and begin again anew.



Dishonest Scales NIV: Proverb 11:1 The LORD abhors dishonest scales, but accurate weights are his delight.

MATTHEW HENRY'S COMMENTS: However men may make light of giving short weight or measure, and however common such crimes may be, they are an abomination to the Lord.

MY OBSERVATIONS: You must surely secretly feel a twinge as you read this proverb. How many of us, as we "guess" at a 1/2 c. serving of mashed potatoes, have it look exactly as a 1/2 c. of measured beets does? Let us be honest with ourselves and truly begin to use accurate measurements. How many of us stand on the scale (again) on weigh-in day, and attempt to adjust or justify the "numbers"? That large pizza and 6-pack mid-week have found its way on our body. Have we ever padded the numbers by taking away one pound, hoping to lose it again by next week's weigh-in? Or have we stood on the scale in different positions 3 times in a row, hoping to use the best weight of the three? Now, we must keep in mind that God hates dishonest scales!

O Lord, in Your Wisdom, You speak to us on all occasions. Help us to be truly honest with ourselves so that we may appear before you with clean hands and conscience, for the

sake of Jesus' name. Amen

NIV: Proverb 11: 3 The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity.

My Observations: Duplicity means deception by pretending to feel and act one way while acting another. Boy, did that just slap me in the face. I was a duplicator of my caloric needs. Over and over again, I would object when someone noticed the weight I had gained, But, I'm only eating one meal a day. And I was! Then I would get a sympathetic reply, Eat more often, your metabolism is shot. My metabolism was shot, not because I was only eating one meal a day, but because I was eating for 2-3 people in that meal's sitting. I would then, literally pass out afterward in a deep, almost coma-like sleep for 2 hours. I am a homemaker, and I had the luxury of a siesta afterward. I would never now suggest to anyone that they should eat only one meal a day. We know that the body will go into starvation mode after a long abstinence from food. But, I would suggest, if this is true of your excuse, you actually count the calories you have consumed, and also all those harmless little samples that you shove into your mouth in-between. It may not be a meal, but on the calorie scale, it will be your downfall. Getting honest is the first step in weight loss, and then, getting rid of the duplicity. It is so important as we search for deliverance from our weight gain, which we honestly search out the duplicity in our diets and reckon with them, once and for all.

Lord God, thank You for the correction that Your Word always brings to me. If I can't be honest with myself and others, I know I'm lying through my teeth to You. Amen

Today's Diet Tip: 11.- Just because something can be placed into one's mouth, chewed up, and swallowed does not automatically categorize it as good food.

Today's Positive Thought: Nothing in this world is impossible to a willing heart.



Roasted Duck KJV: Proverb 12:27 The lazy man does not roast what he took in hunting, But diligence is man's precious possession.

MATTHEW HENRY'S COMMENTS: The slothful man makes no good use of the advantages Providence puts in his way, and has no comfort in them. The substance of a diligent man, though not great, does good to him and his family. He sees that God gives it to him in answer to prayer.

MY OBSERVATIONS: God has provided us with a wonderful dieting format here, and we must take care to be earnest and energetic in relearning our ways of cooking and eating. On a personal level, I would not try tofu, and yet, once I found a recipe that sounded palatable, I discovered it to be quite good, and so did other family members that tried it. I tried collard greens, and I found them delightful! And the list goes on. It is me

that has changed and that is what turning ourselves around means, God has provided wonderful, abundant foods for us which we won't try. You might say, that I am no longer afraid to roast a duck. Trying different foods and cooking in a lighter calorie fashion, can turn out to be a great adventure if we put time and thought into God's providence. Are you willing to try different things to find nutritious healthy foods that you have never tried before? Remember, it is all about a lifestyle change. Would you have wanted to eat Manna? God may be opening a new door for you.

Dear Lord, I can see myself daily becoming more flexible as I apply Your Word to every aspect of my life, and I thank you for the changes You are making in me. May Christ be glorified in all I attempt to do in His strength and wisdom. Amen

NIV: Proverbs 12:11 He who works his land will have abundant food, but he who chases fantasies lacks judgment. My Observations: I was struck with one thought when I read this proverb and that is exercise. I just read a survey of dieters, stating that 79% included exercise with their dieting. When I first filled out a dieter's profile, I had to admit that I was sedentary. What a terrible word for someone who was 51. It was an eye-opener. As I slowly added exercise to my diet plan, the pounds continued to come off weekly. I hold no fantasy that I can eat my calorie range without exercise and continue to lose 2 pounds per week. I have an abundance of food, I have learned to exercise 45-60 minutes a day, six days a week, (even through maintenance) and I now know that exercise will have to remain part of my life now. It can't be for emergencies only when I gain. God designed the human body to move. Maybe not what we want to hear, but the truth will set us free.

Dear Father, Thank You that I am able to exercise. Thank You for the discipline that it presents for me, and Father God, thank You for all those people who write articles and create statistics affirming that exercise is the dieter's wisest plan. Amen

Today's Diet Tip: 12.- Eating most of your calories in one big meal is the worst possible way to diet.

Today's Positive Thought: A journey of a thousand miles begins with a single step.



The Bread Of Life NIV: Proverb 13:25 The righteous eat to their hearts' content, but the stomach of the wicked goes hungry.

MATTHEW HENRY'S COMMENTS: It is the misery of the wicked, that even their sensual appetites are always craving. The righteous feeds on the word and ordinances, to the satisfying of his soul with the promises of the gospel, and the Lord Jesus Christ, who is the Bread of life.

MY OBSERVATIONS: The Word is Christ: In the beginning was the Word, and the Word was with God, and the Word was God (Jn. 1:1). The ordinances of Jesus' are His

authoritative decrees and law: My sheep hear My voice and follow Me (Jn. 10:1-16). As we progress on our weight loss journey, spiritually sweeping our "houses" and making our temples clean, we must stand our ground, lest anything worse befall us (weight gain again). We must fill ourselves with Christ Jesus and His words. We must eat to our hearts' content of the Bread of life to be truly whole and satisfied, and then the victory over the natural flesh will allow us to become Christ-centered and to eat to our hearts' content without greed or lust. As we begin to repair our temples, with the Lord's help and guidance, when we have truly turned our eating problems over to Him, and instead look to Him to root out the causes of overeating that placed us here, He delivers us. He desires to give you a way of escape with each temptation that you are faced with. It is all a matter of, can you let Him? Are you convince yet that God is a God of everything that troubles you, and are you willing to feast on the true Bread of Life as He has promised? We need victory over the natural flesh, and there is no victory other than casting your cares upon the Lord Jesus, for He cares for you. Through this study in Proverbs, we learn day by day to fill ourselves with His Word, and by doing so we will attain a victory over the flesh.

Father God, what an awesome promise Your Word holds for us. Help us to apply the Word skillfully to ourselves so that we might be overcomers, in Jesus' name. Amen

NIV: Proverb 13:12 Hope deferred makes the heart sick, but a longing fulfilled is a tree of life. My Observations: We've pretty much discussed the majority of dieting problems, except for when we hit a plateau. It is generally agreed that this is a phenomenon which occurs, and likely to occur sometime after 20 pounds of weight loss. "Hope deferred makes the heart sick". What do we do to break free from the plateau? First, we must honestly and objectively examine ourselves to determine if this is a genuine plateau, or if we through over confidence at this point have just slacked off on our efforts or not. Plateaus will come, and they can be terribly discouraging, but one must begin to mix up their regimen and trick the body again into continuing the weight loss. We might try adding an additional 5-10 minutes of fat-burning aerobics into our exercise program, or add another day of something different than what we're already doing. We might try to examine closely our calorie count to see if it needs to be altered, or we might get out of the rut of having the same thing daily on our menu. Try lowering the fat content of your meal plan. You may be eating the right amount of calories, but have failed to see if you have the right balance of proteins, carbohydrates, and fats. Don't sit there and feel sorry for yourself. React and you will get through this gray area, and once again have your longing of a leaner body fulfilled. For those of you who are simply not losing: "Non-losers" are actually consuming about 600 calories more per day than they think they are. Recent research with a large group of "non-losers" determined that they were significantly under-estimating the number of calories they were consuming on a daily basis. If you're not sure, write down everything you eat for a few weeks.

Almighty God, we thank You that there is an answer to every longing if we seek You through Your Word. Keep us from discouragement, and don't allow us to quit when the going gets rough. Amen

Today's Diet Tip: 13.- Limit your time in the store. The longer you stay, the more

impulsive buying you will do.

Today's Positive Thought: If you think that you are at the end of your rope, tie a knot and hang on.



Tears Of A Clown NIV: Proverb 14:13 Even in laughter the heart may ache, and joy may end in grief.

MATTHEW HENRY'S COMMENTS: The ways of carelessness, of worldliness, and of sensuality, seem right to those that walk in them; but self-deceivers prove self-destroyers. See the vanity of carnal mirth (jollity). Sometimes when sinners are under convictions, or some great trouble, they dissemble their grief by a forced mirth, because they will not seem to yield. Spiritual joy is seated in the soul; the joy of the hypocrite is but from the teeth outward.

MY OBSERVATIONS: How many of us view heavy persons as jolly, but lazy? There is a natural prejudice against an obese person, even though they are hilarious and have learned to mask their internal pain by cracking constant jokes. Even in laughter the heart may ache: "I may be fat but you're ugly and I can always go on a diet." "I'm bulimic---I just keep on forgetting to throw up." How many of us try to chuckle away our misery? How many of our overweight young children learn to be the class clown to turn away jokes from their appearance and gain acceptance? All Bible students remember that Eli was a fat king who fell backward and died of a broken neck. When we think of MaMa Cass or some of our heavier comedians dying an early and tragic death, doesn't their weight stand out in our memories more than their contribution to the arts? I cannot help but thinking, "The tears of a clown---when no one's around." Yes, it is good to laugh at ourselves on occasion, but if it is masking the tears inside, we need to examine our situation in the light of Holy Scripture. As we live and as we die, let it be pleasing in the sight of God, that we may be remembered for our spiritual joy, rather than our physical girth.

Father God, I ask you to control my wise cracking laughter and grant to me instead the fullness of joy that comes from the peace of being in Your highest will for me. I ask this, looking to Christ as my Savior and example. Amen

NIV: Proverb 14:34 Righteousness exalts a nation, but sin is a disgrace to any people.

My Observations: Only in America, where we can boast that 55% of Americans are overweight, and 23% of that amount is actually obese. The land of rich and plenty where the average American eats 12 pounds of chocolate per year. Our sin of disgrace is that we have too much and it shows up on our bodies. Five percent of our problem is over abundance of food. The other ninety five percent of the problem is us.

Almighty God, forgive us for our foolishness and sin, and for the knowledge that we allow others to go to bed hungry at night while we have eaten beyond our heart's content. Help us to dwell on this when we demand more than our rightful share. In the name of Jesus. Amen

Today's Diet Tip: 14.- Be aware that you can't enjoy life, family, or beauty without good health.

Today's Positive Thought: An obstacle is what you see when you take your eyes off the goal. Remember your weight goal daily.



Fattened Calf Syndrome NIV: Proverb 15:17 Better a meal of vegetables where there is love than a fattened calf with hatred.

MATTHEW HENRY'S COMMENTS: Believers often have enough when worldly eyes see little; the Lord is with them, without the cares, troubles, and temptations which are with the wealth of the wicked. Christian contentment, and joy in God, makes life easy and pleasant. Cheerfulness of spirit will furnish a man with a continual feast, though he has but little in the world. A dinner of herbs can be a feast sufficient.

MY OBSERVATIONS: If we are masking anger and hatred of a sort, and hide it within us, oftentimes it may turn into depression and overeating of comfort foods. It makes more sense to discover the root cause of our food addiction, turn it over to a just and understanding God, and become normal again in our eating patterns. Up until a month ago, I would not have believed that I could be content with a meal of vegetables. I would have shouted, "Kill the fatted calf, and pass the potatoes." I am truly learning to redevelop my taste buds and am becoming content again to be satisfied with my just portion.

Dear Lord, thank you for understanding the way I try to deceive myself, and thank You for forcing me to view my problems in the light of Your Word. May I learn to be ever grateful for Your provision of all things, and learn to be content with the feast of love that You designate for me. Amen

NIV: Proverb 15:22 Plans fail for lack of counsel, but with many advisers they succeed.

My Observations: For some of us dieters, we must take time and deliberate pains to free us from this bondage of sin, and we need to receive the counsel of others to rid ourselves of this extra weight. Dieting together may not help everyone, but for me and where I am at now in my life, it was necessary for my well-being. We hope we have moved beyond the false pride that induced us to think we had to "go it alone." When we're caught in that mind-set, asking for assistance becomes incredibly difficult. There is no logical reason to place ourselves apart from the rest of humanity, to consider ourselves so different that no

one else could possibly understand our situation. Humility opens the door for help. I also know that all my plans for success in weight loss would not be occurring if it were not for the wise counsel of the Book of Proverbs, which makes and keeps an honest person of me throughout this attempt.

Thank You Lord, for the wise counsel of Your Word, and for the sweet fellowship and understanding of other Christian dieters who are in the same boat as I am. Thank You Lord, in the name of our Savior, Jesus Christ for this common bond and for our mutual victories. Amen

Today's Diet Tip: 15.- "Nibble" at your food and "linger" with your drink. Today's

Positive Thought: If you can dream it you can do it.



The Laborer's Appetite NIV: Proverb 16:26 The laborer's appetite works for him; his hunger drives him on.

MATTHEW HENRY'S COMMENTS: This is designed to engage us to diligence, and quicken us, both in our worldly business and in the work of religion. We must labor for the meat which endures to everlasting life, or we must perish. If we make religion our business, God will make it our blessedness.

MY OBSERVATIONS: Seek first His kingdom and His righteousness and all these things (worldly concerns) will be given to you as well (Mt. 6:33). How quickly can our priorities become misfocused. We may be about the business of "religion" daily, while in reality, it may rank a low 4-5 on the kingdom list. A laborer works so that he might fulfill his hunger, pay the bills, and provide for his family, but it is not glorifying God until it is truly motivation-wise glorifying God's kingdom and righteousness. "He (Jesus) replied, Don't exhort money and don't accuse people falsely; Be content with your wages." (Lk. 3:14) If we learn to be content with what God's provision brings us, we can escape from the vicious circle of feeding an appetite which demands more than the amount that is worthy of us. By applying His Word diligently towards our spiritual appetites, our physical appetites will take second place in our life. God first in ALL things!

Lord God, I thank you for enabling me to place into perspective my worldly appetite and my spiritual appetite by placing You first. As I allow You full reign in my life, I ask that once more You teach me to be content in all things, even as the Apostle Paul was. In Jesus' name. Amen

NIV: Proverb 16: 8 Better a little with righteousness than much gain with injustice. My Observations: This verse brought a smile to my face! How obviously it speaks to me as I sit down to eat my meals now. Better to eat a little in righteousness than to have much weight gain with over-indulgence. And that is exactly what I will get for my performance

at the dining table when I do a weekly weigh-in. I can't add any comment, for this Scripture speaks volumes to me.

Father God, Help me to memorize this proverb and let it guide my decisions as I keep on keeping on. Amen

Today's Diet Tip: 16.- Steam, broil, bake. Cook without adding fats, sauces, flour, or salt. You'll be healthier!

Today's Positive Thought: Only you control the hand the fork is in.



Stress-free Holidays NIV: Proverb 17:1 Better a dry crust with peace and quiet than a house full of feasting, with strife.

MATTHEW HENRY'S COMMENTS: These words recommend family love and peace, as needful for the comfort of human life. There may be peace and quietness where there are not three meals a day, provided there be a joint satisfaction in God's providence and a mutual satisfaction in each other's prudence. Love will sweeten a dry morsel, but strife will sour and embitter a house full of dainties.

MY OBSERVATIONS: My mind wanders to past holidays when family gathered here. I would cook huge portions of food and endless dishes, being tired already by the time company began to arrive. One by one our small home would begin to fill with people, each arriving without bringing anything but their appetites. Everyone was already on edge from the long ride (we live in the "boonies"), and from the holiday traffic. One particular holiday, the weather was beautiful. The children all were too busy to come to the dinner table (we have a stocked pond, trails in the woods, 5 dogs to be played with, endless exploration), and consequently dinner was served many times individually. That year, we ran out of dressing before everyone got a portion, and the complaints were unwarranted. One step-daughter announced she had to lie to her maternal grandmother regarding spending the holiday with us--she didn't want her to be upset or jealous. Angers flared, as I have a standing policy, to have no television playing when there is company. I believe in conversation, not the endless drone of a TV set. This was always the "law", but this particular holiday some desired to protest. The whole holiday had such negativity, and the only saving grace was literally when we all (like it or not) had to gather for the dinner prayer. Needless to say, that was the last year I hosted a holiday dinner. This year my husband and I went to church twice on Easter day. We ate a wonderful grilled salmon, potato and salad for dinner, and he isn't even dieting. There were no tempting fat-laden leftovers, no endless stack of dirty dishes, broken objects, and hurt feelings to deal with. And Easter, truly was a celebration this year of the resurrection. We will do the same for Thanksgiving and Christmas this year.

Thank You, Lord for restoring to me the true meaning of the holidays by removing me

from all the dainties, feasting and strife. Thank You for the wisdom and guidance of Christ Jesus and the experience of being so near to Him. Thank You, Lord, for each and every day of peace and love we have. Amen

NIV: Proverb 17:24 A discerning man keeps wisdom in view, but a fool's eyes wander to the ends of the earth.

My Observations: My weight problem came into being as I let my eyes wander over the dainties of food. Sticking to the right choices are easier now, not because dainties still aren't delightful, but because I discerned that I could continue forever in the weight gain dilemma if I didn't put an end to it once and for all. As I go out to eat in a restaurant, my eyes no longer wander over the choice of fried chicken , mashed potatoes and cole slaw. Yes, still sounds good, but a grilled chicken breast with baked potato and tossed salad is a better choice, a wiser choice, and it is still filling, but easier on the calorie budget. Keeping wisdom in view---that's what we have to do from here on out. This is, after all, a lifestyle change.

Father God, Thank You for choices, but most of all through Your grace the choice of wisdom. In Christ's name who is the Word and Wisdom, we pray. Amen

Today's Diet Tip: 17.- Carry a low-cal drink at a party and refuse food with a, "No thank you, I have something."

Today's Positive Thought: I release the past and focus on the beauty of now.



Always Full Feeling NIV: Proverb 18:20 From the fruit of his mouth a man's stomach is filled; with the harvest from his lips he is satisfied.

MATTHEW HENRY'S COMMENTS: Our comfort depends very much upon the testimony of our own consciences, for us or against us. The belly is here put for the conscience.

MY OBSERVATIONS: I tried the Weigh Down principles at one time, and although the God breathed Scripture's and inspired validity of them worked, some of the natural "laws" didn't for me. The most important factor in this diet is to never eat until you felt genuine hunger pain, and then to stop as soon as you felt full. I won't get much sympathy as I confess that I rarely experience hunger pains, but like many of you, I am responsible for cooking meals for others. On the other hand, I never know when to walk away from food once I start eating. The above scripture reminds us to have a good conscience towards God, toward others, and toward ourselves, thus allowing this to be the satisfying fullness in us. The Lord really dug deep into my heart during my dieting and showed me that the fruit of my mouth was discontent during the period of time that I gained weight. I was dissatisfied with a great many things in my life and I chose to bury my face in food

for solace. I was not looking at the good things about my life, let alone the goodness of the Lord allowing trials to come that were meant to grow me upward as a Christian, not outward in my physical appearance. Once I got pass the complaints with my mouth, the food that went into my lips became sensible once more. If for no other reason, we can walk away from the bingeing cycle because we will learn to let our satisfaction be focused on the God within us, rather than on external situations.

Dear God, grant us that always full-feeling that surpasses all understanding. Design for each of us the diet and maintenance that will satisfy our flesh and cause our spirits to soar, in Christ's precious name. Amen

NIV: Proverb 18:10 The name of the LORD is a strong tower; the righteous run to it and are safe. My Observations: While there are wars in the world, and Christian's being martyred for their faith in Christ in foreign countries, you would think that we would not be so concerned about pleading with God for our weight loss needs. But this is exactly the point of this verse: We are to run to the Lord for ALL our needs, everything that troubles us. God loves us as a caring Father. He wants constant companionship with Him, and whatever it is that is troubling us, He wants us to talk it through with Him, and to run to Him for safety! He will work through each of our troubles to strengthen us, make us a fit vessel for His use, and then use us to set other captives free.

Lord God, thank You that I can speak to You of all things in my life, that I can run to You for advice and safety, and thank You most of all that You are a strong refuge to the troubled, whatever the trouble might be. Through the merits of Your Son, Jesus Christ, I pray. Amen

Today's Diet Tip: 18.- Read the nutritional labels on the food you eat. Your will find your choices will become different when you read about the fat content or calories involved.

Today's Positive Thought: The minute you settle for less than you deserve... you get even less than you settled for.



Oops, I've Slipped... NIV: Proverb 19:11 A man's wisdom gives him patience; it is to his glory to overlook an offense.

MATTHEW HENRY'S COMMENTS: A wise man will observe these two rules about his anger: 1. Not to be over-hasty in his resentments. Wisdom teaches us to defer our anger till we have thoroughly considered all the merits of the provocation. 2. Not to be over-critical in his resentments.

MY OBSERVATIONS: The dieter's biggest foe is not food, but self-defacement when we slip and fall from the dieter's wagon. We beat and bruise ourselves up so greatly that it becomes more and more difficult to return to dieting. A profile might show that this

might well be perfectionist tendencies. The struggling person calls upon Christ's wisdom to receive the same type of patience God displays toward all sinners. When we fail, we must seek to understand it, to overcome it, to forgive it, and to pick ourselves up and return to the race that is before us. God, in Your wisdom, teach us how to forgive, even ourselves. Remind us that we may have lost a particular battle, but we will win the war. We ask You for the patience that comes from above. In Jesus' name. Amen NIV: Proverb 19:2 It is not good to have zeal without knowledge, nor to be hasty and miss the way. My Observations: This proverb smacks of yo-yo dieting. How many of us went for a quick fix: the Mayo Clinic diet, the Cabbage Soup Diet, or the Grapefruit Diet, just to see quick results, but only to end up regaining the weight plus more? We need to be taught and believe that this is not a diet, but a change in lifestyle and choices. If it is a diet that we are on, the weight will eventually creep back on. If it is genuinely seeking God's face to turn our love affair with food loose, then that it is the result we will obtain. I hold no false hopes that food will quit beckoning me to overeat, but I do have confidence in Christ that I will make wiser lifetime choices now that I have sought His counsel.

Dear Lord, I pray that You will continue to guide me along the way in my desire to overcome my eating problems. May I discern that haste to get this weight off will not work as well as realizing and refusing to participate in the areas of temptation that put this weight upon my body. As always, I thank You for the wisdom that Your Word provides. Amen

Today's Diet Tip: 19.- Concentrate on your goals, not your limitations.

Today's Positive Thought: Persistence, not perfection, is what's important.



Empty Calories NIV: Proverb 20:1 Wine is a mocker and beer a brawler; whoever is led astray by them is not wise.

MATTHEW HENRY'S COMMENTS: It seems hard to believe that men of the greatest abilities, as well as the ignorant, should render themselves fools and madmen, merely for the taste or excitement produced by strong liquors. It smiles upon him at first, but at the last it bites. It rages in his conscience. It is raging in the body. Drunkenness, which pretends to be a sociable thing, renders men unfit for society. A drunkard is a fool, and a fool he is likely to be.

MY OBSERVATIONS: Don't undermine your dieting attempts by choosing alcohol as part of your caloric allotment. Yes, I know that the French drink wine with their meals, and the German love their beer, but this verse is given to the excess of alcohol. Anything in excess--alcohol or food--will indeed rage in the body and in the conscience. As we attempt to limit our caloric intake, this empty calorie source needs to be all but eliminated or eliminated entirely. Alcohol slows the metabolism down immensely. When you take a drink it increases your appetite and it has been found that people consume an extra 350

calories in the meal than they would have done without the drink. If we are dealing with both an alcohol and food addiction problem, seek first to diffuse the brawler in us, which is in reality the "weightier" of the problems. At this point in our diets, we are responsible for making wise choices.

Dear Lord, help me always to be filled with the new wine of the Holy Spirit. May each and every choice I make concerning my lifestyle glorify You, having Jesus Christ as my supreme example. Amen

NIV: Proverb 20:17 Food gained by fraud tastes sweet to a man, but he ends up with a mouth full of gravel.

My Observations: Yes, there really comes a time during the diet that the body becomes so acutely aware of what is nutritious and what is junk that it revolts at the junk food. I'm not saying the temptations go away, but rather when you do cave in to a gooey something-or-other, the results are terrible. Anywhere from a headache to stomachache, to extreme sluggishness or just plain, I don't feel well feeling. Can you believe while we were working our way up to an unhealthy weight, we ignored all these warning signals? I will try to remember that the slice of cheesecake will be like eating a handful of gravel. And I will try to remember that just like the runner's high, (and you have to have experienced it to know how good it is) there is a dieter's high when we eat well that nothing else compares with.

Heavenly Father, I thank You for the restraints that You place upon the natural body, and I am pleased that I am finally understanding them. Lord, thank You for Your Word that confirms these things to me. Amen

Today's Diet Tip:20.- Journaling makes you aware of your own eating patterns and how to correct them.

Today's Positive Thought: The difference between stepping stones and stumbling blocks is how people use them. Make dieting your stepping stone to self-confidence again.



Choice Foods NIV: Proverb 21:20 In the house of the wise are stores of choice food and oil, but a foolish man devours all he has.

MATTHEW HENRY'S COMMENTS: The plenty obtained by prudence, industry, and frugality, is desirable. But the foolish misspend what they have upon their lusts.

MY OBSERVATIONS: Two different trains of thought apply to the dieter here: 1. The prudent will store up that which is wholesome of choice foods within their household. For us, this means to keep on hand healthy choices, so that we might have no excuse to resort to a poor choice for lack of healthy meal. Carry that grocery list of ingredients

needed to the grocery store and stick to it. Do not divert to the impulse aisle. Doritos are never found displayed next to tofu. Cook your healthy meals beforehand, and freeze them if you must, so that you might have a healthy choice to select when hunger comes knocking. 2. If you have to bring into the household temptation foods, do not binge and devour all that you have. The majority of us cannot just eat one bite of chocolate. Potato chips? Forget it--nobody can eat just one, even the ad says so. If you are going to err, then err on the side of a healthy choice, and soon you will find that you won't even be doing that without a conscience twinge. The cycle to binge ceases as we let the Word of God dwell richly in us, and as we continue to remember the cardinal rules of dieting as expressed in this scripture.

Father God, thank You for Your Word that surrounds and speaks to our every need. Help us to break the repetition of bad habits and of sin patterns. Even as we grocery shop, we pray for the awareness that the Holy Spirit is with us always. Amen

NIV: Proverb 21:3 To do what is right and just is more acceptable to the LORD than sacrifice.

My Observations: Diet is not a pretty word. Along with the word diet, hand and hand goes the word sacrifice. Sacrifice of certain foods, lowering our calorie intake, and portion control is the only way pounds come off. If we would let this proverb sink into our hearts, I believe this is a more acceptable way than dieting. It is doing what is right and just to begin with. Instead of saying, I cant have this and this, making it sound like sacrifice and almost as punishment, instead we must learn and believe that we are now just getting an uncontrollable appetite back under control and eating daily what is good and nutritious and proper for us. It's all in attitude as this proverb exhorts us. Take the time today to do an attitude check and if you are doing what is right and acceptable, you have reason to rejoice in the Lord.

Lord God, we often mistake a lie for the truth. Help us to know what is pleasing in Your sight and what is selfish desire of our own making. Help us, in all things, to do what is right and acceptable in Your sight in all things. In the name of our Savior, Jesus Christ we pray. Amen

Today's Diet Tip: 21.- When traveling, don't make food your vacation.

Today's Positive Thought: Go out on a limb, that's where all the fruit is.



Learned Behavior NIV: Proverb 22:6 Train a child in the way he should go, and when he is old he will not depart from it.

MATTHEW HENRY'S COMMENTS: Train children, not in the way they would go, that of their corrupt hearts, but in the way they should go; in which, if you love them, you

would have them go. As soon as possible every child should be led to the knowledge of the Savior. Good impressions made upon them will abide upon them all their days.

MY OBSERVATIONS: This Scripture has always been the hope and joy of Christian parents, who although their child may stray at some point in their life, will assuredly return to the Lord. This Scripture is also a double-edge sword. If we have taught our children, or if we ourselves were taught as a child poor eating habits, these will follow us through all our days. Children learn what they live. Overeating of comfort foods may also be a way of masking a deeper rooted problem left over from childhood; molestation, neglect, emotional, mental or physical abuse, alcohol/drug abuse in the home, or unspent anger, all of these traumatic events can send a person into an emotional tailspin their entire life. This is the legacy we leave our children, and even more so if that is which was left to us. We need to turn to Christ as Savior and Healer to overcome these horrific memories. We need to turn to Him for times of refreshing, and we need to be 100% certain that we are not training our children up in any of these negative ways. As we recover from an eating disorder, we can also recover from being our own harshest critic and become instead our staunchest supporter. Rather than looking for what we do wrong and downgrading our capabilities, we can appreciate the progress we have made and cheer ourselves on to a continued success. We want to pass on to our children a legacy that we can be proud of.

Gracious Father, in Your mercy deliver us from the baggage and bondage of our childhood memories. Wash us and make our past memories mindful only of how you will turn it for our good. Teach us to train our children in every aspect of godliness, for the glory of Your Son, Jesus Christ. Amen

NIV: Proverb 22:3 A prudent man sees danger and takes refuge, but the simple keep going and suffer for it.

My Observations: I have been reading a book which involves diet and nutrition for a longer, healthier life. The author brought up points that I had never considered before when he asked, Have you been eating yourself into an early grave? He points out statistically that the typical American diet can lead one into a costly battle with cancer, heart disease, or some other degenerate disease such as high blood pressure, high cholesterol, adult-onset diabetes, obesity related health problems, or arthritis. I don't pay heed to every nutritionist or self-proclaimed diet guru, but his point and objective to gear us toward a healthier lifestyle change were well-taken. Right now our short term goal is to lose weight. Lets also make it our long term goal not only to keep it off, but return to a healthy diet as part of our every day experience. Once more, this particular proverb points the way for us to make a change in our eating habits while we can.

Father God, we bless Your name for the wisdom You extend to us. Thank You for the opportunity to see danger ahead, to turn to You, and to overcome our poor lifestyles. We thank and praise You in the precious name of Jesus. Amen

Today's Diet Tip: 22.- "A second on the lips, forever on the hips." Most foods are tasted

for only three seconds, then are swallowed and are gone.

Today's Positive Thought: People will not remember what you did, they will not remember what you said, but they will always remember how you made them feel.



All-You-Can-Eat-Buffer NIV: Proverb 23:20 Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags.

MATTHEW HENRY'S COMMENTS: Intemperance must be avoided in meat as well as drink. He fetches an argument against this sin from the expensiveness of it. (For the wages of sin is death) The drunkard and the glutton hate to be reformed.

MY OBSERVATIONS: There we have it--intemperance/lack of self-control in either food or drink is sin of the same kind. However, we would rather thumb our nose at the alcoholic, than address the issue of gorging ourselves on food. Either heavy food or too much alcohol causes literally and spiritually a deep slumber to come upon us. If we are faithful to confess our sin and repent, God will cleanse us from all unrighteousness. It is oh so hard to call our sin of overeating and weight gain gluttony. But if we begin to look at it as that, we will begin on the path to ridding ourselves of this behavior. My excuses failed me in the light of God's Word. I had to admit to gluttony, and begin on my path to turning around and overcoming. I started "dieting" to lose any amount of weight that I could. I ended up losing all of the excess weight and have kept it up because of God's plain and simple word--gluttony.

Almighty God, I set aside my pride this day, as I confess my lack of temperance with food. I pray first Your forgiveness, and then Your cleansing as I seek to restore the Holy Spirit's temple of my body. Make me not proud before others--for we all stand as equally unrighteous if we sin and continue on in sin. Forgive us for the sake of Jesus' name.
Amen

NIV: Proverb 23:1 When you sit to dine with a ruler, note well what is before you, 2 and put a knife to your throat if you are given to gluttony. 3 Do not crave his delicacies, for that food is deceptive.

My Observations: We are here commanded to mortify our appetites which have control over us. Again, this verse brings to mind the all-you-can-eat buffets which tempts us to eat beyond what is humanly possible and what is more than what we need to sustain life. When we are offered dishes like pasta, buffalo wings and pizza, all at one meal, we are actually eating three meals because each one of these dishes are a meal in itself and would place us in the calorie range we need on the one dish alone. And then there is the desert bar, which quite honestly, after packing in a meal like that we don't need. Don't we just force down a sample or two of something, just because it is included in the price

of the meal? Our new eating habits have to be permanent to be lasting, otherwise, quite dramatically we are advised to put a knife to our throat if we are given to gluttony.

Lord God, all things are good that You have created in proportion and moderation. Help us to mortify this appetite and lack of self-control which has landed us in the predicament we are now in. Help us to remember that there is always someone watching us, and if we publicly expose ourselves as gluttons, what must we do in private? Amen

Today's Diet Tip: 23.- Keep in mind that the purpose of getting together with people is to enjoy their company. Eating does not have to be the main event.

Today's Positive Thought: Even if you're on the right track, you'll get run over if you just sit there! (Exercise!)



Maintenance Tip NIV: Proverb 24:13-14 Eat honey, my son, for it is good; honey from the comb is sweet to your taste. Know also that wisdom is sweet to your soul; if you find it, there is a future hope for you, and your hope will not be cut off.

MATTHEW HENRY'S COMMENTS: We are quickened to the study of wisdom by considering both the pleasure and the profit of it. All men relish things that are sweet to the palate; but many have no relish for the things that are sweet to the purified soul.

MY OBSERVATIONS: I have discovered the reason why my dieting attempts are finally successful. I have armed myself with all the knowledge I could find on the subject of nutrition, exercise and dieting. The most successful factor as I began to apply this knowledge came from diligently studying the Scriptures to not only convict me that being substantially overweight is sin, but also seeking God's face as to how I can overcome this sin. Without the Scriptures to convince and guide me, I am sure that I would be equipped with knowledge, but not wisdom and success. We are body and we are spirit. To attempt to cure the body without applying the same principles to the spirit will result in merely placing a Band-Aid on the wound, without cleaning it first and applying an antiseptic. A chapter a day in the Book of Proverbs was a month-long healing seminar for both my body and my spirit. We can relearn to purify our taste buds, but we must also make wise our spirits, lest we fall back into the patterns that put our bodies in such disarray to begin with. Our new patterns can benefit the entire family. As we change, we function differently in our relationships with family members, and this in turn prompts them to behave differently toward us. Just as an eating disorder affects the entire family, so does recovery.

Heavenly Father, we thank You for the wisdom that comes from above through the study of Your Word. Cleanse and purify our spirit that we might walk before You in purity and wholeness. In Jesus' name. Amen

NIV: Proverb 24:10 If you falter in times of trouble, how small is your strength!

My Observations: This proverb really speaks to the plateau we might hit or to the week that we gain 2 pounds despite our efforts. One thing I have learned, and that is I can't place my joy or my discouragement on a scale's reading for the day. It is easy to be elated when the scale reads to our approval, but we can not let it affect our mood when it stubbornly refuses to reward our efforts with a favorable reading. How small is our strength and our total victory if we throw in the towel on our efforts when the scale doesn't accommodate us. If we say, Well I won't follow my meal plan today because it's not working, then we haven't truly made a life-changing decision to be whole in our weight again. Discouragement, and ups and downs may occur, but never enough to make us falter from our goals!

Father God, Thank You for the encouragement of Your Word and of Your companionship. Help us to keep our head's held high, with eyes ever looking up to Jesus. Amen

Today's Diet Tip: 24.- Each day you stay on your diet brings you closer to your weight goal.

Today's Positive Thought: Goals are the bridges that span our dreams.



Eating Disorders NIV: Proverb 25:16 If you find honey, eat just enough -- too much of it, and you will vomit.

MATTHEW HENRY'S COMMENTS: God has given us leave to use grateful things, but we are cautioned against excess. Eat as much as is sufficient, and no more. We must use all pleasures as we do honey, with a check upon our appetite. The pleasures of sense lose their sweetness by the excessive use of them and become nauseous, as honey, which turns sour in the stomach.

MY OBSERVATIONS: Have you ever walked (or crawled) away from an all-you-can-eat buffet with an almost painful, sickening feeling? Or have you ever eaten a sinfully sweet dessert after a full meal and could almost feel a heavy cloud descend upon your mind and stomach? I believe we all have done this. We have all eaten to excess on occasion, and have thought or said, "Why in the world did I do that?" Our body is divinely tuned to react negatively to anything that is done in excess. Ever drink too much alcohol? Try too much exercise if you are just starting out, or lift too heavy of a weight and your body will soon after protest. The same thing happens as we over-indulge in food. We know better, but yet...just one more bite. God does not spare vocabulary in this scripture to tell us what the wages of excessive food results in. Today's society has even coined a word for excessive eating and omitting--bulimia--the method of purging an out-of-control lust and appetite. Let the warning of this scripture be sufficient for us.

Father God, we thank You for the natural limitations that You have placed internally within us. We thank You for making us aware of the effects over gratifying the flesh. We ask that You help us to become more aware of our limitations in all things, for the sake of Your Son, our Savior. Amen

NIV: Proverb 25:28 Like a city whose walls are broken down is a man who lacks self-control. My Observations: How useless is a city whose walls are broken down and left unguarded. Our bodies have broken down, you might say our walls have collapsed with the weight we are bearing. We lacked self-control foremost, and that is why we are in the predicament that we are in. But what do you do with a broken wall? First you clean up the debris, then you start to rebuild., and eventually your wall is fortified and stable again. Cleaning up the debris is re-educating ourselves on nutrition. Rebuilding is making the body structure stable again through God's Word, this newly found education, our dieting efforts and exercise. A fortified body reaches goal and then does maintenance to see that the wall does not collapse under the weight of it all again. And remember, Rome wasn't built in one day.

Father God, thank You for the opportunity to repent and start anew. Thank You for the ability to bounce back from our sin and thank You for the fruit of self-control. In Christ Jesus' name. Amen

Today's Diet Tip: 25.- Remember this: Success is when you can look beyond food.

Today's Positive Thought: Hold to the hope, the belief, the conviction, that there is a better life, a better world, beyond the horizon.



First Impressions Proverbs 26:15 15 The sluggard buries his hand in the dish; he is too lazy to bring it back to his mouth.

MATTHEW HENRY'S COMMENTS: Those that are slothful in religion, will not be at the pains to feed their souls with the bread of life, nor to fetch in promised blessings by prayer.

MY OBSERVATIONS: A person who meets you for the first time, within twenty seconds forms an opinion of you. What is the first impression based on? More than likely outward appearances. It is a proven fact that overweight people are discriminated against when it comes to landing jobs. The impression of an overweight person has always been that they are lazy. Even our passage in Proverbs today conjures up an unfavorable image of the lazy burying his hand in a dish of food. As Christians we are to be ambassadors for Christ Jesus. Yes, by word and deed, but how about appearances also? Shouldn't our outward appearance match our spirituality? Do we cause someone to stumble because of our size? I don't know if we can say that or not, but as I represent the Kingdom of God, I

want it to be with favorable first impression.

Father God, forgive me for thinking my body was strictly my own to do what I pleased with it. I want others to see Jesus in me, but they are also looking for outward manifestation of the Holy Spirit's strength in my life. Help me, once for all, line up my talk with my walk. Amen

NIV: Proverb 26:3 A whip for the horse, a halter for the donkey, and a rod for the backs of fools!

My Observations: I really appreciate this particular proverb. It reminds me of exactly why I am under the constraints of food restrictions now. I was given such freedom and choice that in four years time I had gained 77 pounds. I thought the older we got, the wiser we were suppose to become? Now, I need the wisdom of the Word, the help of other dieters, and a diet plan to use as a whip, a halter and a rod! I am back into the control of the Lord's plan for me, but I now need to willingly have restraint and constraint placed upon me.

Heavenly Father, Thank You for the knowledge that I can no longer walk on my own to my own destruction. Your Word says that You chasten those that You love, and I accept the chastening that the Word has given me. I praise You for discipline in the name of my Savior, Jesus Christ. Amen

Today's Diet Tip: -26 Too often, we eat without noticing or appreciating the food. Think about your last meal. Can you recall if you enjoyed it? Can you recall it at all? Simply being inattentive to what you eat does not translate into eating less. A healthy alternative is to do what we call eating "mindfully," paying careful attention to what we eat.

Today's Positive Thought: You only get out of life what you give it, so give it your all!



Insatiable Appetites NIV: Proverb 27:20 Death and destruction are never satisfied, and neither are the eyes of man.

MATTHEW HENRY'S COMMENTS: Two things are insatiable, death and sin. Men labor for that which surfeits, but satisfies not. Those who eyes are ever towards the Lord in Him are satisfied, and shall for ever be so.

MY OBSERVATIONS: Have you ever said or heard the saying, "My eyes were bigger than my stomach", when you have taken too much food on your plate and was actually unable to finish it? I certainly have heard and said this since childhood, and like many others in my generation era, was taught as a child that I must clean my plate, or else! Solomon here tells us that the eyes are never satisfied. One more lustful look or one more piece of dessert never satisfies. In fact, quite the opposite takes place. Every time we say

yes to temptation, we make it harder to say no the next time. In our overeating habits, we must recognize that we have developed habit patterns of sin. If we let our eyes guide our eating patterns, we will never know when we are full or when we have had our just portion. Remember that dieting, to be successful, must make a permanent change in our lifestyle. Many sins begin with the lust of the eyes, so this may take a longer than expected length of time to overcome, but once we are truly in touch with our spiritual and physical appetites, our eyes will no longer be bigger than our stomachs.

Father God, I give the lust of my eyes, as I sit down to eat, to You and ask that You set a guard upon them. Help me to keep my eyes fixed upon Christ as we sit down to dine together. Give me no excuse or reason for Him to be shamed through me. Amen

NIV: Proverb 27:2 Let praise you, and not your own mouth; someone else, and not your own lips.

My Observations: The ultimate had happened after a few months of dieting. Three persons had noticed my weight loss without me having to boast or point it out. How satisfying when you let the results speak for itself, and not try to manipulate a compliment. I was able truly to glorify God for the wisdom of Proverbs. I just couldn't take any of the credit for myself because this time I was following the counsel and discipline that comes from keeping my eyes fixed heavenward. Now everyone wants to know how I lost 85 pounds in a year. It is not the attention I get, but it is the being able to see how God has worked all things together for good in my life, yes, even this weight gain and weight loss.

Father God, thank You for results. Thank You for patience, perseverance, and godliness. Thank You for the help of others to put me on the right tract again, and thank You most of all for the gift and sacrifice of Your Son, Jesus Christ. Amen

Today's Diet Tip: Today's Diet Tip: 27. If you have decided to start losing weight, it is absolutely necessary to take the time to motivate yourself. First, draw a clear picture of why you want to lose weight. Write down three specific reasons. For many people the main reason is health. For others it may be an emotional decision. You want to be pleased with what you see in the mirror.

Today's Positive Thought: If it is to be, it is up to me.



Natural Laws NIV: Proverb 28:13 He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.

MATTHEW HENRY'S COMMENTS: It is folly to indulge sin, and excuse it. He who covers his sins, shall not have any true peace. He who humbly confesses his sins, with true repentance and faith, shall find mercy from God. The Son of God is our great

atonement. Under a deep sense of our guilt and danger, we may claim salvation from that mercy which reigns through righteousness unto eternal life, by Jesus Christ our Lord.

MY OBSERVATIONS: Still not convinced that excess of poundage through gluttony is sin? Verse 7 says, " He who keeps the law is a discerning son, but a companion of gluttons disgraces his father." God has set for us natural laws, and when the body has given into the lust of over-indulgence of food, the additional weight appears upon the body. If this did not occur, we might never do anything to renounce and repent from this sin pattern. Through this Proverbs study, I have become more than slightly uncomfortable with my weight---I have discovered that I have been wearing my sin visibly for all that meet me to see. I am indeed humbled and confess that I had no self-control or power over the temptation of overeating. Having been truly convicted, I am working out this sin with fear and trembling as the scripture exhorts us too. If you are not yet fully persuaded, go back to Proverbs 1 and read through each and every chapter, allowing the Holy Spirit to enlighten your thoughts and ways. We must not only confess sin of any sort, but we also need to renounce them by turning away from those sins which keep us at arm's length from Christ's mercy.

Father God, I confess my sin to You that I have disgraced You through the temple of my body. I renounce and rebuke this sin in Christ's powerful name. Forgive my past, and heal my body. Keep me from harm's way of intemperance, and let my freedom from bondage turn into a testimony of Your all-encompassing mercy. Amen

NIV: Proverb 28:21 To show partiality is not good -- yet a man will do wrong for a piece of bread.

My Observations: This verse speaks of the power and pull of the temptation to sin with food. What man won't do to fill his stomach! What we haven't done to attain more than our rightful share of food! Remember, that Esau sold his birthright for a morsel of bread and bowl of stew. He later cried in anguish, and then became outrageously angry, to no avail. What have we done wrong to sneak food or overstuff ourselves? Must have been something because we all anguish now to lose that extra weight. When we sit down to eat now, we must not show partiality to our old ways and tastes. We must realize healthy is better all the way around, and we must not hunger and long for the fatty days.

Dear Father, we thank You that through Your Word and voice that You have broken through to us, corrected us and are cleansing us from the pull and temptations of food. We thank You Father, that each day becomes easier to make the right choices. We thank You Father that You have rescued us, before it was too late to change. Amen

Today's Diet Tip: -28. A healthy short-term goal is to lose half-pound to two pounds per week. Given that, look at a calendar and determine when you can expect to reach your weight goal. Write the date down. Now you have a weight goal within a reasonable time frame. Don't get angry at yourself if you don't lose weight on your schedule.

Today's Positive Thought: Nobody fails, until they stop trying.



Just Do It! NIV: Proverb 29:18 Where there is no revelation, the people cast off restraint; but blessed is he who keeps the law.

MATTHEW HENRY'S COMMENTS: How bare does a place look without Bibles and ministers! and what an easy prey is it to the enemy of souls! That gospel is an open vision, which holds forth Christ, which humbles the sinner and exalts the Savior, which promotes holiness in the life and conversation: and these are precious truths to keep the soul alive, and prevent it from perishing.

MY OBSERVATIONS: When desiring to lose weight, foremost it is told to do it for yourself, not others. Pressure from spouses or friends, or other family members are usually met with defiance and further weight gain. It may be their "vision" for you, but when it is not your very own idea and vision, losing weight for another's sake, rather than for your own reasons, set you up for defeat at the first negative comment or attempt to sabotage the diet from that particular person suggesting it. You must lose weight and keep it off for yourself; and the Christian has an extra reason, and that is to do it because this is Christ's will concerning you. There comes a place and a prayer in your life that turns to revelation. I am finding my vision and peace. You will too. We are greatly humbled when we recognize that above all things God wants our bodies in health as also our souls. When we truly have a vision of how we can be in Christ, we no longer cast off restraint, but instead willingly put confines upon this out-of-control area in our life. You are not qualified to preach to others, until you have allowed Jesus to preach to you first. Do it now (dieting) because you want to please and obey God in all things.

Father God, we seek Your blessings in all areas pertaining to our life. We ask for the vision of walking in health in the Lord, and being all that He envisions us to be. We thank You now for the desire to be temperate and put constraints upon ourselves, for the sake of our Savior, Christ Jesus. Amen

NIV: Proverb 29:1 A man who remains stiff-necked after many rebukes will suddenly be destroyed -- without remedy.

My Observations: This proverb should drop us to our knees in gratitude to God. We resisted dieting for too long as our bodies began crying out for relief, and then suddenly God broke through as daylight, and we began our journey to safety for our bodies again. I have seen television programs where the featured guest is morbidly obese and bedfast, and I wondered what it took to get into that condition. Now I have the answer: But for the grace of God go I. Updates on many of these featured guests have sadly announced that they have passed away due to complications of obesity. Few have ever lost even a few hundred pounds on the road to health. My heart breaks for those whose way seem hopeless. We need to thank the Lord today that He caught our attention before we were without remedy.

Father God, we thank You for the ability to hear You pleading with us to turn around before we are without remedy. We thank You for the gift and sacrifice of Your Son, Jesus Christ who is still the same yesterday, today and forever. Amen

Today's Diet Tip: -29. Think of the typical American dinner plate: heavy on calories, fat and protein and light on carbohydrates. By contrast, a healthy low-fat diet will give lots of space on your plate to starch-pasta, potatoes, rice or another grain-and vegetables. Put thought and time on the preparation of your grains and vegetables.

Today's Positive Thought: Start by doing what's necessary, then what's possible, and suddenly you're doing the impossible.



Two Things I Ask God NIV: Proverb 30:7-8 Two things I ask of you, O LORD; do not refuse me before I die: Keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread.

MATTHEW HENRY'S COMMENTS: Agur wisely prayed for a middle state, that he might be kept at a distance from temptations; he asked daily bread suited to his station, his family, and his real good. There is a remarkable similarity between this prayer and several clauses of the Lord's prayer. When we consider how those who have abundance are prone to abuse the gift. Food convenient; what is so for one, may not be so for another; but we may be sure that our heavenly Father will supply all our need, and not suffer us to want anything good for us; and why should we wish for more?

MY OBSERVATIONS: "Give me only my daily bread," should become our daily prayer. The Israelites, when gathering their daily manna, gathered as much as was necessary, and if they tried to hold it over to the next day found that it was full of maggots and began to smell. God was portioning their daily bread for them. Every instance which we say The Lord's Prayer, we are asking God to portion our daily bread (food allotment) for us. Let us begin to say this prayer and really mean it. The excess poundage will melt away if we are sincere about not in taking more than is necessary to sustain the life.

Heavenly Father, we desire to become more discerning in our choices. We pray that You will remove us far from lust and greed, and watch over us as we partake of our daily bread. Thank You Lord, for our just portion. Help us to truly discern when we have more than what is necessary to sustain us. In Christ's precious name. Amen

NIV: Proverb: 30:20 "This is the way of an adulteress: She eats and wipes her mouth and says, 'I've done nothing wrong.'

My Observations: Pretty offensive to be called an adulteress, isn't it? Yet, our eating habits made us one with our lover, food. I can no longer eat and wipe my mouth and say, I've done nothing wrong, if I have overeaten or eaten something out of context for a diet.

I am determined to break this adulteress cycle, once and for all. I am returning to my first love, the Lord Jesus, where I know He waits with open arms and forgiveness.

Lord, thank You for such descriptive and graphic verses that help me to imagine what I appeared to be. Thank You for the power and strength to rid myself of this bondage, and thank You for the comfort of Your open arms. Amen

Today's Diet Tip: 30- Being active will not only help you take of excess weight but also maintain the loss for the long term. By performing a regular aerobic exercise such as walking or biking, you raise your metabolic rate and burn more calories.

Today's Positive Thought: Nothing is particularly hard, if you divide it into small steps.



Accepting Responsibility NIV: Proverb 31:14-15 She is like the merchant ships, bringing her food from afar. She gets up while it is still dark; she provides food for her family and portions for her servant girls.

MATTHEW HENRY'S COMMENTS: She (the virtuous woman) rises early, while it is yet night, to give her family and servants breakfast, that they may be ready to go cheerfully about their work. She is none of those that sit up playing cards, or dancing, till midnight, till morning, and then lie in bed until noon. She applies herself to the business that is proper for her.

MY OBSERVATIONS: How many women in today's day and age even care to be the virtuous wife anymore? Do we find the woman in Proverbs 31 desirable because this is what God has ordained, or do we excuse away our traditional role because it doesn't keep pace with today's society realm of thinking? Even more appropriate are these verses for the Christian dieter. She is responsible for traveling "afar" to gather the foods necessary for her meal plans. Yes, that might mean extra thought and time at the store, but she does it because she is on a mission. Yes, it might mean arising early to prepare the meals ahead for herself and for her family, but she does it because she takes responsibility for her weight and even so far as that of her household. I would venture to say this entire chapter is about responsibility, and so it goes that we alone must take responsibility for our weight, we must take pains to remedy it if it is out of control, and we must desire to educate and be held accountable for the feeding of nutritious and wholesome foods for others in our household. In light of these verses, we must relinquish all of our pale excuses, become a virtuous woman, and take back the responsibilities God has ordained for us. As we quit blaming others, and take back control, we then become in charge of our body again, and victorious dieting and lifestyle become ours.

Father God, thank You for the hitting home message that I, and I alone, am responsible for my own dilemma of weight gain and subsequent weight loss issues. May all I eat and all I prepare for others be in accordance to Your will for me in my quest to return to a

normal size body. Thank You for Your Word which places me back in the helm, and throws excuses overboard. In Christ Jesus' name. Amen

NIV: Proverb 31:27 She watches over the affairs of her household and does not eat the bread of idleness.

My Observations: The virtuous woman, whether she be married or single, runs her own household carefully, and that includes running her own life with care. She takes care of her body, she feeds it right, and yes, she exercises. She doesn't eat the bread of idleness and in today so terminology that means she isn't a couch potato. She doesn't eat bon bons all day while watching soaps on TV. She finds that her life is full and satisfying, food and boredom is not her lover, the Lord and fullness of life is. Do you realize that losing weight demands faith? Faith is trusting that a certain desired out-come will happen. Without faith, losing weight is impossible. Though you CAN'T see the immediate RESULT of all your efforts, you must believe that in due time the weight will come off in Jesus' name. I believe if we heed these words of advice from Proverbs, our bodies will begin to look like we do watch over them.

Father God, thank You for the gentle reminders of our responsibilities and obligations. Let us become wise while there is still the opportunity. Help us most of all to watch over our own affairs, and that of our own households, before we try to take charge of others life's. In Jesus' precious name we pray. Amen

Today's Diet Tip: 31. Once you have successfully adopted a new attitude and altered your eating behavior, the challenge is to maintain that change. One key to doing that is not being too inflexible. Remember, most people have lapses and need to allow themselves some room. The point is to see these lapses as isolated slip-ups, not as total catastrophes.

Today's Positive Thought: Through your weight loss journey remember to look to your past for determination, to your future for inspiration, and most of all, to your friends for support.

.[□2000-2007 Candy Holcker, author of Beyond Salvation](#) [□2007 Candy Holcker ISBN 978-1-60266-821-8](#) and [Beyond Sanctification](#) [□2007 Candy Holcker ISBN 978-1-60266-822-5](#)