



# Free weight loss

DEVOTIONAL

There are 8 scriptures that could free you if you struggle with temptation and you constantly give in to the WRONG FOODS or the wrong habits that impact your WEIGHT LOSS. God's Word tells us WHY we do what we know we shouldn't do and HOW TO STOP doing it.

I've organized these 8 scriptures for you into a  
**Free weight loss**

DEVOTIONAL

This is a quick devotional that could change everything for you  
*...even in weight loss!*

# SEEK 1ST THE KINGDOM OF GOD: A HEALTH & WELLNESS DISCUSSION



## A devotional for Christian Health & Wellness:

If you are seeking 1st The Kingdom of God (**Matthew 6:33**), and applying HIS righteousness to your life in all areas, you will find freedom from the things that are limiting & hindering you and keeping you from doing what you know you should do. You will find freedom from your sin nature (**Romans 8:5-6**).

In God, You will find a renewed freedom from the POWER of your sin (**Romans 8:1-2**). When you perpetually do what your KNOW you shouldn't do (**James 4:17**) it causes you to live a life focused only on what your flesh craves (**Romans 7:15-20**). And this is how we become mastered by our flesh; craving comfort, ease, and fast results for every desire.

God's word TELLS us that we can overcome the temptation to do what our flesh desires through prayer and by asking for help because our Spirit is willing but our bodies are just weak (**Matthew 26:40-41**). Therefore, you must consciously awaken to your role on your health and wellness journey as you throw off the old ways of doing things and **allow** The Holy Spirit to renew your mind as you walk in righteousness in all areas of your life (**Ephesians 4:22-24**). This means praying for strength to do what is right and doing that; not just always doing what just feels right. As you seek the Kingdom of God everyday and you prioritize a relationship with God, this NEW NATURE (His Nature) will begin to lead & teach you how to be righteous as you learn to be like Christ; desiring what HE desires. By seeking what Christ desires, from your Spirit, you have the power to break your obsession with the wrong things that hinder you (**Colossians 3:3-10**) and cause you to trust your flesh over God's Word.

Living in and walking through life in this new nature is HOW you live out your Christian life more completely. Things begin to change as YOUR CONDUCT in all areas begins to MATCH your FAITH. You have a BIG DAILY part on your Health & Wellness journey; as does God. He will always do His part as He strengthens you to do your part. This is how He equips & prepares you to do the hard things that will be required of you, daily. This is how He strengthens you to do what He won't do for you because He needs you to be MADE stronger so you can be here and be well able to do His Will on earth through your life! All of this applies to you, even on your Health & Wellness journey!

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# SEEK 1ST THE KINGDOM OF GOD: A HEALTH & WELLNESS DISCUSSION



## A devotional for Christian Health & Wellness: Christian Life Coaching Questions through scripture

- 1** What do I NOT do that I know I SHOULD do on my health & wellness journey? What does God's Word say in James 4:17 that applies to me here?
- 2** What are the things that my flesh craves that I need to see as a component of my sin nature? What does God's Word say about this in Romans 7:15-20?
- 3** In what areas do I need to LET the Holy Spirit control me? How could this change my health & wellness? What does Romans 8:5-6 say about this?
- 4** What former ways of living are keeping me from optimal health? (*Food/habits/routines*). What right things must I begin doing? When will I start? What does God's Word say about this in Ephesians 4:22-24?
- 5** How could seeking the Kingdom of God above all else help me on my health journey? What do I need on my health & wellness journey that only God can provide? If I'm not currently prioritizing a relationship with God; when could I add Him to my calendar daily & weekly? What does God's Word say about this in Matthew 6:33?
- 6** What sins or hindrances am I really free from now? In what ways could walking in this freedom restore my health? What does Romans 8:1-2 say about this?
- 7** Where can I expect temptation daily & weekly? What does God's word tell me to do so I don't give into these temptations? Matthew 26:40-41
- 8** What about my 'old nature' do I need to actively strip off as outlined in Colossians 3:3-10? What does my new nature look and act like? What's different about me in God's nature? How can being renewed in this way help me in my physical, spiritual and emotional health & wellness?

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## A devotional for Christian Health & Wellness:

### High-level scripture reference

- 1** James 4:17: When you know what you should do & don't do it; that's sin to you. Your conduct should match your faith.
- 2** Romans 7:15-20: What your Flesh craves.
- 3** Romans 8:5-6: Your Sin nature dominates your thoughts.
- 4** Ephesians 4:22-24: The difference between your old sin nature and your new nature.
- 5** Matthew 6:33: Seek 1st The Kingdom of God.
- 6** Romans 8:1-2: How you're free from the Power of Sin in your life.
- 7** Matthew 26:40-41: You must keep watch AND pray at all times.
- 8** Colossians 3:3-10: Your real life is hidden with Christ in God.

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# SEEK 1ST THE KINGDOM OF GOD: A HEALTH & WELLNESS DISCUSSION



## A Health & Wellness daily prayer:

Dear Heavenly Father, Thank you for everything you've given me and for sending Jesus to die for my sins. Lord you are Holy and righteous and I want to walk in your ways in every area of my life. I want to glorify you, God & to do your will on earth. Father I pray that you will guide me today in what I should eat to be healthy and what I should do to honor you in my commitment to stay healthy. Lord, please deliver me from the temptations that are sent from the evil one to distract me and keep me from your best for me today. Forgive me God, of my sins and help me to also forgive everyone that you impress upon my heart as also needing my forgiveness. Strengthen me to be who you need me to be God; according to your will. Prompt me to yield as I put on your divine nature and apply my faith in you to enable me to walk in your power & strength so to be healthy and well able to complete your will here on earth. Lord how I praise you and pray these things in Jesus' name! Amen!

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