

14

14 *Weight loss
Devotionals*

Based On

BIBLE STUDY

STOP BINGE EATING

FREE

About the Author

Renee is a Christian health coach and has recovered from binge eating due to out of control sugar cravings. Renee has been a leading Health/Wellness (over 24yrs) who has dedicated her life to empower individuals through the Love of God to lose weight, transform their lives and experience victory to stop eating junk food and learn self-care through the power of the Holy Spirit.

Renee spent her first 12 years of life suffering with emotional eating, using food as her 'fix,' to run away from the people who would bully and abuse her for the way she looked. The pain nearly drove her to end her life until she found Hope & Healing through the Love of God.

Renee began her career in the health, wellness and fitness industry in the early 90's and trained thousands of individuals who have developed a healthy lifestyle and have found freedom and completely transformed their lives.

Note: The illustrations contained in the book are the art collections of Renee Dumont. To view more of her artistry visit www.luvhues.com



Discover Your Hidden Potential To Win The War of Food Cravings

3 Keys To End Food Frustration Forever - FREE Workshop

How to use this book

Commit to Your Daily Devotional Plan.

Keeping your commitment is the hardest part of getting started. Determine in your heart to stay the course, even when you fail or miss a day. Don't beat yourself up when you mess up. Just pray and ask God to help you, and then be sure to start over again the next day. The rewards you'll experience as you grow deeper in love with God will be worth it.

Consider Writing in a Journal.

Many Christians find that journaling helps them stay on track during their devotional time. Journaling your thoughts and prayers about your eating habits and moods provides a valuable record. Later you'll be encouraged when you go back and note the progress you've made or see the evidence of answered prayers. Journaling is not for everyone but can be a powerful tool.

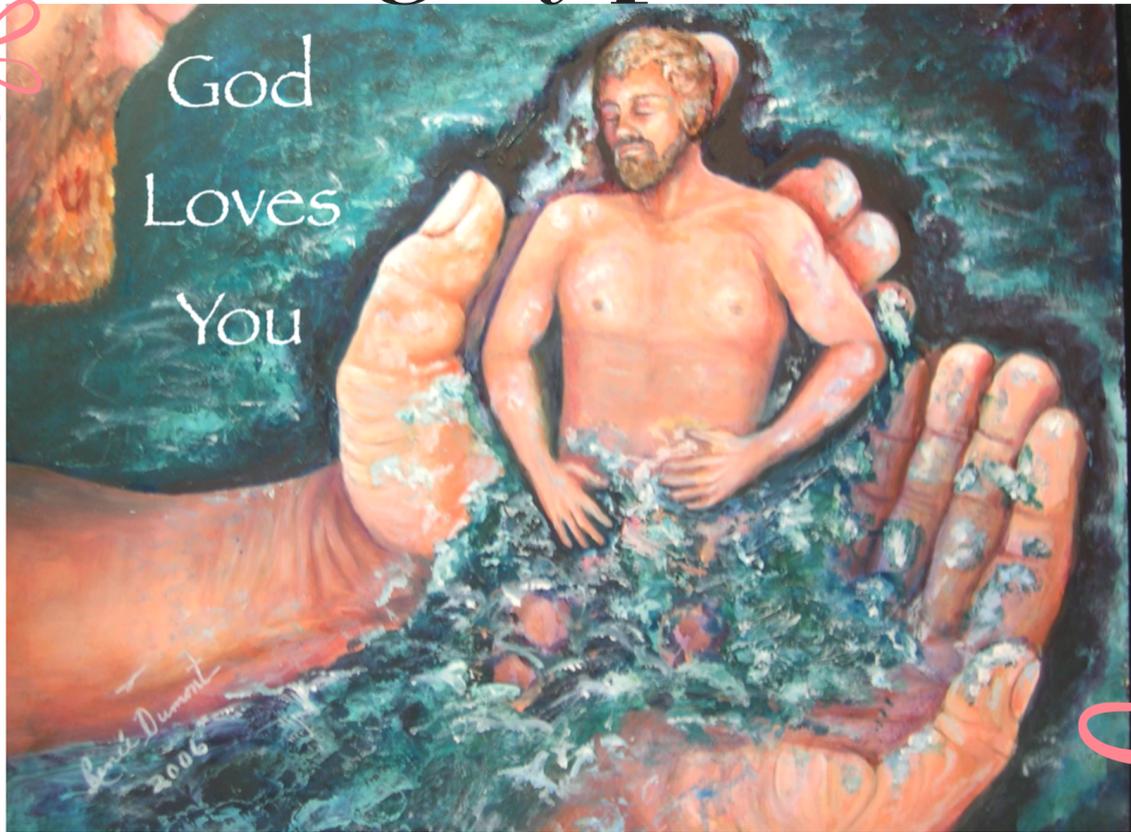
Give it a try and see if it's right for you. Some Christians go through seasons of journaling as their relationship with God changes and develops. If journaling isn't right for you now, consider attempting it again in the future.

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God is healing my poor self-image



8 But now, O Lord, thou art our father;
we are the clay, and thou our potter;
and we all are the work of thy hand.

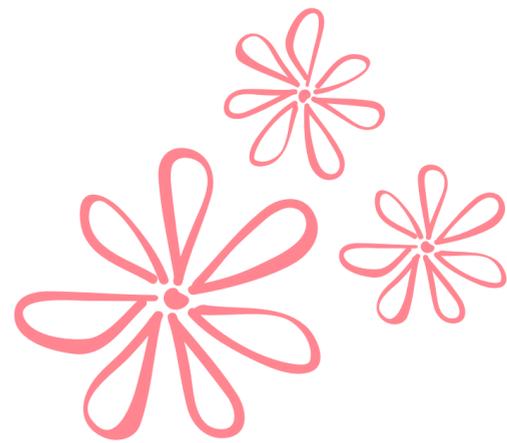
ISAIAH 64:8

Dear God,

I offer my life to Thee. Increase my belief in you. Relieve me of bondage of self, that I may focus on you more. Take away my poor attitude and poor self-image. Help me to know that I should only be concerned about how you see me and love me. I will strive to not care of what people say and think of me. I realize your suffering and dying for me tells me how much you truly love me. I am blessed beyond my understanding.

AMEN

Today I Seek What In True, Pure & Right



That he who is good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bear fruit with patience.

LUKE 8:15

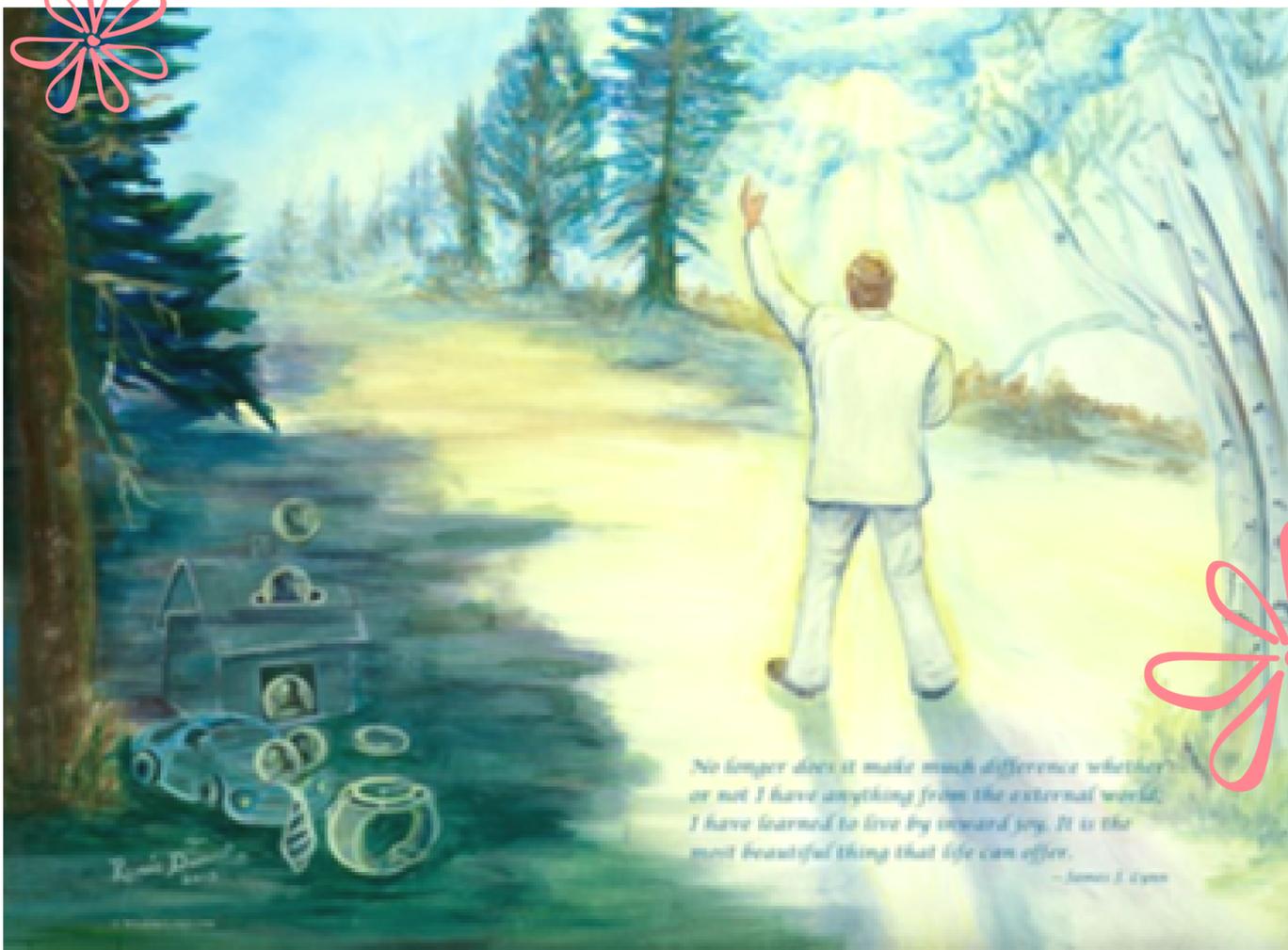
Dear God,

I am ready for Your help in removing the defects of character which I now realize are keeping me from healing with food struggles. I admit I cannot stay strong without your help. Please help me to seek what is pure and lovely and guide me towards mental, physical and spiritual health.

AMEN



Today - I surrender ALL



No longer does it make much difference whether or not I have anything from the external world. I have learned to live by inward joy. It is the most beautiful thing that life can offer.
—Anne Frank

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.

1 PETER 5:6-7

Dear God,
It is I who has made my life a mess. I have done it and I cannot erase it. My mistakes are mine and I will begin soul searching without fear and seek to take inventory to grow in my awareness of change. My act of surrender is to admit my struggles and remove harmful food the best I can ONE DAY AT A TIME.
Thank you for my healing. AMEN

I Am Choosing To Be Grateful Today



Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ

Ephesians 1:3

Dear God in Heaven

Almighty Father, Creator of all things, you are great and worthy of all my praise. Thank You Lord for Your continued blessings and kindness towards me. I am grateful for the new mercies I am given each day. AMEN

MY HONESTY RELEASES POWER



I sought the LORD, and he answered me; he delivered me from all my fears. PSALM 34:4

Dear Heavenly Father,

In my time of soul searching I am seeing what i am like on the inside and how I'm growing. Let me not get discouraged when the Holy Spirit reveals things about my eating behaviors that are not right. I need your revelation to make healing possible.

Thank you for having mercy on my soul and for forgiving me when I am ready to admit my wrongs. Thank you for your unconditional love.

AMEN

I WILL NOT LOSE HOPE



Why are you cast down, O my soul? And why are you disquieted within me? Hope in God, for I shall yet praise Him for the help of His countenance.

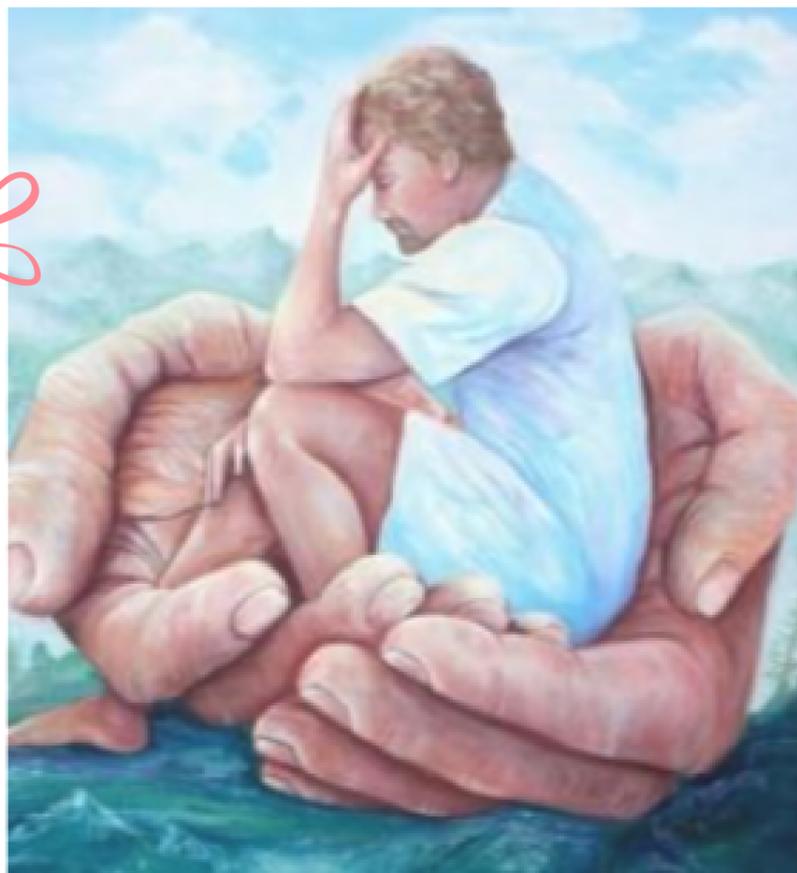
PSALM 42:5

Dear God,

I thank you for being my one source of hope to restore to me a healthy mindset. I want to improve the way I think. I humbly ask that You remove all my distorted thought patterns and unstable behaviors. Heal my mental, emotional and physical pain and restore in me peace of mind.

AMEN

I AM FREE IN CHRIST FROM FOOD TEMPTATION



10 Create in me a clean heart, O God; and renew a right spirit within me. 11 Cast me not away from thy presence; and take not thy holy spirit from me. 12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

PSALM 51:10-12

Dear God,

I admit that I am powerless over my addiction to "BAD CARBS". I admit that my life is unmanageable when I try to control it by trying to resist cravings on my own. Help me this day to understand the true meaning of powerlessness. Increase my belief and confidence that all things are possible in you and remove from me all denial of any type of junk food addiction. In Jesus name i pray AMEN

I Am Choosing To Patiently Wait



He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness.

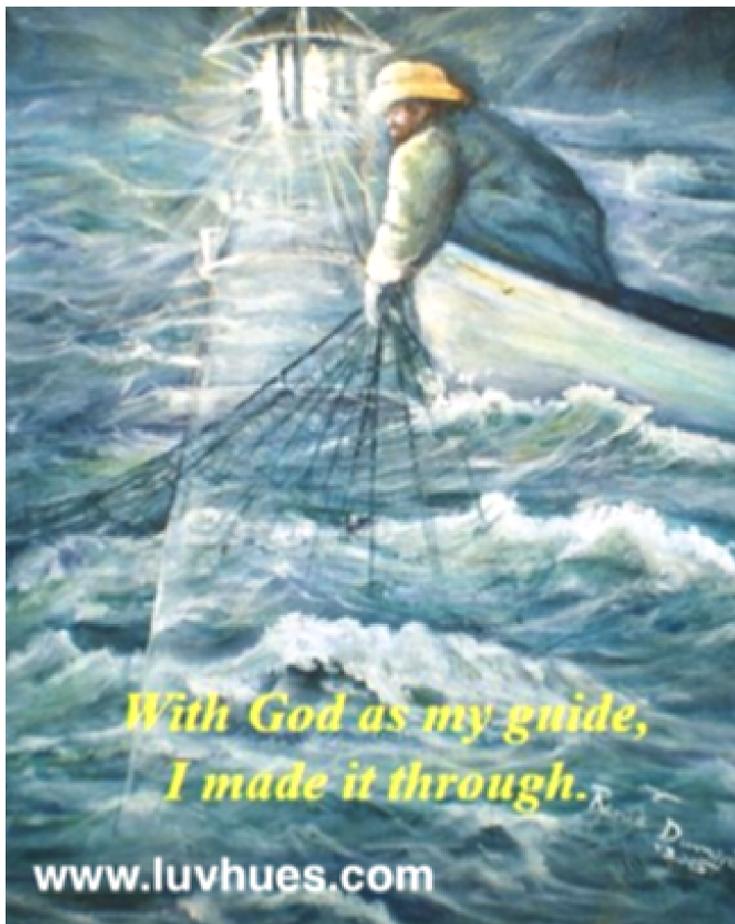
2 CORINTHIANS 9:10

Dear God

As I wait for the manifestation of my abundant harvest. I pray for patience and renewed faith, because I know that all good things come from above.

AMEN

IN GOD'S PRESENCE I AM BLESSED WITH COURAGE



*With God as my guide,
I made it through.*

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Bless the Lord, O my soul: and all that is within me,
bless his holy name. Bless the Lord, O my soul, and
forget not all his benefits: Who forgiveth all thine
iniquities; who healeth all thy diseases;
Who redeemeth thy life from destruction; who
crowneth thee with lovingkindness and tender
mercies; Who satisfieth thy mouth with good things; so
that thy youth is renewed like the eagle's. PSALM 103

**Dear God,
I pray that you shine your light when I feel
lost and don't know where to turn. Let me
not grow weary and let darkness rule over
me. Grant me strength to do what is right
as I focus on your guiding light. How
wonderful to trust in you. Only you can
redeem me from living a destructive life.**

AMEN

I SEEK WISDOM AND WILL HARVEST GOODNESS



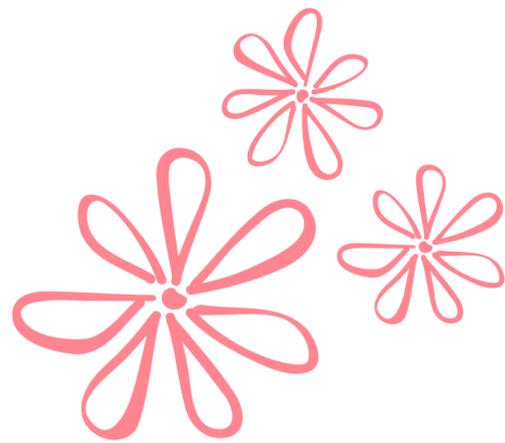
The wisdom from above is pure first of all; it is also peaceful, gentle, and friendly; it is full of compassion and produces a harvest of good deeds; it is free from prejudice and hypocrisy. And goodness is the harvest that is produced from the seeds the peacemakers plant in peace.

James 3:17-18 2:20

Come Holy Spirit in the name of Jesus that I have a closer walk with thee. Take my hand oh Lord and teach me the wisdom to make wise choices. I choose to be more compassionate towards others. Fill me with your love and kindness and grant me goodness all the days of my life.

Amen

I Am Turning To God To Heal Me



christian weight loss inspiration

My son, give attention to my words; Incline your ear to my sayings. Do not let them depart from your eyes; Keep them in the midst of your heart; For they are life to those who find them, and health to all their flesh. PROVERBS 4:20-22

Dear God

I come before your holy throne and ask you to remove sickness from my midst. I want to keep your word in the midst of my heart. I will tell of your merciful and mighty works. AMEN

I LIVE BY FAITH IN THE ONE WHO LOVES ME



I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

GALATIANS 2:20

Come Holy Spirit in the name of Jesus that I have a closer walk with thee. Let me hear your voice in my heart say, "just give me a chance". Remind me to strive to do good as my way to give my heart and soul to you. Help me to be more sensitive to your great sacrifice. Thank you for carrying my burdens and caring about my life.

Amen

I choose to learn and acquire wise counsel



A wise man will hear and increase in learning,
And a man of understanding will acquire
wise counsel. Proverbs 1:5

**Dear God, Thank you for blessing me
with people I can turn to, to help me
grow in understanding and
effectiveness; I choose to fight the good
fight of faith when hardships come my
way. I will continue to exercise my faith
in prayer. I want to be a conqueror
against every test that comes my way.**

AMEN

I choose to endure and seek His glory



For you have need of endurance, so that when you have done the will of God you may receive what is promised. **HEBREWS 10:36**

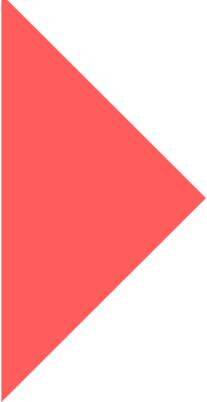
Dear God

Blessed me that I may persevere under my trials, that I may have stood the test. I want to strive so that I am one of your people who will receive the crown of life that the Lord has promised to those who love him.

AMEN

THE END

Thank you for your interest in this eBook. I pray you find it a blessing in your christian growth. May you experience change in all the areas the devotionals touch upon. God bless you



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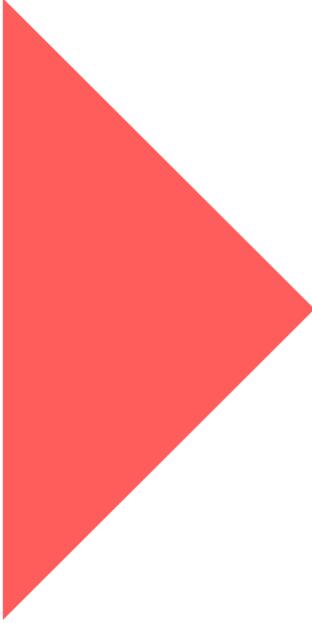
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THE END

Renee Dumont - Christian health coach, blogger, visual artist, singer, nutrition nut, wife. Inspiring women to ignite their faith and find deliverance from food struggles.



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