

Friday, June 23, 2006

Read: Philippians Chapter 4

Memorize: Philippians 4:13

"I can do all things through Christ who strengthens me." NKJV

Think About:

Have I tried so many diets and weight loss programs and plans that I think I will never succeed at losing weight? Have I grabbed hold of this Bible verse and made it my own?

Pray:

Jesus, I thank You and praise You that whenever You call me to do something, I CAN do whatever it is because You will strengthen me, through the power of Your Holy Spirit, to do it...whatever it is. I can even lose my extra weight to Your glory if I will just adopt the mindset that I CAN through You who strengthen me. I pray this in Your name, Amen.