

Monday, June 12, 2006

Read: James 1:5-8

"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways." NKJV

Memorize: James 1:5

"If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him." NKJV

Think About:

With so many "diets" on the market, and so many people claiming they have the best weight loss plan, how do I know what the best plan is for me? Do I know that I just need to ask God for wisdom, and He will "tell" me?

Pray:

Lord, I do want to know what Your perfect plan is for me on how to lose the extra weight that I am carrying around. Please help me to "hear," receive, and follow through on Your wisdom. I pray this in the name of Jesus, Amen.