

Friday, June 16, 2006

Read: Ephesians Chapter 3

Memorize: Ephesians 3:20

"...Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us..."

Think About:

Do I believe that God is able to exceedingly, abundantly, more than I ask or think, help me to walk in victory with my eating and my weight?

Pray:

Lord, You delight in exceeding our hopes and expectations. I ask You to delight me now by helping me to put You first in my life, first before food and everything! I pray this in the name of Jesus, Amen.