

Supernatural Fitness

Reclaim your Body In Jesus' Name!

The purpose of this book is to bring you into a whole new way of thinking . . . and subsequently a whole new way of living . . . that will release more spiritual power into your weight loss and fitness efforts than you've probably EVER experienced!

Chapter One—God's Power

Now I realize that my opening statement is a pretty big claim, but hang in there-- because by the time we're done, I'm confident that you'll agree with what I've just said. You see, as a Christian who has dealt with weight issues most all of my life, my purpose today is to bring you into a whole new realm in the Spirit. It's a realm that I have discovered through many, many years of seeking the Lord about this subject and I am totally thrilled to now release what I've received into you!

With that said, let's get right to the "meat and potatoes" (pardon the pun) of this book. I am going to lay down some foundational truths first, because you will need to understand these principles to be able to fully release God's ***Supernatural Fitness*** power. I'll do my best to make them as short and to the point as possible because if you're like I am, you just don't want a lot of "fluff". We'll go through the points quickly to simply establish a working understanding.

However, before we begin I'd like to pray. So, if you would, please read this prayer out loud and receive it as if I were personally there praying for you.

"Lord, I bring my fellow Christian before your throne and I just ask Lord that you open their spiritual eyes and ears to receive not MY words Lord, but YOUR truths within their hearts. Speak to them through the sphere of their individual beliefs and minister to them according to their needs. Release your power now Lord on all who read this book and give them their heart's desires concerning this area of their lives, In Jesus' name, Amen."

Ok, with that, let's begin! (Do I hear the Rocky theme song music in the background?)

Friends, the first truth I want you to grasp is a spiritual foundation of fitness. You see, a large part of becoming “fit” involves ridding yourself of the extra weight on your body that you just don’t need.

Because of that, I want you to know today that **God can burn fat!**

Now, I know that sounds hard to believe . . . , but the God that you know and love, the same one that you go to visit at church on Sundays (☺) **IS ABLE TO BURN FAT !** And while I may sound like I’m being a bit sarcastic, the fact is that it’s true! You see, most of us, God fearing, Jesus loving Christians, just kind of seem to leave the “God factor” out when we get into that “I’m going to lose weight and get in shape” mode! But, to get into the new “realm” I mentioned, the first and primary foundational stone we have to begin with, is the incorporation of God’s all encompassing, amazingly incredible, miraculous power!

And while that’s easy enough to do, I often wonder why we haven’t just automatically included God into all our weight loss and fitness efforts before?

Well, my theory is, because it’s never really been taught corporately at church (I think I may be the only person on earth who dreams of having alter calls for weight loss!) and, because we have never really been encouraged individually to do so (but I volunteer for that duty also!). However, another reason we just don’t often think along these lines is because we haven’t become familiar with scriptures that point out these particular aspects of our Lord’s power. So, with that said, let’s look together at some verses and I want you to just glean with me, what we see going on within them.

Psalm 97:5 (New King James Version)

The mountains melt like wax . . . at the presence of the LORD . . .

Ok figuratively or not, I take the Word at face value and this scripture says that mountains . . . huge, giant, seemingly unmovable things in existence, “melt” . . . “like wax” . . . , like something soft and pliable and easy to be removed, at what? **THE PRESENCE OF THE LORD!** Hmmmm....how many of us have a “mountain” of extra weight we’d like to see “melted”? (☺)

Now hold that thought and look at this verse.

Leviticus 9:23-24 (The New Living Translation)

[23] . . . Moses and Aaron went into the Tabernacle, and when they came back out, they blessed the people again, and the glorious presence of the Lord appeared to the whole community. [24] Fire blazed forth from the Lord's presence and consumed the burnt offering and the fat...

Now get this: Fire came out . . . from . . . THE LORD'S PRESENCE and "consumed" what?

THE FAT!

Hmmm....Looks to me like the Lord burned up that fat!!!!

So, I have a question to ask you. **CAN GOD BURN FAT?** I hope you answered "yes", because I need you to know today that GOD **CAN** DO THIS! There is nothing impossible with God, right? Then repeat this statement to yourself for emphasis, GOD CAN BURN FAT!

Friends, God's presence came down and burned up the fat on this alter, and that says to me, that this SAME GOD -- this SAME PRESENCE, can come down and burn up the fat on OUR "alters" . . . those alters beneath our heads and above our feet! Amen? Amen!

Now, let's look at another verse.

Isaiah 10:16 and 18 (New King James Version)

Therefore the Lord, the Lord of hosts . . . ,
Will send leanness . . . among his fat ones;
And under his glory He will kindle a burning
Like the burning of a fire. . . .
. . . . And it will consume the glory of his forest and of his fruitful field, both soul and body;
And they will be as when a sick man wastes away.

I want to interject here, that the actual context for this passage was Isaiah describing the terrible judgment that the Lord was going to enforce upon the Assyrians and **we don't want that** . . . but I need for you to just see in this passage, **THE ACTION** THAT WAS TAKING PLACE!

The Lord . . . was going to send "**leanness**" into the Assyrian's "**FAT ONES**". Into their bodies! And it was going to be so much so, that it says, they would be as sick men who were "wasting away"!

Now be assured that we are NOT receiving sickness in any way, because "by His stripes we are healed", but again, it's **the ACTION** I need you to notice here. This passage shows us, that the LORD was going to release -- out of His person -- out of His presence--"leanness"! And, that word "leanness" in the Hebrew, from Strong's Concordance (#7332) is the word "Razown" which means "thinness" or "to make thin"!

So I need you to grasp with me today that **what** the Lord was releasing here. . . what He was sending into the Assyrians bodies. . . was **THINNESS – HIS POWER TO MAKE THEIR BODIES THIN!** The Hebrew text tells us that “leanness” or literally “thinness” **from God--** was going **INTO their bodies--** and causing them to appear to be wasting away. And, while we don’t want to waste away to the point of death (which was the Lord’s intention for THEM) we **DO WANT** to recognize that **THIS SPECIFIC DIMENSION OF GOD’S POWER EXIST!**

Why?

Because if the Word says the Lord was going to send “leanness” into **THEM** – then I believe He can sure enough send “leanness” into **US!** He’s the same, yesterday, today and forever, right? So to me, it stands to reason that, if THIS particular aspect, THIS facet, THIS very precise component of our Lords omnipotent power was used **THEN**, it can also be used **NOW!** Only not for “judgment” -- but for “blessing” -- because it will be used to enable us to lose weight and get in great shape, all to the glory of God!

Friends, ***God’s presence, God’s power, the substance of God’s wonderful person, CAN bring “leanness” into YOU!!!*** Grab a hold of that concept because losing weight is going to be an integral part of your over all “fitness” experience and a wonderful byproduct of what you’re about to learn.

Chapter Two—“Perception”

Ok, now that you’ve seen examples from the Word, of God’s fat burning, leanness producing power, I need you to take that knowledge and do a “Romans 12:1-2” thing with it. Let me remind you of this wonderful passage.

Romans 12:1-3 (New King James Version) (Emphasis Mine)

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. ² And do not be conformed to this world, but be transformed **by the renewing of your mind.** . . .

Guys, It’s time we “renewed our minds” in this area! To step into the realm of God’s supernatural power for fitness, we must begin, from this day forward to renew our minds, by CHANGING OUR PERCEPTION OF OUR WEIGHT LOSS AND FITNESS GOALS!

You see, like I mentioned in the opening paragraph of this book, part of my purpose is to bring you into a whole new way of thinking. And to do that, I exhort you now to change your “perception” of this area of your life. Why is this important? **Because you must change the way you “perceive” (view and/or think about) weight loss and fitness, to begin the process of bringing God’s power in this area forth!** As I mentioned earlier, we have left the “God Factor” out all too many times! Let me expand upon that point with this.

As a Christian, for as long as I remember, I have listened to many conversations covering these two very different topics:

#1) *“God is all powerful! He can do anything! He is sovereign, He is good, He wants us blessed, He wants us happy! All things are possible with Him! He is God and nothing compares to HIS power! . . .”*

Sound familiar? Isn’t that what you know, that you know, that you know from your Christian upbringing and/or your current Christian life? It’s just the truth and we speak along these lines often in many different forms. Ok – then, why is it that ALSO, all of my Christian life I’ve heard wonderful, God fearing Christians saying too, things such as this:

#2) *"I can't lose weight. . . .If I could only lose 30 lbs (or 40 or 50 etc.) I would feel so much better, but it just won't come off! I'm hungry all the time and I just can't stop eating! I've gained so much weight this year that I'm miserable! I tried to diet and exercise but it just didn't do any good! . . . "*

We SAY God is "all powerful", and we "can do all things through Christ", yet we say in the VERY NEXT BREATH, that we "can't lose weight" and/or "get in good shape"! Now bear with me here for being so blunt to try and convince you, but let me now ask you this question;

Is "fat" more powerful than God? Is that 30, 50, or how ever many extra pounds of flesh on your body more omnipotent than our Risen Savior? No! Or course not, but think about what we've done. **We have, unconsciously (through our mental and verbal agreement) made the extra weight on our bodies more powerful than our Almighty God!**

WE HAVE "EMPOWERED" OUR FAT . . . AND "DISEMPOWERED" OUR GOD!

How?? By "**perceiving**" that the mass of **POWERLESS** flesh upon our bodies has POWER! And, not only "power", but MORE power than we can overcome and MORE power than God can evidently handle! ☹

And, while that may seem a bit harsh, realize today that **compared to our God**, "fat" has no true power--only the power WE CHOOSE TO GIVE IT! Amen?

Friends, to begin the process of supernatural fitness you must, even as you read this today, change your perception of the extra weight on your body! It is NOT more powerful than God – it is basically a useless mass of tissue that God could remove in an instant if He so desired! **GOD IS A TRILLION TIMES MORE POWERFUL THAN THE EXTRA WEIGHT ON YOUR BODY AND ACKNOWLEDGING THAT FACT, AND TRULY BELIEVING IT IN YOUR HEART**, "turns the table" in this area of our life and puts you NOW on the "offense" instead of the "defense"!

It is with THIS mindset that you activate the realm of **Supernatural Fitness**—a realm which I have given the term; "The Supernatural Fitness Zone"! I like that name, because it denotes a place -- a specific "area" (in God's supernatural power realm), that encompasses a specific "circumstance" (His power to bring you fitness!). And truthfully friends, the greatest desire of my heart now, is to make known to you that that "place" exists! It's real. . . I've been there and have lived "in it" for some time, and I am being called by God to invite you there too.

You see friends, **YOUR CHOICE** to believe your own interpretation of what I have shown you thus far, is the key that unlocks the door to God's unlimited, fat burning, health producing power . . . the "realm" I call "The Supernatural Fitness Zone". And what I have discovered in my years of seeking the Lord concerning supernatural fitness is that to tap into this "zone" . . . simply requires FAITH! Because once you begin this journey, you have to be aware that without continual, meal by meal, day by day, month by month, **FAITH IN GOD'S POWER**, you step **OUT** of "The Supernatural Fitness Zone" and step **BACK INTO** the realm of YOU, "trying to lose weight"! And guys, that's a realm you **don't** want to get back into, because it's the same realm that millions worldwide are in now and it's discouraging, painful, and just plain hard!

However, the realm I am challenging you to step into today is easy. It's a faith realm – a faith "zone" for supernatural fitness. And in this realm you will learn to pray (specifics later) and you will not just believe, in a shallow sense of the word, but will learn to KNOW. . .that God's power is working through EVERY meal, EVERY snack, EVERY exercise, EVERY supplement and EVERY single situation in your life, to bring you to that place of peace and contentment concerning your physical condition!

In "The Supernatural Fitness Zone", God's power for weight loss and fitness is working **nonstop** on your behalf and the only things that will quench it are: #1) your unbelief in its presence and #2) your preconceived ideas about how it will be done and how long it will take!

My goal for this chapter is for you to know THIS: that God is more powerful than the extra weight on your body and that, by faith, if you will step into this mindset or, "The Supernatural Fitness Zone" as I call it, you are well on your way to a life time of supernatural fitness!

You see friends it is my firm conviction that the creative power of the Holy Spirit that is within you works THROUGH the filter of your particular belief system. And if you **believe** that the Lord is more powerful than your weight problem, you allow God's power **TO BE** more powerful than your weight problem! But, if you **believe** that your current physical condition is "hopeless" or probably will never change, then you allow **that** particular scenario to continue to be your condition. Let me reemphasize it in this way:

The creative power of the Holy Spirit is activated by what you believe. If you believe from this day forward that the Lord can enable you to lose weight and get in great shape physically for His glory and His purposes, then, BADA BING, BADA BOOM! . . . His wonderful power goes to work to do just that!

But, if you believe you've "always been overweight" and you've "tried dieting and exercising before and it didn't work" . . . then, BADA BING, BADA BOOM!. . . **THAT** is the filter that the creative power of the Holy Spirit must go through and THAT is what He, **sadly** must "produce" in your life.

Friends, the Lord has made you a free choice being and has given you incredible power that can be summed up as follows:

YOUR PERCEPTION CREATES YOUR REALITY. . . AND YOUR CHOICE OF PERCEPTION IS ENTIRELY UP TO YOU!

And I realize I am speaking to precious readers of many different Faiths here, so feel free to paraphrase that statement anyway you desire. Just know today that however YOU want to word it, the basic principle is TRUE! In fact to bring this point home, let me close this chapter by showing you this next verse in three different translations.

Proverbs 23:7 (King James Version)

For as he thinketh in his heart, so is he . . .

Proverbs 23:7 (The Bible in Basic English Paraphrased Version)

For as the thoughts of his heart are, so is he . . .

Proverbs 23:7 (The English Revised Version)

For as he reckoneth within himself, so is he . . .

Friends, how you "think" . . . , will be how you "are"! If you think you are "fat, ugly and disgusting" and could "never be in great shape", then you've just empowered yourself **TO BE** "fat, ugly and disgusting" and you will never be in great shape! (Forgive my crudeness, but I'm trying to make a point here!).

But . . . If you "think" (by making the conscious decision to CHOOSE to think this way) that you are in the realm of God's fitness power and that it's working right now making you lean, strong and healthy for His Glory, then guess what? YOU **WILL BE** in that realm and it **WILL BE** making you just that! Amen? Amen!

Guys, supernatural fitness is a walk of faith that brings, not only powerful results (I am living proof of that) but also, an incredible sense of power about this area of your life. I exhort you today to “CHOOSE” to step into this realm with me . . . because I promise you, you won’t regret it!

Chapter Three—The Bad News

Ok, now don't let this chapter title scare you, because there's really no bad news with God—it's all good. We just need to remember that while we're here on this earth, we will deal with spiritual forces—and that's what we are going to have to learn to overcome as we begin our daily walk within "The Supernatural Fitness Zone".

I will start this chapter by showing you this verse:

John 10:10 (New King James Version)

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

It's just a basic spiritual truth friends, that we have an enemy, in this earthly realm that comes **ONLY** to steal, kill and destroy. And while I don't want us to be "demon obsessed" and blaming the devil on everything that's not right in our lives, the truth is that there ARE spiritual forces that take great pleasure in God's people being ***less than the best that they can be!*** So as you begin your ***Supernatural Fitness*** journey, and start to daily step into "The Supernatural Fitness Zone" of God's power, I want you now to be aware of the following spiritual realities.

First of all, I need you to know that our being overweight and out of shape puts us in "BONDAGE" – VERY REAL NATURAL AND SPIRITUAL BONDAGE!

You see, first of all its mental bondage, because we tend to have this thing in our minds constantly, thinking things such as this:

"Oh yuk, I'm so overweight. . . I'm miserable. . . I know everyone's looking at me . . . I'm gross! I look terrible in this dress. . . Hmm. . . What can I do to lose weight? I wonder what they did to lose weight? They think they are so great because they're thinner than me. . . I hope they get fat!

Oh I shouldn't' have eaten that! . . . I'm so mad at myself! Why can't I control myself? I need to start exercising . . .yea, I'm going to start exercising . . . but I just don't have time to exercise . . . oh just forget it! . . . what's the use? . . . Where's the ice cream!?! ☹

Friends, our being overweight and out of shape puts us in a state of “mental bondage” . . .

BECAUSE OUR MINDS BECOME “ENSLAVED” TO ALL OF THE NEGATIVE THINGS ASSOCIATED WITH OUR BEING IN THIS CONDITION!

Secondly, our being overweight and out of shape puts us in “emotional bondage”. I’m sure you can agree with me that it very much affects your feelings, and those feelings may be expressed in thoughts such as this:

“I’m so miserable. . . I hate my body! I don’t even want to go to that party, that wedding, that program, etc . . . because I just feel like such a fatso seeing all those other people that look good! I’m so depressed I just want to cry! I’ve tried and I’ve tried and I’ve tried but I just can’t lose weight. . . what is wrong with me??!! I just want to stay in my sweat pants and lay on the couch in front of the TV . . . where’s the ice cream!” ☹

Friends, our being overweight and out of shape puts us in a state of “emotional bondage” . . .

BECAUSE OUR “FEELINGS” -- OR OUR EMOTIONS, ARE “ENSLAVED” TO ALL OF THE NEGATIVE THINGS ASSOCIATED WITH OUR BEING IN THIS CONDITION!

Lastly guys, our being overweight and out of shape puts us in actual “physical bondage”-- because when we are overweight, we are literally held captive by this extra “stuff” that we’re carrying around with us! “It” follows us everywhere we go and it subsequently influences every factor of our lives! What we can do, where we can sit, how we walk, etc. And, also, when we are in poor physical shape, we decrease our own capacity to be able to do things we want to do. Whether it’s playing with a child, walking up a hill or even worshipping the Lord to the degree we would like to—the lack of “fitness” is bondage, actual physical bondage -- ***BECAUSE OUR BODIES AND THUS OUR LIVES, ARE “ENSLAVED” TO ALL OF THE NEGATIVE THINGS ASSOCIATED WITH OUR BEING IN THIS CONDITION!***

My fellow servants of the Lord, I am convicted by God to give you the bad news of this revelation today. Being overweight and out of shape puts you in BONDAGE . . . very real, mental, emotional and physical bondage. But I am also incredibly blessed to be able to give you the good news today, that God does not want you to be in bondage! In ANY TYPE of bondage -- because He loves you and fully desires that you live an abundant, joyous and very “free” life!

So yes, this condition produces bondage, but, it's bondage that **you only need to be made aware of, so that the Lord can set you free!** You see, if you were in prison, but didn't **KNOW** you were in prison, you would never think to attempt to be released, right? Well, the above revelation is now being revealed to you so that you can "see" your negative condition in such a way, to take the steps needed to be set free. Amen? Jesus came to set the captives free! He came and bled and died and rose again, so that YOU could be free of any and all types of "captivity" or bondage, including the captivity or bondage that being overweight brings!

Know today, that you do NOT have to stay in this bondage any longer. Jesus has made a way for you to be free and when it comes down to it, this "fitness" thing is actually a "spiritual" thing --one very effective (up until now) aspect of the enemy's war against us. But, I say to you today, that while you may have previously lost the battle—I assure you, you will NOT lose THIS war!

And how can I say that so emphatically? Because friends, I have come to the conclusion that the truth of the matter is, that **the REAL reason** YOU have that desire to lose weight and get in shape, is because GOD has already pre ordained for you to be set free!

He has sovereignty ordained for you to purchase this book, read these principles and begin to incorporate them into your life, because **HE WANTS YOU** to tap into His power and begin to experience a level of physical fitness "FREEDOM" that He has made available for you through the finished work on the cross! (And YOU thought you just wanted to look good in a bathing suit!!!) Nope--that's not it at all! The Lord has put the desire **IN YOU** to lose weight and feel great and be physically fit and confident, because **HE HAS THE POWER TO "FIX" THIS SITUATION, AND HE WANTS YOU TO USE IT!** And that's what this book is all about! 😊

Chapter Four – The Power to “Become”

What I would like to do now, is to take a moment to recap what you’ve read so far, before we go on.

In chapter one, my objective was to show you that God’s power is available to help you lose weight. Now, to the skeptic, I say you may feel those verse examples were weak, but, even if you don’t believe, my “verse proof” . . . just take what you know about the nature of God and ask yourself if that could ***possibly be*** something God could do!

You see, it’s so fun for me to get to tell you all of this, because I remember vividly, when I came upon this revelation myself. Friends, I spent years as a Bible teacher, teaching others that the Lord is omnipotent, all powerful, sovereign in all things and could do absolutely anything. And, while I believed those truths with all of my heart, when it came to my own personal weight loss issues, I had this huge “black hole” of spiritual application! However, one day the light came on, and I realized, “hey, *maybe*. . . just maybe. . . if God can heal the sick, raise the dead and cause the lame to walk. . . , *maybe* (duh !) He can help me lose weight!” ☺

Finding those verses I shared with you applying them to my weight problem was the beginning of a whole new way of living and thinking for me! And once YOU realize that the power of God is available to be tapped into in this way, all of the sudden, the “battle of the bulge” can be fought from a whole new perspective. Which brings us to chapter two . . .

In chapter two my objective was to show you that ***how you view*** your weight and fitness “situation” is critically important in activating God’s power. Friends, this has so much potential -- I just can’t begin to accurately describe it to you! But, I will say here, that I think my favorite benefit of having the right “perception” is the fact that when you train yourself to see this situation properly, it gives you incredible peace in this area of your life. How? Well, do you remember the verse, “The mountains melt like wax at the presence of the Lord”? (Psalm 97:5). Let me use that verse to describe your new perspective like this.

It’s now not just ***YOU*** striving, working, straining, groaning, sweating, etc., ***ALONE*** against this huge, seemingly immovable, “mountain” of extra weight on your body, but it’s now, ***you and God’s power (which is MORE POWERFUL than anything)*** coming against this easily melted “mountain” that is even right now, under the subjection of the Lord! Can you see how much of a “weight” (bad pun!) that takes off of you?

Just seeing this whole issue from God's perspective instead of YOUR HUMAN perspective, starts the process of freeing you from some of the bondage you are currently in. Which brings us to chapter three. . .

In Chapter three, I hope I conveyed that **you have an enemy** who has, up to this point, succeeded in causing you to be in bondage to the negative aspects of being overweight and out of shape. And with that said, let me interject here a little disclaimer.

Friends, be assured, that never ever on God's green earth am I trying to "belittle" or place any condemnation or shame on those of us , yes, "**US**" (been there, done that, bought the T shirt, out grew the T shirt, gave it to the goodwill and bought a bigger T shirt!!!) with a weight or fitness problem!

Do not let the enemy, for one second, make you feel bad right now about your current situation and what I'm attempting to convey here, please! I'm here to bring you good news and to exhort you and give you tools that will empower you! You see, I have walked this road before (80 lbs ago) and came out with what I feel is "life changing" revelation and THAT and that alone, is my purpose. Nothing negative about you-- only positive for you! Amen? Amen! So, with all of that said and reviewed, let's go on!

What I want to do now is to begin to give you the "1, 2, 3 steps" to follow, to bring this whole concept to fruition! However, let me first build the framework for the prayer that will be one of those steps.

As you know, the world says that bone thin and skinny is cool, it's "the look", and it's the way **YOU** should be if you're "with it"! (Ha!). But, those of us with a brain **know** that bone thin and skinny is just **not realistic!**

What about our larger framed Christian friends, with bigger bone structure? Those, who despite all the faith in the world could not possibly believe for **that** particular look? Well, after years of praying about this, here's my suggestion of a phrase we will use in prayer that can truly be applied and believed by anyone, of **any** current size or bone frame. Are you ready for this? It is:

"Lean, Strong and Healthy"

Friends, repeat this phrase with me; "lean, strong and healthy".

You see although I've shown you that God can burn fat . . . **AND HE CAN** . . . I have found that in the long run and for this program to work for the rest of your life, **you can't just focus on LOSING WEIGHT!**

It is **so much more effective**, in the natural **and** the spiritual realm to focus on being fit (i.e. "lean, strong and healthy") which will of course **include weight loss** and also many other wonderful benefits. Too, because we have discussed the faith aspect of supernatural fitness, I have perfect peace in my spirit, that all of us, large, small and in between, can truly believe with perfect faith, for the Lord to accomplish such a goal.

Think about it this way. When we want someone to be saved, we don't ask the Lord to make them "lose" their "lostness" (Huh? I hope you understand ☺). No, we ask the Lord to enable/empower/ cause them to "be saved".

Also, when we want someone, or ourselves, to be healed of some sickness or health problem, we don't ordinarily ask the Lord to cause us to "lose our diabetes" or "lose our cancer" do we? Now there may be exceptions, but **most of the time** we simply ask the Lord for healing, or to cause us to "be healed".

Well, putting **that** line of thinking into **OUR** context, yes, the Lord CAN enable us to lose weight -- we've seen that in a roundabout way through scripture and I showed it to you so that you'll latch on to that truth in your heart. But, on this program of **Supernatural Fitness**, my suggestion is **not** so much to focus on "losing weight" as it is to focus on being "lean, strong and healthy". One is **negative** . . . and one is **positive**. And my theory is that because God is a positive God, this particular request or line of thinking is just more powerful in the spirit realm.

You see, Instead of asking the Lord to help you "lose something" (weight) you're going to begin to ask the Lord to help you "be something" (lean, strong and healthy) and THAT is something God's power is all for!

Look with me at this verse:

John 1:12 King James Version –(Emphasis mine)

"But as many as received him, to them **gave He power to become** the sons of God"

Now, read this part again; ". . . to **them**. . . **gave He power. . . to become.** . . ."

We can see from this verse, that God's power can (and will) enable us to "be" or "become" something. In fact, I believe God's power can enable us to be **anything** that's the will of God for us on the earth!

So friends, by asking the Lord to make you "lean, strong and healthy", you're **going to receive the power to lose weight** . . .because lean basically means free from extra fat. However, as you speak this term, you will know deep down, that this request is both believable and attainable for **whatever size, frame and bone structure you may currently have**, because while you may know in your heart that you could never be a "size 2" . . . by becoming lean for your bone structure through the supernatural power of God, you can **easily become** that slim size 12 you were before you had those 8 children! 😊 And THAT will make you free in this area of your life!

Let me close this chapter, with this: By focusing on simply becoming "lean, strong and healthy" for your particular body type it **causes you to perceive the coming possibilities instead of the current difficulties!** By eliminating the obsessive mindset of weight loss and bringing your thoughts into the realm of what has been seen in the Word as possible, you stay firmly planted within the "The Supernatural Fitness Zone" that is supercharged with God's power for miracles in Jesus' name! Amen? Amen!

Chapter Five – The Death Blow

OK—Truthfully, I normally wouldn't use such a violent sounding term as a chapter title, but friends that is exactly how the Lord described it to me!

You see, now that we've laid all the ground work, I want to share with you the crux of this program. In fact you might say it's the focal point, the mountain top, the whole enchilada (sorry, I'm hungry and that sounded good! ☺). Friends if you've stayed with me this far, I want to now share with you "Step One" in walking out this ***Supernatural Fitness*** plan.

However, first realize please, that I have been contemplating this subject for many, many years now and have asked the Lord "zillions" of times for revelation in this area. But, just between you and me, I was not fully prepared for what I recently received. You see, at the first of the year the Lord shared with me a mighty truth – and it's a truth that I'm sure you are all already fundamentally aware of. Why? Because it's a truth that we've practiced seemingly forever as the people of God. However, I had never connected it with the concept of weight loss and fitness . . . but, when the Lord revealed that connection to me, I was literally overcome by the power of His presence on this revelation.

Readers, the Lord spoke to me at the beginning of this year and told me that our taking **COMMUNION** had the power to totally set us free in this area! He revealed to me that the finished work of Jesus on the cross contained the power to make us "lean, strong and healthy" if we would just take it daily while including this concept. He reminded me that the original sin came in through an act of eating and showed me that while the enemy has put us in bondage through our eating -- that HE was going to turn the tables on the enemy and set us free in this area, through our "eating" too! How? He spoke to my spirit a principle that I paraphrase like this:

Through the "eating" of the elements of communion, we release an incredible degree of power. If, by an act of our will, we apply THAT power to THIS aspect of our lives, it will ultimately transform us into the lean, strong and healthy people that we are physically able to be.

Guys, the power of this revelation was so incredible that I was basically awestruck for days. And then, as I began to follow His instructions and take communion specifically focusing on applying it to my weight loss and fitness "actions" I was amazed. Foods I had overeaten for years suddenly had no power over me. Exercise that had been drudgery, suddenly became new and fresh and I was having greater results.

Situations that had enticed me to make wrong and unhealthy food choices suddenly changed and I was actually craving things that I knew were much better for me!

I wish I could describe to you the wonder and amazement this revelation and its subsequent manifestation has had on me, but I can't. All I can do is share it with you and encourage YOU to try it for yourself. The power released by communion is REAL! You can't see it, touch it, smell it or taste it . . . but you can sense it's presence as you go through your day and you can tangibly experience its results in your body.

Now before we get to the specifics, let me lay down some points that the Lord has shared with me about this whole subject and then we will continue on with the steps. However, please know that I am in no way attempting to give you some sort of detailed theological study on the taking of communion. There are tons of really good books out there by great Biblical scholars of which I am not! I simply want to give you some brief explanations of why I think communion is so powerfully effective in this arena – because I know once you begin this, it will serve to prove itself in your own life!

Also, please know before we go on, that Communion should always be taken with the utmost respect and I am not making light of this very Holy and Sacred ordinance in any way. I have come to fully understand its power and am in awe of its results in my life! It should be taken with an attitude of humble self inspection and not taken as if you are just “eating”. During this time I believe, the Lord desires us to be somber and in a prayer like attitude. We should be incredibly serious, because it is incredibly powerful. With that prelude, let's look at this verse.

Matthew 26:20-30 (New King James Version)

²⁶ And as they were eating, Jesus took bread, blessed and broke it, and gave it to the disciples and said, “Take, eat; this is My body.” ²⁷ Then He took the cup, and gave thanks, and gave it to them, saying, “Drink from it, all of you. ²⁸ For this is My blood of the new covenant, which is shed for many for the remission of sins. ²⁹

Here we see that Communion was the ordinance established by Jesus during His last Passover meal with the disciples. They knew Jesus' time on earth was coming to an end and knew that this was so much more than just the average Passover meal. They had seen Jesus heal the sick, raise the dead and walk on water and had been sent out by Him to do the same. Now, He is telling them, that this bread was His body and the wine was His blood?

Now, I realize there are several different views in Christianity today, but my personal belief is that when Jesus said to these precious disciples (the ones He had been teaching, training and encouraging to be like Himself) “take eat; this is my body”, that **ONE** of the reasons Jesus was having them do this, **was to impart into them, HIS quality of physical life.** And while yes, that can encompass **many** different aspects, let me add to this multi faceted “deposit”, the fact that I believe that Jesus was physically “fit”. He was in good shape—I believe with all my heart that Jesus was, “lean, strong and healthy”!
Amen?

So what Jesus was telling **them** to believe, I feel, He also wants **us** to know today --**that when we partake of communion, a spiritual impartation takes place.** And it’s an impartation of **HIS** physical well being into **OURS** -- which includes Jesus’ leanness, strength and health!

You see, we have known this in various forms, and I’m sure you all have taken communion many times. However, when the Lord revealed to me, that the “impartation” that takes place during communion can be directly applied to our weight and fitness issues I have to admit I was skeptical. It was nothing I had ever thought of before and something, I was afraid would be almost on the border line of being sacrilegious. So be assured, I wrestled with this for a while. How could something so Holy, be applied to something I felt was so earthly? I mean, wanting to lose weight and get in good physical shape? That’s vain, that’s prideful, and that’s too much in the realm of “the world’s” desires to have any sort of connection with our precious Lord’s death and resurrection.

But, slowly the Lord began to clarify my confusion. He reminded me of the truth that He had showed me years ago about the extra weight being bondage in so many ways. Then He also had me study out the statistics of how much obesity influences “premature death factors” and made it blatantly obvious to me that this was clearly an epidemic among His people!

He also shared with me about the all encompassing range of His power and scolded me for putting His power in a box of my own labeling. With that, He spoke to my spirit and asked me one final question. “*What on earth is more powerful than the finished work of Jesus on the cross?*” I began to get the picture, which I present to you like this;

Communion is an act of obedience to God’s Word. It is something you as a believer can do every day or never do at all—the choice is yours. However, when you take communion an impartation takes

place of ALL that Jesus IS and ALL that Jesus accomplished while on the earth. You then “activate” that impartation by simply being aware of it and applying it by faith to your particular situation.

In our case, we will be applying Jesus’ “leanness, strength and health” to OUR present physical condition, whatever that may be. As we do this, with continual resolve, we will see the recurrent impartation of HIS status transform OUR status! Wow! Think about that for a minute here before we go on.

Friends, there is a spiritual download of Jesus’ physical well being into your overweight, out of shape body every time you take communion. **If you will determine within yourself to faithfully take communion applying this knowledge to your body, this spiritual substance will work with you to bring about the changes needed to manifest itself in your life!** “Selah” that before we go on . . .

Ok, if you have that firmly planted in your spirit, let’s turn a corner here and see another incredible facet of communion. Look with me at this next passage.

1 Corinthians 11:23-26 (New King James Version)

For I received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; ²⁴ and when He had given thanks, He broke it and said, “Take, eat; this is My body which is broken for you; do this in remembrance of Me.” ²⁵ In the same manner He also took the cup after supper, saying, “This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me.” ²⁶ For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.

We “proclaim the Lord’s death till He comes”. Friends, every time we partake of communion we are proclaiming the Lord’s death. And what exactly are we proclaiming about His death? Well, remember those spiritual forces we talked about earlier? Those demonic influences that come to “steal, kill and destroy” and cause YOU to PUT YOURSELF in bondage by being overweight and out of shape? Guys, they are real. And like I said, they want nothing more than to steal, kill and destroy everything they can through this negative situation in your body.

They will “steal, kill and destroy” your health, your physical ability to do things, your self esteem, your confidence, your God given beauty, your belief in yourself, your poise, your joy and your overall quality of life. And that’s just a list off the top of my head of all the ways, your being overweight and out of

shape can be used by the enemy to destroy you. Your physical fitness “condition” –whether good or bad—DIRECTLY AFFECTS EVERY ASPECT OF YOUR LIFE!

So, back to my point . . . what are we proclaiming? Oh Yes!—we are proclaiming Colossians 2:15 which reads; “Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it.”

When we take of communion, we are releasing the power of Jesus’ triumph over every single demonic force there is! And when we **include**, into our taking of communion, the knowledge of specific areas of our life being affected by it -- the power goes into action in **that** specific way. Let me restate that a bit differently.

When we take communion, we should first, do whatever it is that we personally believe we should do while taking communion. That will be different for all of us, so insert your own traditions here. But then, if we will INCLUDE into our thoughts and prayers during this time, the targeting (for lack of a better word) of our faith on any one specific area, we will be purposing **applying** the power of Jesus’ finished work **TO that objective!**

For me-- for us (if you’re reading this book!) and according to what the Lord shared with me this year, it is the objective of becoming lean, strong and healthy, for the Glory of God! Remember, the Lord wants us to be free in this area and Jesus paid the ultimate price for that freedom! We would be discrediting our Lord’s work not to use it in the area that affects us more than almost anything else!

Friends, I can tell you from experience , as one who was constantly, almost obsessively, consumed with thoughts about my “weight issues”. . . so much so, that it was pretty much the first thing I thought about in the morning and the last thing I thought about at night—that it can truly be mental tyranny! But, I’m here to testify to the Lord’s goodness that I have come through that valley and come out the other side—all because of Jesus!

There is nothing like the peace that comes with being free in this area of your life. Now, is my body perfect—of course not! I’m not saying that we are all going to be Arnold Schwarzeneggers and Raquel Welch (ha! You can tell what generation I come from!) but I DO KNOW one thing. God has the power to make your body be whatever it will take to make you free and give you peace in this area of your life! If you weigh 300 pounds, maybe being at around 250 pounds would be a blessing to you. If you weight

200 maybe you would feel fantastic at 150. I don't know YOU—but I know GOD! And Jesus' finished work on the cross hold's ALL THE POWER NEEDED to give you victory in this area of your life!

Let me sum up this point with this; there are spiritual forces that want to keep you bound in this area of your life. But, when you take communion and "proclaim the Lord's death" daily, the spiritual power that is released through this act, slowly but surely begins to break the power of these lesser forces off of your life! When that happens, you will begin to be transformed in your body and subsequently set free. The power of communion releases the victory of Jesus into any and every stronghold of the enemy. . . . so why have we not been taking this every day? Well, I have a theory about that.

Look with me at this verse.

1 Corinthians 11:29-30 (New King James Version)

For he who eats and drinks in an unworthy manner eats and drinks judgment to himself, not discerning the Lord's body. For this reason many are weak and sick among you, and many sleep.

Friends, I believe one of the reasons we have not been tapping into the incredible power that communion holds is because of this verse. Too often, this verse has been misinterpreted in such a way, to, in a sense, scare believers away from communion, and consequently from the power that it releases into their life.

You see, we tend to read over this and think that if we don't take communion just right, that the Lord is going to release His judgment on us and make us "weak" or "sick" or even, "make us sleep" i.e. kill us! Yipes! What a terrible interpretation! But, let me try to explain to you what I feel this verse really means here.

Notice it says, for "**this reason**", many are "weak, sick" etc. Not, for "these" reasons, but for "this" reason. Paul is pointing us towards one singular reason why Christians become sick, weak and die prematurely and it's this; from "not discerning the Lord's body".

And what does "discerning the Lord's body" mean? The word discern means to perceive the truth of, to recognize or to understand. And to add to that meaning, the Greek word for discern means to separate something as for the purpose of making it a distinction or preference.

So, in this context Paul was saying that many of them were sick, weak, or dying prematurely because they did not separate this act of the eating of the communion, from all of their other eating because they did not know **WHY** there were taking of this bread and this drink. They simply did not fully understand the power it contained and they did not realize that through this prophetic act, the totally victorious finished work of Jesus was able to be imparted into them!

If they HAD KNOWN THAT – AND **RECEIVED IT BY FAITH INTO THEIR BODIES FOR HEALTH AND WHOLENESS**, MANY OF THEM WOULD **NOT HAVE BEEN** SICK, WEAK AND DYING BEFORE THEIR TIME!

Read that same verse out of these other translations.

1 Corinthians 11:22-30 (New International Version) (Emphasis mine)

²⁹For anyone who eats and drinks **without recognizing the body of the Lord** eats and drinks judgment on himself. ³⁰That is why many among you are weak and sick, and a number of you have fallen asleep.

1 Corinthians 11:29-30 Amplified Bible (Emphasis Mine)

²⁹For anyone who eats and drinks **without discriminating and recognizing with due appreciation** that [it is Christ's body], eats and drinks a sentence (a verdict of judgment) upon himself. ³⁰That [careless and unworthy participation] is the reason many of you are weak and sickly, and quite enough of you have fallen into the sleep of death.

Oh the power that communion releases! If you can just get a hold of that right where you sit and began to apply it to this area of your life I am here to tell you, YOU CAN BE TRANSFORMED!

Communion possesses the power of the Great Exchange! You get HIS lean, strong healthy body for yours!

When you, by faith, partake in the elements, KNOWING THAT THEY SPIRITUALLY REPRESENT THE BROKEN BODY AND THE BLOOD OF OUR LORD JESUS CHRIST, an incredible thing happens in the spirit realm. As you ingest the bread and the juice, not only do you receive a fresh impartation of forgiveness, grace, love and all the other benefits that you know of through your religious upbringing, but **also, the**

power of Jesus' finished work on the cross is released and ***you can use that power to bring victory to any particular area of your life***—including the area we call “weight loss and fitness”!

You see, I believe the Lord gave me the revelation of this act being applied to weight loss and fitness simply because I have faithfully studied the spiritual aspects of weight loss and fitness for many , many years. It was my “thing”, the subject that interested me, the topic I was always looking in the Word for revelation about. So, because THE LORD KNEW IT WOULD WORK IN THIS AREA , (and I tear up even as I type this. . .) But I feel, He entrusted me with this revelation because He KNEW I would then, go forth and share it with all of you. However, I have now come to realize friends, that it's so much bigger than just this. It's so much greater and can do so much more . . . In fact, let me share something with you that happened just last night.

My daughter, who is 11, had recently developed an unusual fear of thunderstorms. Now, we had tried everything we could think of, trying to convince her in every way possible, that there was nothing to be afraid of. We had prayed, rebuked the spirit of fear, just everything we could think of but still, she would just cry and become incredibly nervous every time the sky even began to look like it was going to get stormy.

Well, here I am writing this E book for you guys, hoping to convey my belief in the power of communion effectively and she is having this “thing” just overwhelmed her even as I'm trying to work. So, it's beginning to thunder outside and she's holding on to my arm, trying not to be afraid , when I got an idea (I'm sure it was the Holy Spirit's idea, but still the idea came!).

Communion! OK—we get the elements, (I keep disposable bread and juice sets, but more about that later) and I explain to her the power contained within Jesus' body and blood and the power that is released when we take it “with a purpose”. And she's crying, her innocent little heart, hearing the thunder outside, being very much afraid, but yet being obedient to do what mom is telling her to do without really understand it all fully—and she takes the communion. Then, I tell her to just take a minute now and thank Jesus and think about what she's just done. After that, she finishes praying, and we hug and I tell her to go take her bath to wash her hair. Well, about 15 minutes later, thunder still rolling outside, I hear her in the tub, just a singing and playing and having fun and I go in to help her wash her hair and as we are talking, she says to me, “mom. . .that communion really helped , cus I've been hearing the thunder outside and it's not bothering me one bit”!!!

Can somebody say “Praise the Lord”?! You don’t think it’s a bit “unusual” that I would have this particular experience **with** communion, at the exact same time I’m typing the words of this Ebook, **about** communion? Don’t bother writing me letters – because there’s NO WAY you’ll **ever** convince me it doesn’t work!

Even the next day, which is as I’m writing this now, we had thunderstorms come up again in the afternoon and she was watching TV and visiting with her cousins and she never even flinched! She looked at me a few times after a thunder “clap” or two, but it was just kind of a , “hey mom, I used to be afraid, and now, I’m not” look! WooHoo!

Friends, for anybody out there that doesn’t think God is good, you better think again! God has put ABSOLUTE UNDENYABLE POWER IN THE SIMPLE PROPHETIC ACT OF TAKING COMMUNION AND IF YOU KNOW IT’S POWER – YOU CAN USE IT, NOT ONLY TO BECOME FREE IN THE “FITNESS” AREA OF YOUR LIFE, BUT IN EVERY OTHER WAY YOU NEED IT ALSO!

And, I say that, because it’s just too great of a “secret” not to tell everyone! There is just too much power in this one simple obedient act, to know about it and not share it with everyone I can! Yes, the Lord has instructed me to tell you to target it for this area of your life—but I’m telling you too, that you can target it ALSO, in any other way you feel led by the Lord to do so!!

Yea Jesus!!

Ok, back to our topic now, let me show you some more verses:

John 12:1-3 (American Standard Version) (Emphasis Mine)

Jesus therefore six days before the passover came to Bethany, where Lazarus was, whom Jesus raised from the dead. ² So they made him a supper there: and Martha served; but Lazarus was one of them that sat at meat with him. ³ Mary therefore took a pound of ointment of pure nard, very precious, and *anointed the feet of Jesus*, and wiped his feet with her hair: and the house was filled with the odor of the ointment.

Friends, Mary anointed Jesus before His death. He **WAS** anointed and **IS** “the Anointed one” – which is what the word “Christ” actually means. Therefore, Jesus and the Anointing are one --they cannot be separated! Now, look at this (one of my favorite verses!)

Isaiah 10:27 (King James Version)(Emphasis mine)

²⁷And it shall come to pass in that day that his burden shall be taken away from off thy shoulder, and his yoke from off thy neck and ***the yoke shall be destroyed because of the anointing.***

Oh my goodness, can you see it! The “yoke” (in the context of **THIS** particular book) is the extra weight on your body and the out of shape condition that goes with it! So friend, please, please get this deep down into your spirit – **that yoke SHALL BE DESTROYED** by the anointing!

When you take of “the anointed one”, and ingest by faith, HIS ANOINTING INTO YOUR BODY—the yoke of this negative physical condition will be “destroyed”! Now, it won’t necessarily happen overnight -- but as you take it, and take it, and take it, day after day, applying it to this aspect of your life and believing in the Power that is working on your behalf, it will happen! And you’ll wake up one morning and realize—“hey, I feel really good about myself! ***I DO FEEL*** lean, strong and healthy for the Glory of God!” Praise God!

Friends, you do not have to be a victim any longer of your moods, your appetites, your desires and the heredity factors that have, up unto this point determined your physical condition. You can be a “victor” over ALL of these things and live in a body you actually LIKE! How?

By the power of Jesus finished work of the cross that you can activate daily through communion!

Amen? Amen!

We will get to the specifics (when, what, how, etc.) a bit later, but for now, just let the truths within this chapter sink in. There is tremendous power waiting to be released in your life, but first . . . you need to finish reading my book! LOL! ☺

Chapter Six – The Prayer

Ok—I hope you’re enjoying this so far, because I sure am enjoying sharing it with you!

Now you probably don’t remember, but on my web page, I said that I have streamlined this ***Supernatural Fitness*** revelation into an easy spiritual formula. Well, as one who tries to always keep my word, let me review and expound a bit and then I will explain the formula more.

The **FIRST** step to walking out ***Supernatural Fitness*** and having it manifest in your life is to begin the practice of taking communion. There are many ways this could actually be done and you will have to find what works for you, but let me give you a few suggestions. First of all, try if at all possible, to take it every day. Now, some days are going to be different from your normal routine and you may not be able to work it in, but, as you start this plan, you must realize that **this action** is the foundational cornerstone for the release of God’s power.

Now, if possible, it would be good if you could wake up around 5 minutes earlier and take it before you start your day. That way you know you have it “working” as you go about your business. However, you may not be able to work it in each morning and if so, be assured the Lord understands. Its power is going to hold on for a while, so if you have to take it at night before bed that will work too. Maybe, if you’re like many people, the only down time you ever get, is that 30 or so minutes at night when you wash your face, brush your teeth and/or take a shower, etc. If that’s the only “quiet time” you have, then, you may want to take it then. Bring your “elements” of communion in with you, lock that bathroom door, kneel or sit on the floor (or whatever you feel led to do) and spend a few minutes with the Lord, ingesting His power and applying it by faith to this area of your life. Only you know what will work for you so the specifics are optional. Just be sure you are making it a regular practice, while on this program.

Now, about the actual “elements”-- you don’t have to get overly spiritual here. You don’t need to bake unleavened bread and ferment your own grape juice to have your communion be effective. Again (and you’re going to hear this A LOT from here on out) just do what works for you! For several months after the Lord gave me this revelation, I would just use a cracker out of the pantry and some juice we had in the fridge as my “elements”. Then, I got more “spiritual” (ha) and started using a special teeny tiny glass I found, to drink my juice from! 😊 But, eventually, I ran across a box of disposable all in one, juice and wafer communion sets at my local Christian book store and started to use those. I don’t know how

much that will cost in your area, but I found it VERY INTERESTING, that when I found this box (of 100) and checked out, the total came to \$33.33—which kind of freaked me out just a bit (😊), so they run, before tax a little less than \$30.00.

Guys, do what is easiest for you. If you make this some huge chore you're not going to stay in the practice of taking it for long and you will thus be "tricked" out of tapping into this power for your life!

If buying the disposal, all in one's, is the easiest route, then do it -- it's an investment you won't regret. But, if you'd rather not spend the extra money and you have some crackers and juice handy, that's fine too. Just remember step one: take communion to release the power. It's as easy as that.

Now, hold that thought and let me explain this. At the end of this E book you will find a separate sheet which is what I like to call an "accountability sheet". I've made this in the form of a kind of "check off" list to try and keep you organized each day. I personally had a bunch of copies made of the one I printed and use a sheet each day to keep myself "accountable" to these principles. You don't have to do that, but I'm going to go through the entire explanation, for those of you that do.

Concerning communion, you probably already know what to "say", or pray, in general, when you take it. Go ahead and say/pray whatever you feel led to according to your particular religious beliefs. However, because you are going to be incorporating communion's power into the fitness aspect of your life, I have written out a sample of what you might say on the prayer sheet that is included. Be assured however, these are not some "magic words" or anything that is set in stone as what to say—it is simply a generic example of how you may want to pray to effectively bring this part of your life under the covering of this Holy ordinance. The sample prayer reads like this;

"I take of this bread as a prophetic symbol of your body Lord, and by it receive all that you are and all that you accomplished through your finished work on the cross to bring leanness, strength and health into my body. Also, I take of this juice as the prophetic symbol of your blood Lord, and even as it was poured out for the forgiveness of my sins, I believe that it was also shed for the health and wholeness of my body. Use this in the spirit realm to cleanse me of all ungodly influences and to bring forth a renewed impartation of energy, strength and fitness into me now in Jesus' name."

Oh the Blood. . . there's such power in the Blood of Jesus! Study up on this, because there are plenty of powerful books out there on this subject and I just cannot, for time sake, cover this precious subject

with the reverence it is due here. However, one interesting fact, that I read many years ago while doing a study on the Power of Jesus' blood is this. The blood in our body, circulates through our veins to do two primary things; cleanse and bring "new life". It cleanses our bodies of toxins, infection, waste, etc., as it flows through the various organs and it, at the same time, deposits nutrients that enable healing or "new life" to begin. Now, I may not have reinterpreted that scientific truth just right, but know today, that the Blood of Jesus, when applied to ANYTHING spiritually serves much the same purpose.

It "cleanses" AND gives "new life"!

This is one aspect of the Blood we will be applying to the fitness part of our life on this plan. If you have always been an overeater, THE BLOOD can cleanse you of this habit by doing whatever is needed in the spirit realm to bring this about. If you have always been a "sugar addict", THE BLOOD can set you free and bring this aspect of your eating under your self control. If you have never been one to exercise much, THE BLOOD can break that old mindset and bring about the true desire to WANT TO be a good steward of your body.

You get the idea here I hope and even if you don't *now*. . . you will—because THE BLOOD'S about to go to work for YOU to "cleanse "and bring "new life" to your weight loss and fitness habits! So learn to recognize that when it does—and give Jesus all the Praise! Amen? Amen!

I want to show you now, STEP TWO in walking out your ***Supernatural Fitness*** and it is simply a prayer and proclamation you will pray and decree, after you have taken your communion.

It too, is included on the accountability sheet check off list, but I have restated it here within our text, so that you can see it as I explain. It reads:

"Lord, I receive "Supernatural" fitness today and ask that you saturate my body and my life with this aspect of your power! Lead, guide and direct me in my eating, exercise and supplementation habits so that MY actions in the natural realm are in harmony with YOUR power in the Spirit realm that is working right now on my behalf.

Body . . . I "reclaim" you *in Jesus' name* and command you to conform to God's will for me. Extra weight, I take authority over you *in Jesus' name* and command you to "wither" and "be removed" from me -- and lastly, I decree *in Jesus' name* that I AM, lean, strong, and healthy (plus anything else you feel led to add)!

Now again, these are not some “magic words” – they are just a sample of what you might say. However let me explain to you why I have included what I did in the prayer. That way you will have a working knowledge of these principles that you can pray forth each day however you personally feel led.

We’ll go through this line by line:

“Lord, I receive supernatural fitness today and ask that you saturate my body and my life with this aspect of your power!

In the book of James, Chapter Four verse Two, the word tells us (and I’m paraphrasing here), that “we have not, because we ask not”. Read that verse now out of the Amplified Version;

James 4:2 (Amplified Bible)

²You are jealous and covet [what others have] and your desires go unfulfilled; [so] you become murderers. [To hate is to murder as far as your hearts are concerned.] You burn with envy and anger and are not able to obtain [the gratification, the contentment, and the happiness that you seek], so you fight and war. You do not have, because you do not ask.

Now, I showed you this version to make a point. How many times do our “desires go unfulfilled” in this area of your life? (If you’re reading this book, then that MAY be the case . . .???) Also, how many times do we show “envy and anger” towards those that we see that ARE “lean, strong and healthy” like we would like to be? You can deny it all you want, but I’ve been there and done that! You don’t think I “hated” thin people when I was grossly overweight? Yep, I did . . . (It hurts to admit that though) so I know the kind of thoughts we have. Also, notice it says you are “not able to obtain [the gratification, the contentment, and the happiness that you seek]”, and why is that? Well, this says you, “do not have, because you do NOT ask”!

Friends, if you’re like I was, you constantly complain about your “weight issues”, but YET YOU SIMPLY DON’T THINK TO **ASK THE LORD EVERYDAY FOR HIS HELP** IN THIS AREA! Think about that. If this is “on your mind” as much as it was on mine, then why is it that you don’t constantly bombard heaven for God’s assistance? Well, there could be a lot of reasons why that’s so—one of which is because the enemy doesn’t want you to, so that he can keep you in bondage (but we won’t go into that again). However, this is part of the “beauty” of this plan!

By simply referring to the check off list, you will be reminded daily to #1) Take communion and #2) Pray forth principles that will activate God’s Divine help in this area of your life! You “have not because you

ask not”? Not, any more—you’ll “have” because you have “asked”! And what will you have? You will have God’s “super” on top of your “natural” and this aspect of His power saturating your body and your life! Friends, God is omnipotent. His power is all encompassing—there is not an area of your life in which it cannot work! Now, there may not be specific examples of God’s power making a person “physically fit” in the Bible, per se, but then again, they walked everywhere they went and ate almost a perfect diet. Fast forward to 2010 . . . guess what? Things are NOT like they were back then, and there is a tremendous need for God’s people to “get it together” in this area of our lives.

So . . . do you really think that our loving Heavenly Father would not provide from His unlimited well of resource, the “power” for us to be in a lean, strong and healthy body if we asked? How well do you know the Lord? Well enough to know that He loves you and wants you to be healthy? I hope so—because if you ask Him, He will help you. But, it takes time friends and that is why, you will be reminded DAILY to ask Him for this. “Nuff said”, let’s go on.

The next line reads:

“ Lead, guide and direct me in my eating, exercise and supplementation habits so that MY ACTIONS in the natural realm are in harmony with YOUR power in the Spirit realm that is working right now on my behalf.

Ok, with this request you will be asking the Lord, to **“be the Lord”** of your eating, your exercise and your supplementation habits. I could talk for a week on all of these, but for YOUR sakes, I’ll try and make this short. 😊

Guys, your eating is going to have to be cleaned up for you to make significant changes in your weight and fitness issues. You know it, I know it, and the Lord knows that too! You just can’t keep eating the way you’ve been eating and expect things to magically “change”. Yes, “supernatural power” is going to be released on your behalf, but notice the last part of that sentence. You have to work “with it”—you have to work “in harmony” with God’s power for it to be effective in your life.

Please don’t think that you can take communion and receive God’s power and then eat yourself into a stupor and expect it to “manifest”. Most every prayer is answered in a twofold way—God’s part and your part-- and this area of your life is no different. You have a part to play yes . . . HOWEVER, I’m here to attest to you that, IF YOU DO YOUR PART . . . YOU WILL SEE SUPERNATURAL RESULTS! God’s power

is going to be there, actively working, and if you will just be open to make any needed changes, YOU WILL SEE THAT POWER MANIFEST MIGHTLY ON YOUR BEHALF!

So, back to your eating -- I am going to give some “helpful hints” a bit later, but for now, let me just say that as you start this program, take some time to get alone with God and ask Him to show you where you are “messing up”. He will let you know -- and while it may not be in a loud, audible Word from Heaven, if you humbly ask Him to show you any faulty eating habits you have, He will put things in your mind that you need to be aware of. You might want to write down what you feel He is telling you too, because what “comes up” will be valuable information!

For instance, the Lord may show you that you are eating way too much sugar and/or starchy foods. If you eat 2 or 3 donuts in the morning at work and then come home and have 10 or 12 cookies while you’re cooking dinner, it may be that THAT could be adding to the problem !(☺)

If you LOVE to go out to eat with your friends after work and eat a burger, fries, cheese sticks, nachos and a great big sugary soft drink around 8PM, then maybe that’s an “issue” you should deal with. Now, I’m trying to be funny here, so please don’t get offended, but being now a Certified Personal Trainer and a Certified Nutritional Counselor, believe it or not, I have had people tell me things like that and never think for a minute that that could be contributing to “their problem”!

And that’s not to say that we all don’t indulge . . . we do! I wait all week for Sunday after church to just eat whatever I want and enjoy it fully. But I try to stay disciplined the rest of the week and you will too! Because once you ask the Lord to show you habits in your eating that are simply not His best for you, you’ll not only “see” them, but you’ll be empowered by the prayer to bring them under the submission of His new found power in your life! Yea Jesus!

Now, let’s talk about exercise.

You’ve got to do it. The end.

Ha, I’m just messing with you, but really, exercise needs to be an integral part of your life! There are so many benefits of exercise that I won’t even go there—you know you need to exercise so who am I to convince you? What I want to tell you is this. On this program, because you are praying for the Lord to “lead, guide and direct you” in this, YOU WILL BE led, guided and directed! ☺

Because of that, again, just be open to hearing from the Lord about what it is that He wants you, personally to do. You see, the Holy Spirit is THE ULTIMATE PERSONAL TRAINER! He knows you, what you like, what you can do physically, what your time limitations are and the financial resources you have available to spend in this area. He knows all of that—and has, right now, the absolute PERFECT exercise “program” designed just for you! Listen to Him—be attuned to that “inner wisdom” we all have inside, and just see, what the Lord reveals to you! He may get you to join the YMCA or Curves and go after work on your way home. He may remind you of an old walking buddy that you USED to walk with, that is still available to walk with again. He may prompt you to swim laps in a pool every day, or show you a great exercise DVD you could use at home after the kids go to bed. I don’t know YOUR plan—but I know the Lord HAS **A PLAN**—AND IT WILL BE WHAT WILL WORK PERFECTLY FOR YOU!

Friends, again, you may never be a size 2 supermodel . . . but with God’s power working, and your eating habits improving ,and you beginning and sticking with an exercise program you like, YOU CAN BE LEAN, STRONG AND HEALTHY AND FEEL BETTER ABOUT YOURSELF PHYSICALLY THAN EVER BEFORE! This is some “common sense” stuff—yes! But, your common sense PLUS God’s power equals incredible results!

You see, I know that you know you will feel better if you implement all of this information . . . But know too, that THIS time you’re really going to do it, because the Lord is going to personally be with you every step of the way!

It’s so much fun to see the Lord work in our lives. Let Him work in this area and watch how excited you will become! Why do you think I’m so hyper about this whole subject? Did you see my “before” picture on my web site???? I KNOW that I would still look like that if I hadn’t sought the Lord concerning these truths! And that’s not to say, that you and I are not “spiritual” being overweight. Please don’t write me letters and give me a hard time! I was teaching 3 Bible lessons A WEEK when I looked like that! Every single free moment I had was used studying the word, examining the Greek and Hebrew meanings of the Word, and preparing lessons and sermons to present to Christians of all ages. I WAS “spiritual” . . . but I was trapped in a body I hated and somehow to me, I just knew there was something wrong with that. So, I said all that to say this; EXERCISE! You’ve got to do and once you start you will absolutely love the way you feel! I remember the first thing the Lord prompted me to do was to buy a treadmill for my home to use. I would walk on that treadmill every morning while I watched Creflo Dollar on TBN!

Again, I don't know what the Lord will put on your heart to do, but be ready for it—because the “instructions” are coming, simply because you asked!

Ok, let's talk supplements. Now, I included supplements in this section, because those of you who know me know I can't talk to you long without mentioned some vitamin or herb that is helpful for whatever it is you are talking about! Oh my goodness, the power of supplements is just amazing to me! Do you know that many times you crave sugar (remember donut and cookie girl I mentioned earlier) simply because you need Chromium and Magnesium? Do you know ladies, that every negative hormone symptom can be relieved by taking various herbs? Now, not knowing you, I can't of course, tell you what to take, but I know someone who can! The Lord has this really cool ability to know everything about you, and if you seek Him for wisdom in this area, He will surely give it to you!

Ask him and then if you want, do an internet search for “supplements for optimal health” or, “supplements that facilitate weight loss” or, “supplements that decrease sugar cravings” or, “supplements that help whatever it is that you deal with physically . . .”.

I assure you, there is **something** you can take that will not only help you over all, but that will make you feel better in some way also. Are you always tired? -- You need vitamins! Now, I know there are some who would disagree, but my theory is that there is NO WAY the average person is getting all the nutrients our bodies need, through the typical American diet these days. No way!

So, why do you think the Lord “invented” supplements? Because he knew we would need them! Every time you walk down that vitamin aisle at Wal-Mart, those nutrients are crying out to you in the Spirit realm, saying, “take me! Take me!”☺! Now I'm just trying to be comical here, but I hope you get my point. Everyone one of us needs supplements in some form --even if it's just a multivitamin and antioxidants, it would help in many ways! So please seek the Lord about this! It's truly for your own good because when your body has all the nutrients it needs, it will greatly enhance both your fitness efforts and your overall health and appearance!

Chapter Seven—The Proclamation

Let's discuss now the proclamation that follows the prayer. A proclamation differs from a prayer in that, you're not "asking" the Lord for something, but you are by faith, making a declaration, of something that you believe is God's will for your life. Again, you will find this on your check off sheet, but I have inserted it into this text for easy reference. It reads;

Body . . . I "reclaim" you *in Jesus' name* and command you to conform to God's will for me. Extra weight, I take authority over you *in Jesus' name* and command you to "wither" and "be removed" from me -- and lastly, I decree *in Jesus' name* that I AM, lean, strong, and healthy (plus anything else you feel led to add)!

Now, needless to say, we are using the power of Jesus' name here and THAT alone, gives us tremendous power in the Spirit realm. However, in addition to this, we are implementing some basic spiritual principles that have proven to be incredibly effective and by continually speaking these, day after day, after day, I know beyond a shadow of a doubt that you will see results. Let me explain.

First of all let's look at this verse.

Mark 11:23 (New King James Version)

²³ For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.

And, now, read it please from the New Living Translation;

Mark 11:23 (New Living Translation)

²³ I tell you the truth, you can say to this mountain, 'May you be lifted up and thrown into the sea,' and it will happen. But you must really believe it will happen and have no doubt in your heart.

Oh my goodness, I love that so much! Can you see what Jesus is telling us here? He says (New Living paraphrased) "you can SAY to this MOUNTAIN"! Friends, we can SPEAK to our "mountains"! We can say to them, "be removed" and this says if we will just believe, we will see what we've said, come to pass! Can you sense with me the power of this truth, straight from Jesus' mouth, that can be applied to our particular subject!

Let me be brutally honest with you. I had a weight problem. I was a good Christian, reading and teaching the Word constantly, but it wasn't until I began to apply these principles DAILY that I got set free! If you love the Lord, go to church and read God's Word, you probably already know these verses -- but are you applying them EVERYDAY to your "weight issues"? No, probably not. However with this plan, if you will just stick to it, you will apply these spiritual principles easily, every day, and I'm telling you a year from now, you'll be a different person! The Word works! And the principles within the Word work and they will work in EACH AND EVERY AREA OF YOUR LIFE—if you'll just persevere!

Anyway . . . back to our text. Guys, on this plan, you are going to #1) take communion and receive the power of Jesus' finished work on the cross into your fitness goals. Then, you'll #2) pray according to what we've already discussed and proclaim by faith these faith declarations. You're going to speak to your "mountain", by speaking directly to your body and then speaking directly to the extra weight on your body. By doing this, you are rising up in the authority you already have as a believer and relegating that authority towards your body in Jesus' mighty name.

Now let me throw this in. I debated over making that first sentence read, "Body, I speak to you *in love* and reclaim you. . ." but I left it out for brevity sake. However, I do feel this concept needs to be addressed.

Friends . . . don't hate your body! I mean, think about it, it's the only one you've got!

Having ministered on this subject for many years, I hear people constantly expressing "hate" towards their thighs, or their behinds, or their stomachs or just their bodies in general. And, I understand that mindset because I didn't exactly "love my body" when I looked like I did in my "before" picture on my website! However, I have learned over the years, that "you catch more flies with honey", if you know what I mean! If you have a child and you tell that child, "I hate you! . . . now do what I say!" What kind of response will you get? A half hearted one, if that, Amen? Well, what have we said to our overweight, out of shape bodies, since we have been overweight and out of shape? Basically, "I hate you and I wish you weren't the way you are" Right?

Let me suggest that you begin, as of this day, a whole new approach. Love your body unconditionally the way it is right now. You see, even as a child will response so much better knowing he's loved, so will your body. If you tell your child, "I love you, BUT, I want you to do this or that. . ." you will not only feel better about yourself, but you will also, create a more powerful environment for change. Well, the

same goes with your body. And I don't want to get to "bio chemical" here, but the truth is that your body has actual "intelligence" within every single cell. Yep, they are smart little suckers and they "sense" things through your nervous system, like hate and anger. So, if you've been "hating" your body, because it's not the way you want it to be, let me suggest that you first apologize—yes, to your body. It's been doing the best it could according to what you've been feeding it and the amount of physical exercise and supplements you've been giving it! It's really not "IT'S" fault . . .um, it's kind of yours. . . (yipes, don't shoot the messenger, please..... ☺)

Anyway, to sum this up, because your body has intelligence within each cell, you need to think about your body with LOVE! Make your body a part of your team! Decide that it's a brand new season in your life and you are going to do all that you can to make it happy and healthy and lean and strong! Because when you make your proclamations with the right attitude . . . I believe, you'll get much better results! Ok, that was just a rabbit trail, let's go on!

What were we talking about? Oh yes, our proclamations! Now, that I've explained the "tone" in which you should speak, let's talk about the specifics of what you will be speaking.

The first thing you will do is "reclaim" your body. Now, this is not a term we use that much in Christian circles, but when the Lord spoke it to me it really stuck. I truly feel that in this particular "season", that this is what the Lord **WANTS** us to do. He knows we have this right, this authority, this ability in the spirit realm to "reclaim" anything within the sphere of our life. And, I feel too, that this truth is being revealed now, because of the tremendous spiritual "challenges" that are headed our way. Now, I don't want to be preaching too much about the "end times" here, but, really, can't you just "feel" in the Spirit realm that things could possibly get pretty bad? I'm not prophesying that or wanting things to get worse on this earth to prove God's judgment, like some people do. . . I just believe within the depths of my being, that the Lord is preparing His people to be a mighty army, a powerful "force" on this earth. And being a "spiritual fitness fanatic" like I am . . . to me, it just stands to reason that part of this preparation process includes, becoming lean, strong and healthier, so that we are physically better able to carry out God's will in our lives!

So, you will "reclaim" your body in Jesus' name. Reclaim it from what? Well, from anything causing it not to be how you would like it to be. Reclaim it from the enemy, reclaim it from your fleshly sin

nature, reclaim it from your sugar addiction—I don't know and it really doesn't matter the "who's or the whats" . . . Just reclaim it by faith and watch it come back to you! ☺

Now, in the process of your proclamation, you're going to next, "command" your body to conform to God's will for you. Again, that's not to say that you're "out of God's will" if your overweight and out of shape, but if you're reading this book, you probably have some issues in this area that you're not happy with. So, my theory is that if you weigh 200 pounds and you're perfectly content, then, that could be God's will for you. But, if you weigh 200 pounds and are miserable night and day about that fact, then, possibly, THAT DISCONTENT could be the indication that there is "more of God's will" to "get into"!

Remember, I'm not judging you in anyway . . . I'm here FOR you, not against you. The "being in God's will" is not about getting to any particular weight or size or shape—it's about getting to a place where you feel peace about your body. THAT is the freedom from the bondage that the Blood of Jesus brings!

Next, you will then, speak to the extra weight on your body, which truthfully, is a whole different situation! Guys, love your body, speak to it to conform to God's will but, when it comes to this "intruder" of the extra weight on your body, be stern! Remember, we talked about how God can burn fat and how it's basically just useless "stuff" that has no real power! Well, you telling it to "go" in Jesus' name will do more to it than you can imagine! The Power of God is already going to be working on your behalf . . . so your speaking to it to "go" with the authority you have through Christ, is going to be right in line with God's power and will supercharge the process on your behalf!

Now, we already looked at the passage in Mark 11, where Jesus says to speak to the mountain and "be removed" but let me show you this passage, to fully explain the reasoning behind this part of the proclamation.

Matthew 21: 18-21 (New Living Translation)

¹⁸ In the morning, as Jesus was returning to Jerusalem, he was hungry, ¹⁹ and he noticed a fig tree beside the road. He went over to see if there were any figs, but there were only leaves. Then he said to it, "May you never bear fruit again!" And immediately the fig tree withered up.

²⁰ The disciples were amazed when they saw this and asked, "How did the fig tree wither so quickly?" ²¹ Then Jesus told them, "I tell you the truth, if you have faith and don't doubt, you can do things like this and much more.

WooHoo, don't you just love that? Jesus SAID—"you can do things like this and much more!" Now, I personally don't have any problems with fig trees, but I do have a "problem" with the extra weight on my body that is harming my health and making me feel terrible about myself! So, what I have learned, and what you will do DAILY on this plan—is to speak to that "mountain" of extra weight and tell it to "wither" and "be removed" in Jesus' name! That strategy is straight from the Word of God and I can tell you from experience, it works!

Next, you will end this part by doing one of my favorite things in the whole world—decreeing!

You see, I have this whole "Royalty thing" going on in my mind and next to spiritual fitness strategies, it's my number one obsession. Friends, you are royalty as believers in Christ. The "King of kings" is inside of you and that makes you a "little K" king too! And we won't even go there because that's a whole different aspect of my ministry, but I do want to mention it to say this. Kings decree! Read the book of Esther, there are "decrees" all over that book! You are a king in the spirit realm and that gives you full authority to make "decrees" according to the will of God and fully expect them to manifest. Look at this verse.

Job 22:28 King James Version)

²⁸Thou shalt also decree a thing, and it shall be established unto thee. . .

And out of the Amplified it reads:

Job 22:28 (Amplified Bible)

²⁸You shall also decide and decree a thing, and it shall be established for you. . .

Now, as far as I'm concerned that's a powerful promise! We can "decide" and decree a thing and it shall be established? How about "deciding" we don't want to be overweight and out of shape anymore and that we want to be lean, strong and healthy for the Glory of God? I think that's a pretty wise decision and one that the Lord will honor, don't you?

So with the last part of your proclamation, you will "decree" that you are lean, strong and healthy in Jesus name. It's as easy as that, and according to this verse, it WILL be established for you, Amen?

Now, also, I added a parenthesis there, because personally, I often add some other descriptive terms to my decree. You may have some things about your body that really burden you. Well, here's the place

to add them in to the power you will be releasing into your life. You may want to say something like, “lean, strong healthy and full of self confidence “ , or “lean, strong healthy with an abundance of energy” or, “lean, strong and healthy, with clear and blemish free skin. . .” The list could go on and on but just know that, whatever your particular “thing” is, that thing you deal with physically, you should add it in here. Believe me, the communion you are taking each day is POWERFUL ENOUGH to cover the whole gambit of your personal health issues! Amen? Amen!

Chapter Eight —Walk it out!

If you've made it this far, then Praise God! I'm proud of you for enduring all my rabbit trails and lengthy explanations! I promise I won't keep you much longer, because we are about enter the home stretch and put this all together so you can get to work, walking all of this out. Guys, this is the part where the "rubber meets the road" so to speak, in that we are going to discuss now, some of the actions for you to be aware of **daily** that will help to fulfill **your** part of the plan.

You see, up until now, we've been putting the Lord to work by activating the spiritual laws and principles that we have discussed thus far. But, now it's time for YOU to get to work and get yourself organized in the things you should do in the natural realm to facilitate bringing all of this about. It won't be hard though—believe me! With your new mindset and God's power energizing you every step of the way it will be a whole new ball game! In fact, I'm here to tell you, it's going to be fun!

Realize today, that everyone likes to be a part of something greater than themselves. And, with this plan, those of us that are using it, are going to be a part of something, not only greater—but more noble and just and righteous than anything there is. We are going to be "a part of" bringing Glory to our Savior, simply by doing something we've been wanting to do for a long time anyway—and that's getting in shape!

On the "walk it out" section of your check off list, (which just happens to be Step #3) we will daily, learn to simply be accountable to ourselves. How? By taking time to think about the things mentioned on the sheet and purposely attempting to approach all of these in a way that will be conducive to this plan.

Do you remember in the prayer, that we asked the Lord to "lead, guide and direct us in our eating, exercise and supplementation habits? Well, the remainder of this check off list simply gives you the opportunity to stay focused on His doing just that!

Confused? Don't be! Let me go over each of the things listed and then I feel sure you'll more fully understand.

The first things listed are, breakfast, lunch, dinner and snacks. Now, it's just a general "diet" theory, that, if you write down what you eat, you tend to be both more careful and less apt to overindulge.

Now if that doesn't sound like "fun" to you believe me, I understand. When I was in college and studying nutritional counseling, we had to fill out forms like this both for ourselves and also for our patients for the purpose of evaluation later. Well, (confession time) when I came to doing my own, I usually would wait until the day before they were due and just right down a bunch of stuff that I thought sounded "healthy" so my professors would think I ate right! Ha! So, I want to tell you right up front that that's not what this is all about!

You can write on this or you can skip it, it is not going to "make or break" the power of God that's working in your life. However, if you really want to get serious about all of this, I promise you will find that if you just keep this handy . . . and simply use it to keep yourself organized and focused, it will prove to be an effective tool! On the breakfast, lunch, dinner and snack part, just jot down, during the day, the "gest" of what you ate. When you do that, it suddenly becomes VERY apparent to you, when you have made good choices and when you have made bad. If you write down under the "snacks" part, a quart of ice cream and an entire family size bag of cheetos, suddenly, those words are going to fly off the page and scream to you "Bad choice! Bad choice!" And, I'm not trying to put you down here, but remember that since you are praying forth God's power for supernatural fitness, ***YOUR part is to work in harmony with that power so that it is able to bring itself to pass!*** The Holy Spirit remember, is now your "trainer". And when you begin to record your food choices on paper, His loving guidance will make it incredibly easy to see just how much "harmony" or "dis-harmony" you two are walking in!

Friends, your eating habits are going to change for the better because of all of the spiritual laws you are activating in this area. This check off sheet just makes it all more apparent. Write down what you eat and work on improving what you need to. No big guilt trips here . . . you and the Lord will work it all out! I do want to make one small suggestion though. And it's just something I have learned personally over my years of focusing on this subject. ***I believe the dinner meal can absolutely make or break your weight loss goals.*** The Lord has made our bodies in such a way that our metabolism slows down in the evening to prepare for rest. I have found personally, that if I eat "big" at night—I'll feel the weight creeping back up, but if I eat as light as possible at night, I can lose or maintain my weight easily.

One rule of thumb I try to always incorporate into my life is to not eat after 7pm. I am all into the prophetic meaning of things and 7 is the Biblical number that denotes "perfection and completion". To me, if I cannot eat whatever it is before then, then I really just don't need it. You know, tomorrow is always another day. It's so much better to eat heavier at lunch, while you still have time to burn off

those calories, than to eat heavier later on, when you will go to bed with a full stomach and probably be miserable.

Pray about fasting from some meals too. When I first started my study of “spiritual fitness” concepts years ago, I had an extra 80 pounds to lose. As I sought the Lord and told Him I was ready to begin, one of the first things He prompted me within my heart to do, was to fast from sugar for 40 days. I will never forget that, because at that time, 4 “Little Debbie” swiss cake rolls (yes, 2 packs of 2 making 4!!) made up my average breakfast! (Yep, It was pretty sad!). Anyway, when He told me at that time to fast from sugar, I probably laughed right out loud in disbelief! “No way!” I thought . . . “I can’t Lord . . .” . But, guess what, I had studied this all out and knew the Lord had shared some awesome revelation with me, so, I knew that I HAD to obey. With that, believe it or not, (I remember it very well!) I never even craved sugar during those 40 days! I’m here to tell you that the presence of God was so real and so powerful in that fast, that I was amazed at how easy it truly was. And, I remember too, that when I finished that fast, I knew something inside of me had been changed. I could sense that I had been delivered from a “sugar problem” I had had for a long, long time.

Now, do I still love and eat sugar? Sure! But, ***I’m*** in control and ***not*** that piece of chocolate cake and that, my friend, is how the Lord intends for His people to live! Amen? So, just pray about all of this and continue to be open to the Lord’s directions. And, I say that in this section as I’m talking about dinner and not eating late, because many times during the week, the Lord will put it on my heart to fast from dinner. Now, I’m not saying that that is what He’ll do for you, but I know that personally, that is part of my “strategy” from the Lord.

You see, I tend to eat out a lot at lunch and usually have a pretty calorie dense meal. But, because the Lord and I are always working together in this area and we have for a long time, I just “know” when He’s telling me to fast from dinner. When I get that “impression” -- I just obey, knowing that it is for my greater good. And, too, for me, if I were just “skipping” dinner, I’d end up feeling like I was being “deprived” and that just doesn’t sit well with me! Haha! So, if I think , “I’ll just skip dinner”, I usually end up caving in, and eating something way too late, because my reasoning says, “but I didn’t have any dinner and I’m hungry!”.

However, I have found that when I come in the house in the evening and just feel that prompting in my spirit to “fast” from dinner, while it may be slightly “tough”—it’s always doable! And I never feel

“deprived” because I know that that is a spiritual discipline that is being used to make me stronger in many, many ways.

And again, I’m not telling you to fast anything, or skip dinner on this plan or anything specific in anyway. I’m just sharing with you, some of the ways the Lord has worked with me, as I developed and walked out, the principles I am sharing with you now.

Everything YOU DO on this program is strictly between YOU and GOD! Sure, ask your friends, how they lost weight—read the magazines about how the “stars” lose weight—you can never get too much knowledge. But then, filter it all through your relationship with the Lord and allow the TWO of you, to work together to create the perfect “system” just for you!

Friends, **THERE IS A WAY** for you to lose weight and get in the best physical shape of your life! It starts with the Power of God and is activated daily by all of these Biblical principles, but in the NATURAL REALM there are actions that you are going to have to take and changes you are going to have to make to see this through. Yes, there are things that have to be done, but be assured that as you seek the Lord about it, it will become increasingly apparent what God’s plan is for you!

Ok, let’s move on! Next on the sheet I mention water. Do you know why I mention water? To get you to drink water!

Now, maybe you’re really “up” on this and you know all the zillions of benefits that drinking water brings. Good, then I won’t have to tell them to you. But, on this plan, I really believe that to facilitate God’s supernatural fitness power you need to be drinking alot of water, so I placed it on your list. You can just put a “yes” or a “no” by this, indicating that you did drink water that day or not, or you can put how many glasses, bottles, ounces, etc. you drank. It doesn’t really matter, just know it’s there so that you’ll remember every day to drink water and lots of it if at all possible. The dietary effects are proven, “Google” them. You know you need to drink it, so let this plan remind you to do so.

Now, next I put “supplements –vitamins and herbs. Do you know why I included it on this list of reminders? Because I can’t tell you the times that I have had people ask me, would you sit down with me and go over all the vitamins and herbs I should be taking? And, I say “sure”—and do a drawn out study of their needs and why they should take certain supplements and I see them a month later and ask, “how are you doing with those vitamins?” And what do they say? “Oh, I forgot to take them!” (Grrrr.....mad face) Just picking!! But, really, people—Hello?!? You need to take at the very least a

multi vitamin every day. It's easy! You just put it in your mouth, take a drink of something and swallow! There's it's done—and you've probably just added years to your life through the nutritional benefits it will bring!

Now, again, I can't tell you what to take in this setting -but the Lord can. And he will speak through the internet, books, magazines, etc. to do so. Check out the women's magazine covers, when you're standing in line at Wal-Mart. Very often those inexpensive weekly type publications will have right on the front cover something like "A vitamin to give you energy" or, "an herb that will cure hot flashes", etc, etc, etc, There's an herb for whatever ails ya, did I mention that? Take your supplements! You will need them to be lean, strong and healthy for the Glory of God—"nuff said"!

Ok now, Momma Peggy is talking through these next two listings. . . "fruits and vegetables". And again, it's here on this list, because it's something ***we should do*** (eat them!) but something we all too many times do ***NOT!*** And you know you need to eat healthier—I know you do. So this is just to remind you to try your best to incorporate into your diet more fruits and vegetables. No big lecture here. I'm not your Holy Spirit. Just be open to His leading and watch how "suddenly", not only do you notice yourself eating more fruits and vegetables (this sheet will make that apparent) but, "suddenly" you'll notice that chocolate bar you used to eat every afternoon, just doesn't taste as good . . . and now "suddenly" you really would love to have a nice fresh apple! Yum—grocery store produce aisle here I come! And speaking of apples . . . I highly recommend KEEPING them handy. You can get a big fresh bag of apples at Sams for around 7 bucks and maybe it's just me—but, I just feel they are one of God's perfect foods.

Pray about that—the apple has gotten a bad "rap" as being the symbol of the "forbidden fruit" . . . but what if the enemy just doesn't want us to be aware of all the tremendous health benefits they bring. Just a thought—but think about it. . . ???

Ok—Now, next on the list, "sugar and salt". Sugar and salt? -- NO , I am NOT telling you to eat lots of sugar and salt! Help me Jesus no! It's included on this list to make you blatantly AWARE of the amount of sugar and salt you ingest each day. You see, I just ***couldn't*** go through a list of things for you to consider, when working in conjunction with God's power in this area, without mentioning these two incredibly powerful foes! Yes, "foes"! Do I love sugar and salt—yes I do! Do I eat them regularly? Yes I do! Have I learned to be incredibly "careful" as to how much of both? Yes I have and it's only through the leading of the Lord that I have become such an outspoken opponent of them both. Why? Well,

here's the deal. In the early part of this year as I was seeking the Lord about some things I felt a word from the Lord "bubbling up" in my spirit that went something like this:

"Sugar and salt have been used by the enemy to cause my people to sabotage themselves"

Now, I know that sounds kind of "out there"—but remember, I've been talking to the Lord about this overall subject for a long, long time! He knows I am always open to new revelation in the area of "spiritual" weight loss and fitness strategies and He knew that I would get that out to you. But, first let me make a disclaimer and remind you again-- I love sugar! Give me the corner piece of cake every time! Trust me, I'm not coming at you as some "holier than thou, you sugar eating sinner you" person. I'm one of you—**but** I'm been changed physically by applying God's power to my life and now, my mission in life is to share with you what I learned, OK? I love sugar and salty foods—but the truth is that the enemy has taken something that the Lord put on this earth as **a good thing** and enticed us to over use it to the point where it becomes **a bad thing** and that is the thing we must now address!

Guys, I know of a lady who has lost almost 100 pounds now and all she has really done in the natural realm is cut out sugar! Yes, it's yummy sure—but, what is the "generic terminology" you think of when you mimic a "kidnapper" trying to entice a child to go with him? "Hey little girl, would you like some candy?". Isn't that suppose to be one of the classic "kidnap lines"? Well, what does the enemy say to us? "Hey little girl (or big girl) . . . would you like a donut?" "Hey little girl, would you like some cheesecake"? "Hey little girl, would you like a little Debbie swiss cake roll"? (ha! That's what I hear anyway!!)

Friends, I hope you get my analogy here, and I pray the Lord is opening your eyes to some truths. We have to get our sugar intake and our salt intake under control if we desire to be "lean, strong and healthy" for our Lord! We just have to! These two substances simply play way to big of a part in our weight loss and fitness efforts to just be ignored! And I mention salt because that is what the Lord mentioned to me, and it's not so much that salt makes us gain actual weight weight—as in added fat tissue like sugar does, but it's that salt just makes us FEEL SO YUCKY when we take in too much.

You see, salt and high salt food causes your body to retain fluid and that extra fluid in your cells has all kinds of negative effects. Try eating a whole family sized bag of cheetos one night and just see how you feel the next morning! You will feel fat, puffy, bloated, miserable and horrible about yourself in general! That's just the way it works! Yes, salt is great in many Godly aspects—but TOO MUCH SALT—AND / OR

--TOO MUCH SUGAR --CAUSES YOU TO SABATOGUE YOURSELF IN WAY TO MANY WAYS! I could go on and on about this but I won't. Study it out for yourself and talk to the Lord about it. He will "lead, guide and direct you" in making wise choices and changes and this check off list will keep you both aware of and accountable to, His direction! Praise God!

Ok, to end this section up, let's talk a bit about the "exercise" that's mentioned at the end of the sheet. If you notice it says, "cardio" and "weight resistance". Why? Well, because those are the two main categories of exercise. There is "cardio" or aerobic type exercise like, walking, running, biking etc., that mainly works your cardio vascular system (your heart and lungs) and there is "weight resistance" or weight bearing exercise, which includes any activity that uses weights and/or resistance in your workout to specifically work to tone and strengthen your muscles. Now, talk about an "elementary" explanation—that's it! And do you know why? Because I know you guys already know all of that and you know too, deep down, that you need to exercise. That's why it's included on this organizational list and I'm not going to berate you about doing it. It's a given!

So, what I want MY message about exercise to be to you today is this. Because you are going to be praying forth God's power into your life for **Supernatural Fitness**—your exercise "regime", no matter what it is, is going to take on a whole new life!

I'm telling you, it's really almost funny, to see how the Power of God activates people in this way. Do you know there is an anointing for everything? People who do things easily are just anointed in that area and sometimes, when we attempt to do things we "fail" so to speak, because the anointing was or is just not there to accomplish that task.

Well, I said that to say this: The anointing is about to come on you to exercise like you never have before! I feel I need to "warn" you about this (😊) because you are about to amaze yourself in a wonderful way. Once you start praying and receiving this power, it goes to work. And it "anoints" you to do, all of the things needed to get your body in shape—which as you can imagine, includes exercise!

If you've never really exercised, get ready! You're going to find yourself wanting to go for walks, swim or maybe ride a bike, possibly a stationary bike, maybe that one out in the garage with dust all over it!

If you've exercised moderately, get ready! Because all of the sudden, you're going to notice the desire comes each day, to exercise more faithfully than you ever have, and you're going to love it more than ever!

If you've been pretty steadfast in your exercise habits, then guess what? The anointing on you is going to "kick it up a notch" and you'll find yourself becoming aware of tougher and more rewarding workouts!

Again, like I've said so many times, you'll just have to experience this for yourself. It's one of those things that becomes kind of an inside joke between you and God because only you will really know how much you are seeing / feeling/ experiencing His Power at work in your life. And, you know, it's really so much fun—to know that you are working with this invisible "presence" that is guiding you from the inside in your eating, exercise and supplementation habits. There's nothing like "co-creating" with God, in producing a body you really feel good about!

So, to end this section let me just say, get ready to exercise! It's a part of this plan, because it's just a part of the way the Lord set things up in this natural realm to help your body achieve fitness. However, with God's power on you and in you—your exercise will be fun, doable and incredibly rewarding!

Chapter Nine —Conclusion

Well, all good things must come to an end and this E book just happens to be one of them! ☺ Let me make a few closing points and then, I'll let you go, so that you can begin your exciting new lifestyle of ***Supernatural Fitness!*** Look with me at this verse.

1 Corinthians 6:14 (The Message)

¹⁴God honored the Master's body by raising it from the grave. He'll treat yours with the same resurrection power.

Now, this verse is a paraphrase version out of The Message Bible, but what really caught my eye was that statement, “He'll treat yours with the same resurrection power”. Friends, “resurrection” power is what we are getting when we take communion and apply it by faith to this area of our life! We are getting the Power that Jesus demonstrated by dying a complete and total death, going down through Hell, taking “captivity captive” (Ephesians 4:8) and rising again, to ultimately be seated at the right hand of the Father. He accomplished total victory for every area of our life, but we simply HAVE NOT been applying it to THIS area—until now! That “captivity” you've been in has been taken “captive” by our Lord. Which means, your overweight and out of shape condition has already been overcome by Jesus. He's paid FULL PRICE for you to be free in this area and to give you peace about your body, and it's time that we begin to receive this gift that is already ours!

It's kind of like Dorothy in the Wizard of Oz, when “Glenda the Good” points to the ruby slipper she's wearing and tells her, “you've had the power all along!”. Well, let me be your “Glenda” (I wish I had that crown!) and you be Dorothy and just realize—those “red slippers” you're wearing are the shed blood of Jesus that you have full right to “stand in” as a Believer in Christ! And guess what my friend? “YOU'VE HAD THE POWER ALL ALONG”! Jesus can do this for you! His power can go to work transforming your body at any given moment. All you have to do is tap into it by faith! That's the “realm” I've referred to so often—the Supernatural Fitness Zone! It's a place that you now have full access to, simply by knowing it exists, and it's a place you'll never want to leave once you begin to see its results!

Friends, I love you guys so much and I really just want every reader to know by experience what the Lord has taught me. You don't have to struggle in this area any more. The Lord is ready, willing and able to release His powerful presence on your behalf if you'll just cooperate with Him and do your part.

In fact, not only is He “willing” to do this, but He wants to do this for you, more than you realize.

As we close, let me share with you one more thing, that truly weighs heavy (another bad pun) on my heart. And I say this in all seriousness, with every ounce of anointing I can muster, because my prayer is that you won’t take this the wrong way, but that your eyes will be opened to the truth as mine have been.

Friends, when God originally made man, my sincerest belief is that He made man “lean, strong and healthy”. Now I know no one was there, but just use some common sense reasoning here. If God made a “perfect man” (and woman), He made them, in optimal physical condition --wouldn’t you agree? Now, as we know, sin came in and through the combination of the enemy and man’s “flesh” nature, mankind has been “altered”, for lack of a better word, into the physical condition we see in the majority of people now --overweight, out of shape and not really doing anything about it.

However, the Lord has shown me clearly that this is just not His intention for His people! I believe with all my heart that the Spirit of God grieves over the poor physical conditions of so many of His beloved children. And the worst part of the heartache, I believe, is the fact that we CAN do something about a huge proportion of this problem. We CAN make better food choices, we CAN refuse to overeat, we CAN choose to exercise on a regular basis, we CAN take supplements that greatly improve our health—we can, we can, we can . . . but the majority of us don’t.

Through this lack of effort my friends, spirits of disease have been able to attach themselves to God’s people in many forms. Diabetes and heart disease are the two main culprits, but as you know, there are many more. And that’s just the physical diseases. Mentally, there is a whole range of “infirmities” that come forth too -- depression and low self esteem being just two.

Guys, I tell you this, to hopefully convey to you my heart. I love my Christian brothers and sisters dearly and it truly breaks my heart to see so many, good, kind, loving Christian people be in bondage to this situation. I want to shout it from the rooftops—Jesus can give you the power to be free!

Jesus came to earth, to restore the damage that was done by Adam and the original sin. That sin came in through eating and the devil has been using that same “method” on us for too long. But, when Jesus came, in what I truly feel was a “lean, strong and healthy” body, He said in a sense, “this is what you can

have too --all that I am on the earth you can be too, which includes living in a body that is physically well and strong.

Now, trust that I'm not saying, everyone should be "skinny" because Jesus was probably "skinny" so don't write me emails—just please hear my heart when I tell you this. What the Lord has shown me, is that He wants to restore His people to His original intention. The way He created Adam and Eve and the way Jesus represented mankind physically, is the model, I believe the Lord is pointing us to. And because our weight and fitness level affects EVERY area of our lives, I personally believe that it is the root of our physical restoration. The enemy is using our overweight, out of shape bodies to greatly diminish the quality of our lives and it's time for this to stop.

I have been commissioned by God to release to you friends, the anointing to be set free. I have waged many, many battles over this revelation and just this year, the Lord put such a tremendous burden upon me that I could not be silent any longer. I am going to have you read this closing prayer, and again, like at the first of this book, read it as if, I'm with you praying this over you personally. Because I know that I know, that I know, that His power will go forth into your life when you pray this, simply because I have faith in what He has ordained me to do. Read it as if it were me praying and simply receive.

Lord, because of the anointing you have placed upon my life, I release now, your fitness power into each and every reader of this prayer. I break off any and every demonic influence affecting their weight loss and fitness desires and I decree by the authority I have in Christ, that they are FREE in Jesus' mighty name! Be free! Be free! Be free! Amen!

Friends, today marks the beginning of a whole new 'world' for you. A world of health and fitness and contentment and peace—Go forth by faith! I'll be praying for you,

Peg

PS. If you've never received Jesus' death, burial and resurrection PERSONALLY into your life as payment for your sins, you can do that right now. Just pray a prayer something like this:

Jesus, I admit to you that I'm a sinner and I am in need of Your forgiveness. I believe that You are the Son of God who died on the cross and rose again as payment for all my sins. I accept now, your gift of eternal life through faith in You alone and receive You as Lord and Savior of my life. Amen.

Supernatural Fitness

Step One: Communion

“I take of this bread as a prophetic symbol of your body Lord, and by it receive all that you are and all that you accomplished through your finished work on the cross to bring leanness, strength and health into my body. Also, I take of this juice as the prophetic symbol of your blood Lord, and even as it was poured out for the forgiveness of my sins, I believe that it was also shed for the health and wholeness of my body. Use this in the spirit realm to cleanse me of all ungodly influences and to bring forth a renewed impartation of energy, strength and fitness into me now in Jesus’ name.”

Step Two: Prayer and Proclamation

“Lord, I receive “Supernatural” fitness today and ask that you saturate my body and my life with this aspect of your power! Lead, guide and direct me in my eating, exercise and supplementation habits so that MY actions in the natural realm are in harmony with YOUR power in the Spirit realm that is working right now on my behalf.

Body . . . I “reclaim” you *in Jesus’ name* and command you to conform to God’s will for me. Extra weight, I take authority over you *in Jesus’ name* and command you to “wither” and “be removed” from me -- and lastly, I decree *in Jesus’ name* that I AM, lean, strong, and healthy (plus anything else you feel led to add)!

Step Three: Walk it out

Breakfast:

Lunch:

Dinner:

Snacks:

Water:

Supplements (Vitamins and Herbs):

Fruits and Vegetables:

Sugar:

High Salt Food:

Exercise-Cardio / Weights: