

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!** Hmmm....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...