

*“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.” Romans 12:2*

This is my verse! It also has been my specific prayer for 3 years. I have struggled with overeating since the age of eight. My weight was like a yo-yo; up then down, down then up. This was a struggle that overwhelmed my life and made me feel worthless most of the time. I am a Christian I should be able to have victory of the sin of gluttony.

It wasn’t until a doctor told me I was pre-diabetic that I set in my mind and heart to allow God to change the way I thought about food. This was followed by on purpose prayer, writing down everything that passed through my lips. I drink water until I feel like my stomach is a washing machine, you know the sounds slush, slush. Exercise has been a part of my daily life for years and continues to be. As I have had success, the Lord now is challenging me to change the way I think about another area of my life, change – areas of my life I cannot control.

Is God prompting you to change the way you think about a person, a situation or a habit?

I know for a fact, the Lord never asks us to do anything, that He doesn’t give us the power to do. His Word says, “His strength is made perfect in our weakness”. II Corinthians 12:9

I want to encourage you to OBEY, let Him show you how much POWER you really have as you SURRENDER to Him.

What is one step you can take to allow God to change the way you think?

You won’t be sorry . . . JUST DO IT!

Gaye Reed  
Life Purpose Coach®  
[gayer@calvarybellflower.org](mailto:gayer@calvarybellflower.org)