



Four Essential Ingredients for Weight Loss

Missing Parts Results in Missing Out!

The four essential ingredients I present in this teaching are clinically proven to be necessary if you want to end overeating and finally drop those unwanted pounds. For a fully explanation you can read *The End of Overeating: Taking Control of the Insatiable American Appetite* by David A Kessler, MD.

Ingredient One: _____

Ingredient Two: _____

Ingredient Three: _____

Ingredient Four: _____

Of which personal health issues are you aware that need your attention: _____

What is a habit you want to change to improve your health? _____

What will you do instead of the poor behavior you have done in the past? _____

How will you renew your mind by changing your thinking within the next week?

Why do you believe God wants you to drop the extra weight you are carrying? _____

Have you tried to lose weight before? If yes, what didn't work for you? _____

What do you need to be successful? _____

Beloved, I pray that you may _____ in all things and be in

_____, just as your _____ prospers.

3 John 1:2