

## *Five Steps to Activate Your Faith for Weight Loss and Health*

Nothing is Impossible with God

Step One: \_\_\_\_\_

\_\_\_\_\_

Step Two: \_\_\_\_\_

\_\_\_\_\_

Step Three: \_\_\_\_\_

\_\_\_\_\_

Step Four: \_\_\_\_\_

\_\_\_\_\_

Step Five: \_\_\_\_\_

Write the desire of your heart about dropping unhealthy pounds? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Have you made a quality decision to develop a lifestyle of health? If so, write your  
commitment: \_\_\_\_\_

\_\_\_\_\_

Do you submit your body to the Lord? If so, tell Him now. \_\_\_\_\_

\_\_\_\_\_

Do you nourish your spirit and your soul with the living Word of God? If not, can you develop a routine to focus at least 15 minutes reading scripture and praying? \_\_\_\_\_

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Write a statement or a few phrases about your health and your body that you can begin declaring over yourself. Make sure they agree with God's truth about you:

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For God has not given you a spirit of \_\_\_\_\_, but of  
\_\_\_\_\_, and of \_\_\_\_\_ and of a  
\_\_\_\_\_.