



LEAN GODS WAY

Rev. Phillip Goldfeder, M.D.

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PHILLIP GOLDFEDDER, MD

Expect to receive a transferable, knowable, "feelable," and tangible anointing for your weight loss from reading this book, because of its enormous Holy Spirit wealth and the abundance of God within.

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FOREWORD

LIKE “DOCTOR LUKE,” WHO was inspired by God to write one of the gospels and the Book of Acts, Dr. Phil Goldfedder experienced a radical, mid-life conversion. I first met Phil at Faith Fellowship World Ministries in Sayreville, New Jersey. I found him to be an extraordinary man, and what he told me about his experiences in the medical profession and the Kingdom of God never failed to inspire and fascinate me.

As you read *Lean God's Way*, you will see into the heart of “Doctor Phil” – a heart that seeks to reach as many sick and overweight people as possible for the Kingdom of God. This man, I soon discovered, possesses the compassion of Jesus, the One who lives within him.

The word “strength” is the most appropriate term I can think of to use in describing this truly remarkable man. You will see what I mean as you read this book, for it will soon be clear to you that Dr. Goldfedder is a radical follower of Jesus Christ. He is truly strong in the Lord and in the power of His might. (See Ephesians 6:10.) The joy of the Lord is his strength. (See Nehemiah 8:10.) Clearly, Phil is a valiant warrior in the army of God. He is not ashamed of the Gospel of Jesus Christ, for he knows it is the power of God unto salvation to everyone who believes it. (See Romans 1:6.)

Phil's enthusiasm for the things of God, including evangelism, spiritual warfare, deliverance, and healing, is truly contagious and exciting. His knowledge of God's Word and his practical application of the Scriptures are insightful and compelling. His love for God and the Body of Christ is vividly genuine.

God has called this special man into a ministry that many would consider to be unglamorous. As Phil puts it,

he ministers to the “down-and-outer and the up-and-outer.” It is his privilege to share the love of God with people who feel hopeless, including the terminally ill. He also ministers to church leaders, businesspeople, members of the clergy the mentally ill, and countless others. His specialty is to reach out to those who are victims of the kingdom of darkness.

Phil’s thrust in ministry is a “roll-up-your-sleeves-and-don’t-be-afraid-to-get-dirty” approach that is very effective, indeed. His energy is seemingly boundless, his style is simple and direct, his philosophy is based entirely on the Bible, and he provides uncompromising answers to the cries of the human heart. The people who hear his message know that he speaks the unvarnished Word of God, which has the power to reach into the deepest recesses of the human heart and arrest sin. At the same time, God’s Word provides people with a path in life that is full of peace, joy, health, and prosperity.

The book you hold in your hands is not about Dr. Phil. Rather, it is about the power of God and His anointing – an anointing that breaks every yoke. (See Isaiah 58:6.) It is a book that is filled with answers for you, no matter what your condition in life may be. It is a very helpful and useful book for pastors, church leaders; teachers, evangelists, and church members. For all those who struggle with issues related to their weight, this is a truly unique and effective book that will be a clarion call to positive and spiritual action that will accomplish victory in every area of your life. Most importantly, this book will lead people to the Lord Jesus Christ, who is the Great Physician of our souls and bodies.

Lean God’s Way is a battle manual for every spiritual soldier. It will help to stem the tide of iniquity that threatens so many in our present age.

This book will inspire you, challenge you, and set you free. It is filled with teaching and practical helps that

are both anointed and vital. Be prepared to make immediate changes in your life-style as you read, for I can assure you that you will never be the same after reading this book. In fact, it is likely that your life in God will become radical and Spirit-filled.

Reading this book will be a spiritual experience for you, and its anointing will touch every area of your body, heart, and soul.

The Rev. Mr. Vinny Longo
Founder, Victory in Jesus Ministries
Sayreville, New Jersey

PURPOSE OF THIS BOOK

THE PURPOSE OF THIS book is to teach and instruct you with regard to how to lose weight and to maintain your weight loss by using what I call “the KISS Principle”: Keep It Simple, Sweetheart. Since being overweight is a spiritual challenge, not a physical one, and it involves demonic and evil spirits, you can bypass all of the world’s diet principles and focus on the supernatural realm of the Holy Spirit in order to discover how to defeat the devil. The spiritual intensity of this book will enable you to recognize the Holy Spirit and join forces with Him. The key is that your human spirit, which dwells with the Holy Spirit, is already slim and trim, and He desires for you to experience this in both your soul and your body. You will learn about spiritual knowledge and the Word power that is necessary to accomplish your weight-loss goals.

HOW I CAME TO WRITE LEAN GOD'S WAY

I'D LIKE TO BEGIN by telling you how the title of this book came about. Let me assure you, it was not from me. My first book, *Healing Is Yours*, published by Author House in 2005 (ISBN: 1-4208-6070-4), took seven years (God's number of completion and perfection) to finish, as I worked in conjunction with the Holy Spirit. In my earlier book you will read how I extensively discuss the healing and deliverance powers of Jesus Christ of Nazareth through one of his vessels (me).

Then, a year ago, I began to accumulate notes for a book that was to be called *Weight Loss 4 Life*, but it just did not seem to come together. I wondered, "Do people need another food book, given the poor results of most people's attempts at long-term weight loss?" Anyway, it seemed that there was a glut of books on this topic in the marketplace.

Several people told me that God wanted me to write another book but I did not yield to their suggestions for a long time. Then the anointing of the Holy Spirit came upon me, and I sat down and began to write. This time I knew the message of the book would be based on the power of the Holy Spirit instead of upon man's ways and his human solutions. You always want your source to stem from the Spirit of Truth, not from man's ideas. As God moved within me and upon me, within two weeks I had more than half of the book completed!

So, get ready! God has a purpose for His book and a message for you.

I prayed, "God, I need a title. What shall I call the book?"

He clearly answered, "*God's Way*."

I asked, "Is that all?"

God then spoke the word, *Lean* to me. That was it! *Lean God's Way*, with a wonderful double meaning, thanks to the Lord. It had to be God, for I'm just not that clever!

DEDICATION

THIS BOOK IS DEDICATED to you, dear reader, as you fight your weight demons and choose to never give up in your search for the answer. I know that you desire to live with a good quality of life and inner peace, and you want to be slim and trim. Yet to some extent, you still want to eat as much of everything you desire whenever you want, as well. Then you pray not to gain weight. If that sounds like you, welcome back to “square one,” but this time, when you start again, you will be doing so with God and this will make all the difference for your amazing success.

You have obviously made up your mind to lose weight, and when this desire gets into your spirit, you can be assured that it’s a done deal. Did you realize that your desire stems from your destiny? God will be working with you, in you, and through you.

I also dedicate this book to your Comforter, the Holy Spirit, who acts in Jesus’ behalf on the Earth. I know that within you is a desire to have an intimate relationship with your Creator. I pray that the Holy Spirit will develop a close bond with you and you will draw close to Him so that He can continuously fill you with himself, feed you, and guide you toward your total weight loss.

Do you know that the Holy Spirit has already placed this intimate desire to be close to Him within you? You will soon find that ultimately this is the answer!

EPIGRAPH

YOU ARE A GOD-CREATED person with a “leased body,” and you are designed to live a quality life-style under the total guidance of the Holy Spirit. So let Him lead you each step of the way.

“And now,... what does the Lord your God require of you but [reverently] to fear the Lord your God, [that is] to walk in all His ways, and to love Him, and to serve the Lord your God with all your [mind and] heart and with your entire being, to keep the commandments of the Lord and His statutes which I command you today for your good?” (Deuteronomy 10:12-13, TAB)

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ACKNOWLEDGEMENTS

WHEN I REFLECT BACK on my own personal weight history, I realize that my first conscious concern about my weight began soon after my honeymoon in Washington, DC. On our honeymoon everything tasted great! Do you remember a sensitive and delicate time in your life that was similar to this? Or perhaps a stressful event that caused you to eat more than usual?

My disappointment came as a result of the truth that I had lost control of my eating habits during our honeymoon. From then on, there was always a constant struggle between the “food monster” and the “food police,” and I did not know to whom I should turn for help. Perhaps it would have been wise for me to ask a slim and trim person what he or she did, and what he or she ate, and then follow him or her around!

Time was of the essence, but it was certainly restricted during my time in medical school and my subsequent residency. So my search for an answer had to be put on hold, at least temporarily. To make matters worse, any applicable nutritional information that I acquired during my medical training was very limited, indeed. My exposure to a multitude of lectures, programs, books, menus, experts, diets, etc. never seemed to work for me on a long-term basis. It was only after I accepted the Lord in my life that I was able to turn it all over to Him, for then I realized that He had to be the answer.

This was like an *Acres of Diamonds* episode in my life. This is a wonderful story that was told by Russell Conwell, and I have paraphrased his message in the following paragraphs.

There once lived an ancient Persian farmer by the name of Ali-Hafed. He was a wealthy and contented

man. A certain religious priest visited him one day and stirred his mind by telling him about Old-World things like precious gems. He discussed diamonds and pointed out that they are really deposits of carbon. Ali-Hafed was greatly moved when he heard that one thumb-sized diamond could purchase the entire country, while a mine of them would provide immense wealth for his children.

Soon thereafter, Ali-Hafed became discontented, and he began to act like a poor man, both in his mind and his imagination. One night he went to bed, but he was unable to sleep, because he was constantly thinking about becoming immensely rich. He sought the help of the priest who told him he could find the diamonds in the river that runs through white sands, between high mountains.

This led Ali-Hafed to sell his farm and leave his family in search of diamonds. He spent all his money and time looking for diamonds in the mountains, in Palestine, and throughout Europe. As a result, he ended up in rags and poverty. When a great tidal wave rolled onto shore in Spain, he cast himself into the water and sank.

The man who purchased Ali-Hafed's farm toured his newly acquired land and noticed curious flashes of light shining from the white sands of the stream. He pulled out a black stone, put it on his mantel, and forgot all about it.

Some time later, the old religious priest returned for a visit to Ali-Hafed's farm, and he was greatly surprised to learn that his friend's farm had been sold. While there, he noticed the flashes of light that were emanating from the stone on the mantel, and after examining it, he told the new owner that it was a diamond! They both rushed out to the garden and discovered what became the diamond mine of Golconda, the most magnificent diamond mine in the history of mankind!

Had Ali-Hafed remained at home and dug in his own cellar or his wheat fields or his own garden, he would have uncovered *Acres of Diamonds*! Do you realize that you have *Acres of Diamonds* in your life? As you search for your answer to the weight challenges you face, you need to meet the Lord Jesus Christ of Nazareth and get to know Him on an intimate basis. Believe me, He has acres of diamonds for you!

In this acknowledgements section, I want to recognize all the servants of the Lord who have dedicated their lives to Jesus and have played a major role in helping me find answers to the weight challenges faced by myself and people everywhere. I particularly found strong support from the works of Spirit-filled Christians and ministers such as Kenneth Copeland, Norvel Hayes, Marilyn Hickey, Benny Hinn, Vinny Longo, Joyce Meyer, and Derek Prince.

There are many other leaders who should be acknowledged, as well, and I apologize for not being able to name them all, but space won't permit me to do so here. Nonetheless, I thank God that each one has devoted his or her life to help all of us maintain our desire to be slim and trim, and they have provided us with the discipline we need to sustain the *Lean Cod's Way* life-style. I thank God, who knows who they are, for them and for the important insights they've given to me.

EDITOR'S PAGE

THIS PAGE IS DEDICATED to my editor, Lloyd Hildebrand, who is my spiritual brother and friend,

and is responsible for organizing all my Holy Spirit thoughts, ideas, and images in such a way as to bring this creative book together in a cohesive manner. His incredible editing ability has been already demonstrated through the tremendous success of my first book, a gift of the Holy Spirit for the Body of Christ.

This is, of course, all God, that two ministers have been joined together again to work as one with a united purpose. In *Lean God's Way*, Lloyd has incorporated the Holy Spirit's flow of words in such a way that people with various weight challenges will be enabled to be blessed and be healed.

The unity that God established as we've worked together on this book confirms the biblical truth that the place of agreement is indeed the place of power. Jesus said, "*Where two or three are gathered together in My name, I am there in the midst of them*" (Matthew 18:20, NKJV). As Lloyd and I worked together, Jesus was present with us. Because this is true, I know this awesome message will change the lives of those with weight-image issues.

Lloyd was able to "capture my rhythm" and bring harmony to my words, so you will receive revelations from God from which other revelations will arise. In many ways it seemed to me as if two people were writing the same book!

It's amazing to see how the accurate placement of a few words here and there can make such a profound difference in a manuscript's development. Lloyd's godly endeavors in behalf of this book confirm his God-given talent. He was able to interpret what I meant to say or

wanted to say and express it with the clarity that comes from empathy and understanding. -

As you read *Lean God's Way*, I think you will see why Lloyd is a pleasure to work with. I thank God for his love for the Lord and his great sense of humor. These are just some of the reasons why he is so blessed and favored by the Lord. Thank you, brother Lloyd!

Phillip Goldfedder

October 20, 2006

PREFACE

YOU MUST BE WONDERING why the end times should have anything to do with *Lean God's Way*. The truth is that you need to get ready for what some ministers are referring to as the “closing hours” of human history by preparing yourself to be as mentally efficient and as physically healthy as possible. Soon, we all will be facing difficult times. This is predicted by the Bible, which is the Word of God.

The topic of the “last days” or “closing hours” can sometimes be a very controversial issue. Therefore, it's important for you to remember that Jesus is our Teacher, and He is the only true authority in the world today. He has outlined the sequence of end-time events in the Bible, but even He does not know the exact time of when that climactic event will occur.

The quickening of the Holy Spirit through the Scriptures is being given to present-day traveling prophets, however. Instead of experiencing fear when you hear certain words such as “anti-Christ,” “the Rapture,” “the Tribulation,” and “the Millennium,” you need to simply seek God. Because you are a believer, Jesus has called you His saint, and He wants you to take part in the harvest that all believers will be reaping at the end of the age. Therefore, you must endure until “the end” comes. As you do so, remember that “the end” will actually be the beginning for you and for all those who love the Lord Jesus Christ.

In the near future you are going to be exposed to some of the greatest end-time miracles and demanding tests you have ever experienced or heard about, and you need to be ready for these events in both the natural and supernatural realms of your life. Again, you need to be in your best divine physical and spiritual health so you

will be ready to help annihilate the works of the devil, which is one of the purposes why Jesus came to Earth.

“He who sins is of the devil, for the devil has sinned from the beginning. For this purpose the Son of God was manifested, that He might destroy the works of the devil” (1 John 3:8, NKJV).

Let me take this opportunity to summarize your purpose in reading this book. You are fighting a spiritual battle, and you have been losing, because you cannot fight the devil with natural weapons like emotions, diets, pills, programs, self-pity and your mirror. You don't want to get into remedies rather than the power of the Holy Spirit and consequently put your faith in the wrong avenues.

You need to have spiritual weapons to use in your supernatural combat – the Word of God, faith, trust, truth, belief, and the Holy Spirit. Stop trusting in yourself and man, for God has given you power, ability, and victory. All you need to do is to simply execute your God-given abilities and use your God-given weapons. As you do so, victory will be yours!

LEARN TO LAUGH AT YOURSELF

Learning to laugh at yourself and not take yourself too seriously is one of the keys to your healing. That's why I've included some humorous anecdotes in the book to help you laugh at yourself. There's great healing in humor, you know.

Part of my philosophy of life is not to take myself too seriously, as you will see while you read this book. I want this to be contagious, so that you will be able to find humor in your situation, in your life, and in your circumstances, whatever they may be.

Years ago, I started to learn to laugh at myself. This relieved me of so much of the pressure of my daily life as a neurosurgeon. There's healing in humor, and a merry heart truly does good, like a medicine. I want you to learn to accept yourself and develop a sense of humor about yourself and your weight, because there absolutely is healing power in laughter. As you know, it is not my intention to offend anyone by the anecdotes I share in this book.

Read the stories with an open mind and enter into the joy of the Lord, which is your strength. God wants you to experience His unspeakable joy that is full of glory, so learn to laugh at yourself. Laugh at your weight. Laugh at the devil. Laugh at your weight challenges, for the truth is that they will soon be over! This truly is a cause for rejoicing.

As you enter into joy, the devil will flee from you, for he hates laughter. Of all individuals, he takes himself very seriously, indeed, and he is quite unable to laugh at anything except calamity and destruction. Rise above him, therefore, and enter into the joy of the Lord by learning to laugh at yourself. This is one of the things that will send the devil fleeing.

You will soon discover that your mourning will be turned into laughter and your sorrow will be turned into joy, for God is beginning to manifest His healing in your life.

INTRODUCTION

THE TRUTH IS THAT you do not have to carry any extra pounds around with you, for they can actually be unwanted “gifts” from the demonic, supernatural realm. They are designed to reduce and even eliminate any approval you may have of yourself. Did you know that the way others see you is really the way you see yourself?

This reminds me of the story of a patient who came home following a visit with his psychiatrist. He reported to his wife, “I no longer have an inferiority complex!”

His wife was excited to hear this and asked ‘What does he say now?’

He responded; “He told me I’m just inferior!”

This might be funny if it were not true, because people usually identify themselves erroneously by the way they look and feel. You have to like yourself and feel good about yourself because of who you are in Christ.

However, it is the devil’s job to keep you off-guard and overweight, so he deceives you through self-rejection and self-hate. Among other things, do not allow him to keep you from becoming the kind of person God wants you to be.

ARE YOU COMFORTABLE?

Are you comfortable with your situation? *This question reminds me of the Jewish store owner who was adjusting a new sign on the roof of his store when he accidentally slipped: and landed flat on the ground: A police officer arrived on the scene, rushed over to the victim, rolled: up his coat, and placed: It under the man’s head: He then asked: “Are you comfortable?”*

The man replied: "I make a nice living."

To be comfortable is to enjoy the comfort the Holy Spirit imparts to you. Out of that Spirit-supplied comfort comes the power you need to *Lean God's Way* and be *Lean God's Way*.

Did you know that what you do not hate, you will tolerate? As much as I hate the word "hate," I am referring to demonic activity that causes you to accept the gradual and cumulative effects that will result from consuming too much food. The reason you tolerate it is that you don't know what to do about it.

Regardless of the pleasurable rewards associated with eating, there are great penalties you have to pay when you eat too much. This is called bondage or living as a slave. I want you to be aware of the devil's treacherous "DIM agenda" against us, which I've summarized as follows:

D = Domination

I = Intimidation

M = Manipulation

His agenda dims your view of God and causes you to see yourself as less than you are.

In light of these truths, you must follow up on your initial decision to succeed with your desired weight loss by approaching it in God's way. What do you have to lose, except unwanted pounds? One reason you haven't been successful in the past is that you were attempting to lose weight on your own by using man's acumen and intelligence instead of applying God's wisdom to your situation.

As you know if you watch the news, there is always a new study that contradicts the last new study; God's Word, on the other hand, is always constant and consistent. By gaining knowledge from God's Word, you can look forward to becoming an overcomer and a

winner, and this will enable you to resolve unnecessary conflicts in your life.

Later, we'll discuss the Bible's explanation about you being a three-dimensional person, and you will understand that you are really just fighting your flesh. As a result, you will learn how easy it is to crucify your flesh because God inside you will win this battle.

WHAT IS YOUR WEIGHT STANDARD?

One of the definitions of the word "weight" that is found in the *Merriam-Webster Dictionary* is "the standard or established amount that a thing should weigh." What is your weight standard? You or your health-care provider need to decide what this number should be rather than relying on some of those ridiculous insurance weight standards that appear to represent people who are actually suffering from anorexia. There are other false standards as well, and these are not limited to how another man or woman appears to you in real life, what you see in newspapers, photography books, magazines, the media, or on the Internet.

Please be reassured that the primary focus of this book will *not* be on the following factors:

- 1) Statistics on risks involved with being overweight.
- 2) Complications that result from overeating.
- 3) Reasons to lose weight.
- 4) Excuses we use to avoid losing weight.
- 5) Wonderful diets, menus, contradictions to acceptable and non-acceptable foods that can or cannot be eaten, vitamins, food supplements, metabolism, carbohydrates, fats, proteins, and nutrition.
- 6) Research findings regarding heart disease, blood pressure, diabetes, strokes, the gall bladder, circulation,

or other related physical conditions associated with increased weight.

7) Information on exercise, water intake, physical activity, stress, smoking, coffee, drinking alcohol, sleep, beauty, sin, or sex.

YOUR SENSE OF HUMOR

However, in this book, you will encounter some jokes related to weight, which I'm including for your soulful dimension, because the Bible tells us there is protective power in laughter. Laughter also upsets the devil, because when you laugh instead of reacting negatively, he knows you are "on to him."

Stop for a moment now and repeat this affirmation out loud, "I used to react out of fear, doubt, stress, and strife, but I refuse to react anymore to anything!"

Now reflect on what you have just said, remembering that Jesus never reacted to things emotionally; He always took action in spiritual ways. Neither was He ever passive or inactive; He was always proactive, and you can be, too!

I used to have a serious weight problem, but I prefer to use the word "challenge" rather than "problem." To me, a challenge is easier to overcome, while a problem never seems to go away. Now, twenty pounds may not be considered to be a big deal to you if you carry more extra weight than that, but to the person with any unwanted pounds, it is still significant. It certainly was to me!

Often, I would tell jokes in my efforts to reduce some of the "pain" I experienced as a result of my extra pounds. During that time I was unable to accept my challenge; slowly, though, I began to realize I was living on that big river in Egypt called "De Nile" (denial).

My prayer is that the following jokes will lift your spirits and make your heart merry:

*I was so heavy that every time I got on the elevator
It went clown!*

*My favorite diet was Limburger cheese, onions, anti
garlic. I didn't lose any weight, but I sure looked good
from a distance!*

*In my high school yearbook, I was so huge that my
picture was on pages 23 and 24!*

In sharing these humorous anecdotes with you, I hope you will learn not to take yourself too seriously. May your God-given sense of humor help you to see things from a new perspective – from His perspective.

This Scripture should convince you of the importance of joy and laughter: “*A glad heart makes a happy face; a broken heart crushes the spirit.*” (Proverbs 15:13, NLT)

Here is a great definition of “joy.” It is not the absence of suffering, but it is being filled with the presence of God. Remember that a day without laughter is a wasted day.

THE WORD OF GOD

Here is a vital word for you: get excited about the Word of God, because God is the One who will give you all the answers you are searching for and more. His Word, the holy Bible, is the only diet book you will ever need!

I found comfort when I heard someone teaching that adversity is the breeding ground for miracles. Hold to this bottom line: don't discuss your situation, but turn your attention to the solution. Please don't poison your future by focusing on your past. That is, why rebuild those burnt bridges whatever your past was, let it go.

LET GOD TOUCH YOUR LIFE

You only need a single touch from God in order to change and move on – so expect it! Expect Him to touch your life and to supply all that you will ever need!

Develop times of reflection during your weight loss celebration weeks (every week). This will enable your mind-set to change with regard to how you think, how you talk, how you act, and how you live in your imagination. Take your mind to the place where you spend time relaxing. With your mind's eye see the person you are becoming. Envision yourself as you will be when you lose those "extra pounds."

I personally adopted special joke material as my armor to handle those challenging times. But once I started losing weight, the fight was over and I won!

*'Whenever I stepped: on my weight scale, It read:..
"To Be Continued:"*

At the beach there was a scale that gave you both your weight and you fortune. I was so heavy, when I stepped off the card that came out read "Come back In ten minutes – alone!"

As you meditate, speak these commands to yourself and hang them up where your eyes will see them often:

LIVE SLIM AND TRIM
WALK SLIM AND TRIM
BREATHE SLIM AND TRIM
SLEEP SLIM AND TRIM
LOOK SLIM AND TRIM
HEAR SLIM AND TRIM
THINK SLIM AND TRIM
FEEL SLIM AND TRIM
TALK SLIM AND TRIM
ACT SLIM AND TRIM
SMELL SLIM AND TRIM

TOUCH SLIM AND TRIM
TASTE SLIM AND TRIM
LISTEN SLIM AND TRIM
BE SLIM AND TRIM
EAT SLIM AND TRIM
DREAM SLIM AND TRIM
SEE SLIM AND TRIM
MOVE SLIM AND TRIM

Eventually your body will respond to these commands, and you will enjoy their fruit in your life on a daily basis.

Now let's pause and enjoy a very funny story:

A couple of South Carolina hunters are out in the woods when one of them falls to the ground. He doesn't seem to be breathing; in fact, his eyes are rolled back in his head

'The other guy whips out his cell phone and calls the emergency services. He gasps to the operator, "My friend's dead? What can I do?"

The operator, in a calm, soothing voice, says, "Just take it easy. I can help. First, let us make sure he is dead

There is a silence: then a shot is heard: The guy's voice comes back on the line. He says, "Okay, now what?"

Obviously, the hunter didn't understand the operator's intent. This is a humorous case of miscommunication. I share the story to make a point: as you read *Lean God's Way*, be sure to carefully interpret its instructions correctly. Then, download all the book's revelations into your heart, for they will make the difference in your slim and trim life.

Why not begin your list by bookmarking your positive affirmations in the Reference Guide at the end of the book?"

As a physician, I frequently wrote the abbreviation “prn” on prescriptions for my patients. The etymology of this acronym is found in a Latin phrase: *pro re nata*. This is translated as meaning:

- 1) As needed.
- 2) As the circumstances require.

Now, I have a prescription for you, and I want you to say it out loud when you need it and as the circumstances require.

“Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs.”

This PRN is a prayer that God will answer.

1.

YOUR PRAYER LIFE FLOURISHES

JESUS NEEDED TO PRAY and so do you! In truth, He started His ministry in prayer. If you really believed you could have everything you prayed for, you would be praying constantly. What if someone offered you a thousand dollars a day to pray? Would that be enough motivation for you to launch out into the depths of prayer? Prayer will get you everything that God wants to do for you!

“He gives us more and more strength to stand against such evil desires. As the Scriptures say, ‘God sets himself against the proud, but he shows favor to the humble.’” (James 4:6, NLT)

LEARN TO PRAY EFFECTIVELY

Jesus tells us to get alone with God and enter into an atmosphere of prayer. This is best accomplished in a quiet place, if only in your thoughts. You can enter God’s presence through the doorway of silent prayer. The Lord will teach you and show you how to pray, as you open your heart to Him. The Holy Spirit will help you to pray as you ought to pray. Remember that Jesus did nothing apart from the Holy Spirit.

To prepare to reach a daily prayer level and learn how to ignore your flesh, your focus on God should include anything and everything that comes into your mind regarding Him. All you have to do is to really listen when you are thinking about God. When you do this several times a day, you will begin to realize you are developing awesome power from being in His presence.

You need to give yourself more credibility about this supernatural power than you have in the past, because you are a lot more organized, than you were, and you are smarter with your spiritual knowledge and wisdom since you have begun to depend on the Holy Spirit. When you hear the divine instructions that you need to pray, start getting excited about them, even though your flesh and mind may immediately start to fight, because prayer is not “natural.” Your flesh will instantly rise up and take over by bombarding your mind with many distracting thoughts.

In the supernatural and spiritual realms, however, the rewards that come from praying are worth every ounce of energy and every moment of time you give to it. Therefore, I urge you to become a true prayer warrior through faith, diligence, and commitment.

Now, pause and take a moment to confess out loud, “Yes, Jesus, it is easy for me to pray, and I will do it more and more each and every day.” Affirm this several times a day until it truly becomes central to your lifestyle.

Stop looking at prayer as some kind of punishment, and begin to appreciate that you are searching for God through prayer. Such searching will destroy your self-life and get rid of your self-centeredness. The devil always gains access to you when you engage in self-centeredness, just like he does. In the same manner, you want to move from being self-confident to being God-confident, for this will give you access to Him.

Have you ever searched for a loved one in the sense that you missed him or her and felt a need to spend quality time with him or her? This happens when you remember the blessings that come from being with that person and communicating with him or her. Perhaps it was a loved one who was no longer living near you, and

you wanted to relive some of the intimate conversations that brought you closer to him or her.

Did you know that when you talk to God, He gets closer to you, and the more you talk to Him, He draws even closer to you. When you pray effectively, He will even show up next to you!

Prayer is never a waste of time. Spending time with God in prayer will fill you up with His passion and power. The power you receive from prayer (when you pray in faith) will make His Word come alive in your heart and you will receive His revelation knowledge.

The conjoined twins of faith involve fasting and prayer, which result in a breakthrough that releases God's favor in your life. You should fast once a week or for one meal, but do so only after you clear it with the Holy Spirit.

God anoints you to pray, for you cannot pray in your own strength. The Spirit quickens you to pray. Therefore, begin to pray in earnest, sincerely, from your heart. Never forget that through prayer you can destroy every plan of the devil!

Here is a great recommendation: Start praying five minutes at the same time each day so it becomes a daily habit. Do this for a week. Do not become concerned about what other people do or their particular methods, because your prayer time is just between your heavenly Father and you. Then take another five minutes the next week and pray at the opposite end of the day; do that for another week.

Now you are praying twice a day and you may even reach the point where you are no longer checking your watch every few minutes. Pray mostly about how great you are going to look with your weight loss, how your other medical conditions are going to be resolved, and the things you will be able to do that you never did before. Visualize your slim-and-trim weight as you pray.

You will soon find that you will want to start praying in your own words at various other times throughout each day, as well.

Whenever you think of it, say, “I have enormous control over my appetite, and I command my body to be slim and trim.”

Just what are you expecting when you command your body to be “slim and trim?” These words should immediately give your mind’s eye the picture of your new weight instantaneously every time! How could you become what you haven’t “imaged” in your mind? You have to see your “slim and trim” body with its new measurements for your whole body, including your chest, your waist, your hips, your thighs, etc.

When you can increase your prayer time to ten minutes twice a day over the next two weeks, and then begin to pray fifteen minutes twice a day over the following two weeks, you will not be able to stop doing so, because you will see results in your life that you never experienced before. You will realize that your prayer time is responsible for these glorious changes. An hour a day of prayer will become more thrilling to you than going to a movie or eating at your favorite restaurant! You will reach levels of intimacy with God that will not be explainable, and you will become more focused on the things of the Spirit than the things of the flesh.

First things first! Let’s get into the power of prayer and deal with any demonic situations you may not recognize in your life!

Say the following words loudly and clearly, so the devil can hear you, “In the name of Jesus, I curse the cells, roots, seeds, and branches of this excess weight. I take the authority and dominion given to me in the mighty name of Jesus and I break your power, devil, and, I command you to take your hands off me right

now. You can't touch me because I am totally God's property.

I bind and loose you, devil, and, I command you, spirit of heaviness, to come out now! I rebuke this excess weight. I command any spirit of disbelief to come out now, as well.

I command this spirit of infirmity to come out now, and I rebuke any and all medical conditions associated with this temporary extra weight. I reverse any spirit of inheritance or generational curse of being overweight. I cast out any spirit of witchcraft or any other demonic spirits. Father, forgive me of the sins of my ancestors who opened the door to this life-style. I command my appetat to return physiologically to normal balance and harmony, and to function in the perfection for which God created it, in the name of Jesus of Nazareth. I command my new, slim-and-trim weight to manifest itself in my body.”

Always be open and honest with your heavenly Father, so you can develop an intimate and loving relationship with Him. Then stand back and watch Him open the doors that need to be opened for you to receive answers to your prayers. As you pray, learn from God why you overeat. If you discover that you do so for comfort, go to Him for comfort instead of turning toward food. Discuss with Him why your excuses have kept you in bondage and prevented you from losing weight. He will reveal to you the reasons why you gained weight. In God's presence you will discover that no excuses or rationalizations will matter.

Grace is God's unmerited or undeserved favor, and He gives His grace to you regardless of what you have or have not done. Did you know that the Holy Spirit's power is God's grace at work in your life? Therefore, why not discipline yourself with this grace?

“So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it.” (Hebrews 4:16, NLT)

Now, stop, relax, take a break, and breathe some deep breaths; and then pray the following prayer out loud:

“Father, I ask You to bless me as I begin to read, study, and absorb this powerful weight-loss, healing message. I want You to minister to my spirit. Anoint me, Lord, with Your mighty power and Your awesome presence.

In the areas of my life where I have experienced pain, hurt, suffering, or emotional difficulties, give me grace, mercy, and the opportunity to forgive others and myself. Where I had doubt, anxiety, or stress, release Your strength and confidence to easily work through and bring resolution to each of those areas and issues. Where there is tiredness or fatigue, encourage me, and help me to get sufficient sleep. Help me to learn submission and obedience to your promptings and leading in my life. When You hear me speak negative words of depression, discouragement, frustration, etc., please see to it, Lord, that I never make such confessions again. Where there is fear, reveal Your love and draw me into greater intimacy with You. I ask you to bless me with an incredible peace.

Where there was any sin that blocked my closeness to You, reveal onto me, and grant your repentance to me, Lord. Break any bondages that have been over my life as a result of my sin. Bless my finances, that I will have prosperity, without any lack whatsoever.

Thank You for giving me great insight and vision for my life as I resolve this weight-loss challenge. Lord, raise me up as a leader Thank you for my friends and family, who support and encourage me. Give me discernment to recognize the evil forces that are around

me, and reveal to me the power You have given to me to defeat all forces of evil. I ask You to do all these things and anything I forgot to ask in the mighty name of Jesus.”

Now visualize and see yourself hugging Jesus. Then hug your loved ones. Do this every morning. This is a pm which will become a profitable way to start each day.

THREE LEVELS OF PRAYER

When you reach the level of prayer that will actually bring you into God’s glorious throne room, you will look forward to praying.

There are three different levels of prayer. The first is the level where you pray from your known or natural world, the place where you are aware of your self-life. This realm is the world of the flesh, the material world, where demons exist and spend a lot of time. At this level you spend most of your time asking and expecting, but nothing usually happens. Don’t stay at that level, and don’t stop praying! Instead, choose to go on to the next level. The truth is that God can begin to use you when you surrender yourself to Him and start putting your trust in Him, not in your flesh. Remember, nothing under His control can ever be out of control.

When you get to the next level, which I call the level of the unknown world, you will have emptied yourself and will have begun earnestly seeking the Holy Spirit in all His fullness. You will want to remain at this level long enough to get the breakthrough that occurs without struggle. Expect a release in your heart to take place when the Holy Spirit takes over your life. At this level, He will impart to you what you should pray about, and He will cause you to pray for things you are not even aware of.

The third level is what I call the heavenly or divine level. This is the world of the Spirit in which God takes control of your life. True prayer takes place at this level and through it you come into intimacy with God and His Word. God hears your voice in the outer realm, and you hear His voice in the inner court. Let me paint a verbal picture for you: when you breathe in, you are inhaling God, but when you breathe out, you are exhaling your self-life.

BIBLE MEDITATION

Now, let's discuss meditation. My first introduction to meditating on the Word of God involved reading a Scripture a few times and thinking that was what Bible meditation was all about. It didn't take me long, however, to realize that meditation is thinking about and reflecting on the Word of God and letting its truths soak deep within my spirit.

As you meditate on God's Word, your intention should be to understand what the passage means and allow the revelation you receive from the words to be planted in your spirit.

Let's start by looking at a familiar verse from the New King James Version of the Bible: *"I can do all things through Christ who strengthens me."* (Philippians 4:13)

Let the powerful truth of this Scripture permeate your mind. Now read the same verse from the New Living Translation: *"For I can do everything with the help of Christ who gives me the strength I need."*

All things. Everything. God promises that it will all be possible through Christ, and He will give you all the strength you will ever need.

Meditate on each and every one of the seventeen words in this last Scripture. Look at it from every angle and ponder what it means to you.

What is God saying to you? How does this apply to your life?

As you meditate upon this verse, you will find that an intimate relationship with this Scripture will begin. It will be as if you are bonding with another person. (In truth, you will be; you will be bonding with Christ himself!)

Mentally apply this principle to your own circumstances by putting it to work in your life. What I like to do is to just keep saying the verse over and over again until it becomes part of me. Doing so will quite literally alter your mind and the way you think. Mediate on a Scripture verse daily.

Next, take “God’s medicine” like a doctor’s prescription by reading the Word twice a day after meals. Read the gospels – Matthew, Mark, Luke, and John – especially for your weight healing. Completely read the Bible – even out loud – in one year to build a powerful faith, as recommended by Romans 10:17. *“Yet faith comes from listening to this message of good news – the Good News about Christ”* (NLT).

Quoting Scriptures, especially those you have memorized, provides a power that is like using a spiritual sword. It comes inside you, into your spirit where it becomes alive. When the devil attempts to come after you with his food temptations, he won’t stand a chance because of your revelation knowledge. As Jesus did in the wilderness, you can defeat the devil by speaking the Word of God, which you’ve hidden in your heart, to him.

Memorizing just one verse of Scripture gives you enormous authority, for it enables you to receive great manifestations from God.

This happens because you put your faith in His Word. Incidentally, the words “faith” and the “Word” have identical power. You may have to quote that Scripture over and over hundreds of times until it happens, but it will become part of you! An excellent example you may decide to choose from is Mark 11:24, for this Scripture will get you anything that Heaven offers. Say this out loud frequently for your ears to hear:

“Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them” (Mark 11:24, NKJ).

Speak this out loud, “Thank you, Father, for the promise of Your Word, which I speak and believe, for I claim my desire will manifest for a “slim and trim” body. Just believe it, do it, use it, and you will have it!

God wants you to go to church to worship Him, because doing so will help you to build up your spirit-man, glorify Him, approach Him with humility and godly fear, show Him reverence and respect, offer prayers to Him, serve Him obediently, sing praises to Him, give love offerings to Him, sacrifice for Him, and have fellowship with other believers.

The most important thing you can do is to be obedient to God and to the Word you hear from His “still, small, quiet voice” speaking to your spirit.

“For God is Spirit, so those who worship him must worship in spirit and in truth.” (John 4:2 4, NLT)

BIBLE FOOD GROUPS

Regular food nourishes our body for growth and strength, but spiritual nutrition is vital as a back-up system to the physical one.

It is universally accepted that the main constituents of physical food include carbohydrates, proteins, fats, vitamins, and minerals.

Now you are going to read a prophetic word through a revelation that connects these food groups with the books of the Bible. My special thanks to Paula Esther Crownbom, who helped me understand the concept of “Bible Food Groups.” The food you eat must be taken in balanced proportions in order to foster normal physical growth; so consider the possibility that this balance should apply to your Bible reading, as well, to foster spiritual growth. This has never been documented as far as I can ascertain, but it makes spiritual sense to me. Therefore, I encourage you to balance your daily Bible reading in the same way you balance the eating of your macro and micro nutritional food groups.

Protein may be represented as the New Testament, from Acts to Revelation, for the New Testament provides the essential building blocks for learning the principles of God’s Word. Fats may be represented as the gospels, from Matthew to John, for the gospels contain detailed accounts of Jesus’ life and ministry along with principles and instructions for living in the way He lived and He walked while He was on the Earth. This will help you conform to His image.

Carbohydrates may represent the Old Testament, from Genesis to Malachi for these books reveal principles for the New Testament in types and shadows, and they highlight prophetic timing, which will enable you to increase and prosper both spiritually and physically. Proverbs may represent the vitamins that are needed in your daily life to provide you with instruction for wisdom. The Psalms may represent minerals in smaller quantities, for they are necessary for spiritual-well being in that they inspire, comfort, and encourage you with vital prophetic truth that is applicable to you as a New Testament Christian.

DEAR LORD DAILY NOTES

A marvelous opportunity to continue to draw closer to God is found in the blessing of writing to the Lord every morning in the form of a daily log that chronicles your spiritual life and your weight-loss journey. You may respond to this idea by telling yourself that you are not used to doing any of this “stuff.” The answer to this challenge comes when you get used to doing these things on a regular basis in order to get “slim and trim” and to get to know God better.

Even a pocket-sized notebook is sufficient to use for jotting down all the positive aspects of your weight-loss journey in daily journal entries. Tell the Lord what you have experienced and what you expect. You could call this your “Dear Lord Daily Notes.” Do not be surprised if you hear from Him as you write to Him. You may discover that you even write things that you later realize were not from you.

TITHING

You may wonder at this point why tithing would have anything to do with being slim and trim. I just want you to appreciate the power of “staying in step” with God through tithing, because He can do more with your tithing ten percent than you can with your remaining ninety percent!

Tithing is the doorway to the supernatural for all financial challenges, which can be resolved through your personal tithing. Spiritually speaking, it is all God’s money; however, your tithing decision is between you and God.

Not to tithe is considered to be a curse. Therefore, since everything is going so well here for you and everything else is being covered for you, don’t mess it

up by ignoring this sound biblical principle. God will continue to give you favor as you honor Him with your gifts. Besides, you can never out-give God.

Here's a funny story to give you a bit of "comic relief":

I think I've found inner peace. My religious advisor told me that one of the ways to achieve inner peace is to finish things I have started, Today I finishes two bags of potato chips, a lemon pie, a bottle of white wine, and a small box of chocolate candy. I feel better already."

Remember to use this PRN daily:

"God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs."

2.

THIS DISCLAIMER IS A NON- SPIRITUAL NECESSITY

THROUGH OUT MY CAREER AS a neurosurgeon, weight challenges have often played a major role in the lives of many of my patients. Consequently, these challenges have affected myself, as well, because of my responsibility to them. Before I received the revelation that Jesus could heal neurosurgical conditions without surgery, I remember several occasions when patients required almost emergency weight-loss programs before they could even risk going through surgery.

There was no choice in these cases; there were only crises because the patient couldn't live with severe pain and neurological deficits. You really can't afford the risks involved with ignoring your body.

This disclaimer applies especially to the reader who decides to become an observer instead of a participant in the *Lean God's Way* principles. Such a person may expect magical results, as if they he or she is dealing with a genie in a bottle. In such cases, a "cute" disclaimer would be: "It is not my fault that it did not work!" The truth is that you know you have the help of the Father, the Son, and the Holy Spirit, but you need to take the personal responsibility to be committed and accountable for your cooperation with them.

This chapter serves as a disclaimer that is necessary to point out that I make no guarantees that you will achieve your desired weight loss, even though the information here is based wholly upon the Word of God, the holy Bible. In truth, it's ultimately up to you. Any commitment you make to God is between you and Him,

and He has given you many assurances, promises, and guarantees in His Word. You can always count on Him!

My intention is to present spiritual guidance to you from the Holy Spirit. He wrote this book through me and I believe He inspired the title, *Lean God's Way*, as I expressed to you in the beginning of the book.

I have written nothing here that is intended to be legal, medical, or psychological counsel or treatment. Please do not think otherwise as you read. The truth is that I took principles, insights, experiences, spiritual laws, many, many healings, and miracles, and correlated them as guiding principles in writing this book. This, of course, is beyond my training as a physician and neurosurgeon, so I have become totally dependent on God and His mercy and grace.

M.D. DOES NOT STAND FOR MEDICAL DEITY

My M.D. degree was never meant to stand for “Medical Deity.”

I have considered the possibility of “Mirth Dispenser” instead. I assume no personal or professional responsibility for anyone who does not receive his or her desired weight loss, nor do I accept credit for anyone who does, since such matters are between the individual and God. Thus, I am unable to promise or guarantee your weight loss, but I do expect it to happen, given what God has done for others, and I know that He is no respecter of persons. If He does it for one, He will absolutely do it for another and for you, as well.

“Then Peter replied, ‘I see very clearly that God doesn’t show partiality.’” (Acts 10:34, NLT)

Receiving your weight loss will require faith even if you have never seen nor experienced a healing. Faith is believing in something when common sense tells you

not to. Persistence in your belief is an act of faith. You really have a distinct advantage that you cannot see faith, for its invisibility becomes an enormous opportunity for you to strengthen your belief levels. Hence, you are able to walk by faith, not by sight.

You want to know the best reality definition of faith? It's placing your body on some of those horror amusement park rides, like the Tower of Terror in Disney World and believing you'll walk away happy and safe. That takes a lot of faith and trust.

There was no intention, either, for this book to conflict with any church or medical doctrines, beliefs, or practices. It is based solely on the Bible.

My personal opinion is that the goodness of a doctor is dependent on his intolerance to sickness, disease, and especially to excess weight.

You should expect great positive results from your spiritual efforts to grow in faith. This will happen through the Word of God, which will increase your belief levels. This, along with prayer and Bible meditation, will draw you closer to God. In addition, you can have the support of a Spirit-filled, Full-Gospel, God-fearing church. God expects you to be associated with believers who are in agreement with you and will stand with you to help you achieve your weight goals.

Rodney Dangerfield, the great comedian, may not have taken advantage of the saying, "The place of power is the place of agreement," as you can do. His comment, on the other hand, was, "*I always seem to hang around! people that could do me absolutely no good!*"

God wants you to "hang around" with those who will encourage and support you, and my prayer for you is that you will receive what God wants for you: "*Dear friend, I am praying that all is well with you and that your body is as healthy as I know your soul is.*" (3 John 1:2, NLT)

Here's another funny story to whet your sense of humor:

A man goes to the psychiatrist. Multiple patches of lettuce are clinging across the front of his chest and carrots are flopping from his back. You can see what looks like thick globs of gravy behind his ears. There are huge strings of spaghetti wrapped around his legs and different kinds of pasta are hanging from his arms. large wad of gum is obviously protruding from the top of his head? He Is wearing a string of bananas around his waist as a belt, He says, "Doctor, I'm terribly worried about my brother."

Remember to use this PRN daily:

"Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs."

3.

THE GLORY OF GOD'S PRESENCE

FIRST, SAY THIS POWERFUL prayer out loud, so you can witness how God's incredible presence can and will affect your life: "Lord Jesus, I repent of my sins.

I ask You to come into my heart. I make You my Lord and Savior."

The Holy Spirit becomes an eternal presence within you when you confess Jesus as your Savior and Lord through this salvation prayer. When Jesus comes into your life, He becomes the open door to your spiritual world.

A MEASURE OF FAITH

God has already provided you with "a measure of faith." (See Romans 12:3.) Did you ever consider that the supernatural realm is often mistaken for science fiction, and interestingly, few people ever seem to question that literary genre? You will find that you do have the necessary faith to proceed already, and your faith level will increase as you read with your spiritual eyes and listen with your spiritual ears. This means you will have to stop depending on your human understanding or relying on your experience, if it is non-spiritual. You want to bring your level of experience up to the truth rather than bringing the truth down to your level of experience.

"But people who aren't Christians can't understand these truths from God's Spirit. It all sounds foolish to them because only those who have the Spirit can understand what the Spirit means" (1 Corinthians 2:14, NLT).

Lazarus was raised from the dead, and this miracle brings up the question of the degree of faith he must have possessed. However, faith was given to him because He heard Jesus say, "Lazarus, come forth." God has already given you a measure of faith, so just believe with what you have and believe that it will be stretched.

Jesus said, "*I assure you, even if you had faith as small as a mustard seed you could say to this mountain, 'Move from here to there,' and it would move. Nothing would be impossible*" (Matthew 17:20, NLT).

Say this, "Thank you, God. My faith is so strong. I have the faith of a grain of a mustard seed!" Just expect God to multiply and expand your faith level.

Do not forget that it is God's will to heal every person who has excess weight, including, but not limited to, nonbelievers, members of denominations (man's religious labels), agnostics, atheists, etc. This is true simply because of His mercy.

Listen to this: Wouldn't you be pleased if you could absorb everything you need in your life just by listening?

To do so you need to listen with both your right ear and your left ear focused on God's Word. Some people, without being aware of what they are doing, listen to God with one ear and to the devil with the other ear. Do you know what happens when those contrasting messages bump into each other within your brain? Confusion results.

If this happens to you, start concentrating on hearing God's Word simultaneously with both ears. The blessings that will come upon you as you do so are enormous. Open your ears to God's voice as He speaks to you through His Word, and open your eyes to all He has in store for you.

To succeed with this supernatural weight-loss program that is yours as you read *Lean Cod's Way*, you will need a kind of hunger to be sure, but not the kind of

hunger that motivates you to eat. The hunger I'm referring to is an eternal fascination for the things of God. Are you hungry and thirsty for Him? Your hunger and thirst for Him will intensify the power of God within you, and with the measure of faith you have been given by Him, you will witness His power being released in your life. Indeed, you will be amazed when you realize how much spiritual knowledge you have received from God already without even knowing it.

You have received two kinds of knowledge regarding your weight challenges: spiritual, which is deposited in you by the Holy Spirit, and learning which results from studying. The good news is that your increased knowledge will bring you an increased trust in God, since the Lord is the God of knowledge.

You are "alive" because you have a power source within you which is called the spirit of man. Your supernatural spirit does not have to be a mystery to you, especially when it brings you to the knowledge of Jesus Christ. You will gain a new understanding of the spiritual world and its principles that will enable you to accomplish your weight-reduction goals.

Did you know that the spiritual or supernatural dimension controls the natural dimension and that you can have access to that power?

You were born and you live in the natural world, but through a conscious effort, you can experience the greater supernatural realm – God's invisible kingdom. You probably know that people have reportedly seen angels and demons and even Jesus, so the dividing line between the two realms is not as sharp as you may think.

The truth is that there is no separation between the natural and the supernatural realms – that the natural realm came from the supernatural realm to begin with. You are a part of both worlds, and even though you cannot see it, the supernatural realm is much greater and

much more real than the physical realm. In truth, the spiritual realm is eternal, but the physical realm is only temporal.

“So we don’t look at the troubles we can see right now; rather, we look forward to what we have not yet seen. For the troubles we see will soon be over, but the joys to come will last forever.” (2 Corinthians 4:18, NLT)

Your spirit is created in God’s image, and it is like Him. He created you by faith, and He gave you His power because He does not want you to lack anything. He made your spirit-man perfect, without any impairment whatsoever. Everything God has you have. Say this again, but this time be sure to say it out loud, “Everything God has I have for He has created me in His image and with His DNA.”

“And the LORD God formed a man’s body from the dust of the ground and breathed into it the breath of life. And the man became a living person.” (Genesis 2:7, NLT)

As you grow to know who you are in the spirit (your spirit looks like God), you will have and use the awesome spiritual power God has imparted to you. The following Scriptures represent a “triple whammy” that shows God has granted you His power to utilize against your enemy in the demonic realm!

YOU CAN USE “GOD’S CREDIT CARD”

You could even say that God has given you His “credit card,” which includes all your God-given abilities and rights as a child of God.

“God said, Let Us [Father, Son, and Holy Spirit] make mankind in Our image, after Our likeness, and let them have complete authority over the fish of the sea, the birds of the air, the [tame] beasts, and over all of the

earth, and over everything that creeps upon the earth.”
(Genesis 1:26, TAB)

This Scripture reveals that through God’s Word, you have received authority and dominion, which includes the power to speak (by vocal command) to snakes, hurricanes, tornados, animals, fish, etc. God says that they have to obey your commands, for everything in the supernatural realm has ears, and things in this realm have to obey the believer’s orders.

For example, Jesus spoke to the fig tree, the wind, the sea, and they all had to respond to His directives. He cursed the fig tree because it had deceived Him (it had leaves without bearing the fruit) and all its roots had died. He spoke to Janus’s twelve-year-old daughter who had died, according to what people said:

“Then He took the child by the hand, and said to her, ‘Talitha, cumi’ which is translated, ‘Little girl, I say to you, arise.’” (Mark. 5:41, NKJV)

HIS WORD WORKS

Let me give you a few examples of the authority and power believers have through words.

An awesome minister, Joyce Gill, while adjusting her curtains, spoke to her ladder as it was falling over. She called out, “Ladder, upright yourself in the name of Jesus.”

It immediately went right back up! Yes, your words do have amazing power.

A veterinary technician was given instructions to point her finger into her bat-infested attic and yell, “All you bats, come out in the name of Jesus and never return!” The creatures obeyed her command! A believer has awesome authority – an authority the Father has given to us through Christ.

A pastor from New Jersey stood on the front porch of his home and shouted, "Tornado, you split! You go north, and you go south," and it left without causing any damage to his home. You see, even nature must submit to our authority.

Here is a personal example from my own life and ministry: A friend of mine faced a difficult dilemma. She had to leave, but the brakes of her car had failed. I placed my hands on the lid of the trunk and commanded, "Brakes, you work in the name of Jesus." My friend was able to drive safely back home. It is true that your tongue possesses the power of life and death.

Jesus said, *"And I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure you."* (Luke 10:19, NLT)

"Behold! I have given you authority and power to trample upon serpents and scorpions, and [physical and mental strength and ability] over all the power that the enemy [possesses]; and nothing shall in any way harm you." (Luke 10:19, TAB)

Not only do you have the charge and "power of attorney" over your own body, but God has given the same power to you over your enemy.

Paul writes, *"Now you are no longer a slave but God's own child. And since you are his child, everything he has belongs to you."* (Galatians 4:7, NLT)

You have been made a joint-heir with Jesus and God has given you everything you need. When you take advantage of using the same words God uses (the words that are found in the Bible), you will be surprised (only initially) by the incredible working power of His Word.

POWER OVER YOUR FLESH

You have to know that regardless of your personal challenges with regard to crucifying your flesh, Jesus says you have the right to deny your flesh: *“AS You have given Him authority over all flesh, that He should give eternal life to as many as You have given Him”* (John 17:2, NKJV).

Jesus is telling you that the Father has given you complete power and authority over your flesh. Since you are a joint-heir with Him, you have the right to take power over your excess flesh because He has given that authority to you. Allow the power of God to come upon you and to govern your physical body. As you deny your flesh, including your weight, God will touch you and heal you. Take advantage of His glorious power. He is not suggesting this to you, but He is actually commanding it.

When I was a child, I frequently visited aquariums with my father. For us, living with fish in a rubber-lined pool in the foyer of our house was normal.

Later in life, my first Koi fish developed an ulcer on its bottom and my ichthyologist friend taught me how to care for it and treat it. The next time I saw the tell-tale signs of an inactive, “sleeping” fish, I knew my large goldfish probably had a skin ulcer. When this happened, I had just finished studying Genesis 1:26, but I did not truly believe it. That is, I didn’t believe it until I talked to the fish and commanded, “Fish, be healed of any ulcer and return to normal movement.” I was in shock for about a minute as I witnessed this fish immediately swimming after having been inactive for almost a day! I stood upon the Word of God, spoke it forth in faith, and received a tremendous blessing.

Listen to this: God’s power cannot operate in the natural until He gets a person who knows what he or she

is doing and knows how to appropriate and use his or her God-given powers. Your spiritual power is cultivated by your consistency in walking with God.

“Now glory be to God! By his mighty power at work within us, he is able to accomplish infinitely more than we would ever dare to ask or hope.” (Ephesians 3:20, NET)

You can activate God’s power, as Peter did with the lame beggar. In that case the release of God’s power enabled the lame man to walk!

“But Peter said, ‘I don’t have any money for you. But I’ll give you what I have. In the name of Jesus Christ of Nazareth, get up and walk!’” (Acts 3:6, NET)

Here’s another story for you, and I hope it will “tickle” your “funny bone.”

A construction worker opens up his Thermos at lunchtime and removes a package wrapped with wax paper.

He yells, “Peanut butter sandwiches again! Every day, peanut butter sandwiches!”

A co-worker turns to him and says, “Charlie, for heaven’s sake, tell your wife to make something different for a change!”

Charles shouts back to him, “you leave my wife out of this! I make my own sandwiches!”

Say this PRN out loud again:

“Dear God, thank You for helping me eat wisely. Holy Spirit, thank You for providing and guiding all my food needs.”

I would like to congratulate you, dear reader, that you have now completed and studied one-third of the essentials of this book. I would like to take the opportunity to point out that because of your agreement with what you have read, you are in the place of power,

which is the Word. You know that something supernatural happens when you act in agreement with God's Word. The Word, which is Jesus Christ of Nazareth, gives you authority over the enemy and your flesh and causes you to triumph. You realize by now that your rewards and those you anticipate have been well worth all your patience, energy, and efforts. Your devotion to this conquest to overcome your weight demon is bearing fruit. Bless you, and may God bless your enduring, great attitude! (See Galatians 6:9.)

4.

DIDN'T JESUS ALREADY HEAL YOU?

ONCE YOU GRASP WHAT is presented in this chapter, you will receive one of the most profound revelations that is available to help you resolve your weight challenge. The Bible tells us how Jesus died on the cross for every one of your sicknesses, diseases, and sins. He also delivered you from the devil. This means you were bought with a price that you did not have to pay, because Jesus paid it in full on the cross. Your sicknesses and diseases, including your excess weight, were nailed to the cross, and He took them, so that they are no longer yours. In other words, He gave His body in place of yours.

The point is this: if Jesus took your weight problem (causing Him to be heavy) to the cross in the supernatural realm, how could you still have it? Since Jesus does the work of God, He is actually the will of God in action.

The Bible says, *“But he was wounded and crushed for our sins. He was beaten that we might have peace. He was whipped, and we were healed!”* (Isaiah 53:5, NLT)

Peter gives us a New Testament perspective on this truth:

“He personally carried away our sins in his own body on the cross so we can be dead to sin and live for what is right. You have been healed by his wounds!” (1 Peter 2:24, NLT)

The truth is, you are not attempting to get healed of your body's excess weight, according to the Bible, because Jesus has already healed you!

It's a "done deal!" Actually, you are fighting to maintain your healing since you have already been healed in the supernatural realm by Jesus.

Please be aware that this is not *your* excess weight; it is the devil's! It doesn't belong to you! This is true because we know there is no sickness, disease, or being overweight in Heaven. In Heaven there are no medical conditions such as arthritis and pain; those things, including excess weight, did not come from God. Don't refer to it as "my excess weight" or "my arthritis" because they're not yours! Instead, call it the new, slim-and-trim me.

While the devil repeatedly attempts to remind you of your excessive weight, God advises you not to listen to negative reports, and He confirms your slim-and-trim appearance. If you allow yourself to believe the devil, you actually believe a lie. (Remember, he is the father of lies.) Just stay God-centered instead of problem-centered, self-centered, or devil-centered.

You already know how proper nutrition plays such a significant and major contribution in helping to prevent, reduce, avoid sickness and disease, and to extend your life.

Nothing happens in the natural realm until it first happens in the supernatural dimension, where even your increased weight originated. The deception of the devil was already in progress before you began to see the effects of your increasing weight in the natural. The good news is that everything in the natural realm is subject to change, and learning to control your flesh is the simple answer for your success.

I pray that you will catch this point I am emphasizing when I ask, "Did you know that Jesus took your weight on himself (see Galatians 3:13.) when He went to the cross to die for you?" Isn't excess weight considered a sickness or a disease? Yes, of course it is.

The medical condition of excess weight is represented by only one of the thirty-nine stripes He received on His back, when He was beaten on the cross. (Actually, the torture He went through was far worse than what you may have witnessed in “The Passion of the Christ” movie.)

Jesus removed all of your excess weight in the supernatural realm, along with any other sicknesses and diseases, when He hung on the cross for you. He substituted His body for yours. When you acknowledge the truth of the cross, you start your healing. Now you can anticipate seeing the physical manifestation of your weight loss – your complete healing. One of the key factors that will give you the stability you need to handle your challenges will be seeing (visualizing) the good things that truly do lie ahead for you.

THE LAW OF DOUBLE JEOPARDY

What I’m describing here is no different than the law of double jeopardy, which also exists in the supernatural realm. It is a supernatural law that states that you cannot be tried for the same sickness or disease twice.

Sickness, disease, and increased weight exist both in the natural and supernatural realms at the same time. The healing connection is found in the truth that the natural realm is always subject to change. It is transformed into a healing manifestation when you extend a spiritual bridge from the natural into the supernatural realm with the application of the proper spiritual knowledge, which is called wisdom. A simple way to reach the supernatural realm is to continuously visualize your desired transformation happening until it becomes real to you. The constant visualization of your desired body figure in your thoughts and in your spirit is established through

the hypothalamus that is located at the base of your brain.

YOU ARE WHAT YOU THINK

The first time I made a surgical incision in the final year of my neurosurgical residency it seemed as if I had already performed it many times. I had witnessed many other surgeries and visualized and thought about my first surgery multiple times. As a result of all this so-called “experience,” it did not seem to me like my first surgery. but it was nevertheless.

“For as he thinketh in his heart, so is he.” (Proverbs 23:7, KJV)

Therefore, the way to approach your medical weight situation is not to deny that it exists in the natural realm, but to give your excess weight a different name: lying symptoms and signs. By doing so, you are not really denying it, but you are speaking the truth *in advance*. You do know that a symptom is subjective, and it’s only appreciated by you, while a sign is objective, and it can be seen and understood by others. In other words, you may feel that you are heavy, but it’s important for you to know that you are normal in the supernatural realm. The truth is that your spirit living inside you in the supernatural realm is perfect and in divine health and you need to describe and visualize it as slim and trim. It’s your flesh that is attempting to convince you that you have a weight situation, and it is quite aware that it is responsible for causing it.

Please realize that you are not to put yourself down, even with affectionate weight terms, for they are outlawed by the Bible and this “supernatural book” you are now reading. You do not have to be a prisoner of your circumstances, as a result of allowing inappropriate labeling to affect you or bind you. Move away from those who still have not learned how to love people

regardless of their circumstances. Speak out loud and make this affirmation, “I refuse the right of these circumstances, although they may be present in the world, to exist in my body. I am slim and trim in the mighty name of Jesus.”

Jesus is saying that He can heal you everywhere you hurt, including your entire past history of challenges with weight that the devil has deposited on you. You are not going to accept anything you do not want, especially the “junk” the devil is attempting to dump on you. Just refuse it and tell him, “Devil, I do not accept what you are doing, and! refuse to allow you to do that in Jesus’ name!” You know you have the authority, dominion, and power of Jesus. When you realize that the Spirit of the Lord is in you, upon you, within you, and around you, do you realize that you really are experiencing God’s presence? He has set you free and given you the victory that you should start celebrating now in total anticipation of your desired weight loss!

The reason I refer to these things as “lying symptoms and signs” is that when you see the physical manifestation of your total healing, you will realize that *you were lying about having this condition* because Jesus has already healed you! If you are having a challenge understanding how you call symptoms and signs as lying, and still remain honest, this will absolutely clarify this. In the supernatural realm, you are speaking about a heavenly truth, but in the natural realm this is referred to as an earthly lie.

He took your excess weight upon himself when He died for you. I want to expand upon this idea so it will reach your heart and your spirit. God has enabled you to see the invisible and the things which are not seen. Because of this, you can focus on the supernatural realm rather than the natural realm, which you can see. Right now, you may just be seeing the natural, but if I can see

into the invisible realm, why can't you? Isn't this the way God, who is invisible, does things? In the Kingdom of God, first you believe it before you see it by faith. And you already know that the Kingdom of God is actually within you. (See Luke 17:21.) You have to get excited about your victory before you will see it and before you get your victory.

As you continuously thank God for the victory He gives to you, you will begin to see manifestations that initially will seem to occur as mere coincidences. A coincidence is really God's way of remaining anonymous. It is time for you to recognize that there are too many of these "chance happenings" to actually be coincidences, and they are leading to a build-up of something that you may think is too big to happen to you. It isn't!

Do not be amazed that, as you grow closer to God, He will talk differently to you. The point at which you will know that a supernatural explosion is ahead for you is when you sense a strong peace within your heart and you sense by instinct that you are proceeding in the right direction and making progress. You will have no doubt in your spirit that you will win the battle you're having with the "weight enemy."

You already know that Jesus is your Healer, but did you know that Jesus can become whatever you want Him to be? You may not think so, but you can let Him be whatever you need Him to be for whatever situation you face. Say this, "Jesus, you are my Food Advisor." Or how about this, "Jesus, you are my Menu Advisor."

Here's another possibility. "Jesus, you are my Food Shopping Consultant." Did you ever consider, "Jesus, you are my Nutritionist." Pick something you need, and let the Lord meet that need and realize that He never tires of hearing from you, regardless of your requests.

Here's a successful "God idea": Whenever you relax, walk, or exercise, be sure to praise and worship the Lord Jesus and affirm the powerful belief that confession brings possession. Let this affirmation always be dominant in your mind. Jesus wants you to believe, think, and say, "What I confess is what I possess."

You must continue to say what you want, not what you have. Pay no attention to your "condition." Talk to your weight situation about Jesus and not to Jesus about your weight. The more time you spend talking, loving, and worshiping Him, the more favor He will bestow upon you.

Now, let's pause for another humorous interlude:

A beggar walks up to a well-dressed woman who is shopping on Rodeo Drive and says, "I haven't eaten anything in four clays."

She looks at him and replies, "I wish I had your will power."

Repeat your PRN aloud:

<p>"Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs."</p>

5.

YOUR GUIDE, THE HOLY SPIRIT

THE HOLY SPIRIT IS *a gift* from Jesus. (See John 14:16-18.) He is the Comforter, who dwells and abides within and with you forever. He provides power, restoration, and so many other things for you. He is your haven of tranquility and rest, and He is always available to meet your needs whatever they might be. He always provides help for your situation. The Holy Spirit supplies you with revelation knowledge including the wisdom of God.

“No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him” (1 Corinthians 2:9, NLT).

When you are facing a challenge and need strength, say these words out loud, “God, I ask You for help. I need the Comforter and I need the power of the Holy Spirit for _____ (tell Him what you need out loud), and I need to be released from (describe your situation).”

You need to make your requests known to Him, so He can help you. The reason you don’t have is that you don’t ask. (See James 4:2.)

The greatest single contributor to physical health in your body is the Holy Spirit. God inspired you by His Holy Spirit, and He uses your abilities and talents and helps you in spite of your limitations. He doesn’t ask for much from you, but He deposits great things into your life. In reality, He is the easiest Person of all to please.

HE KNOWS EVERYTHING

The Lord created you and has all the answers to your questions. He is living in you in order to perform His wonders for you. He said that if you seek Him, you will find Him. So, be led by the Holy Spirit.

Believe what He tells you. Obey Him and do whatever He tells you to do with regard to your weight challenges. He does not make any mistakes.

The Holy Spirit, who lives within you, knows everything. He can even make up for any deficiencies that may exist in your body. Since you turned your life over to Him, it will be easy to hear Him!

The Holy Spirit wants you to have the knowledge that Jesus has. In order for this to happen, you have to be trained and to be willing to learn. As you progressively grow spiritually, you will replace spiritual lack with spiritual knowledge, so you can resolve your weight challenges. He will discuss your weight-loss desires and your goals with you since He already knows everything about you.

As you continue to “hang out” with the Holy Spirit, you will see how He has provided empowerment in and for your life. As you can see, God wants you to become totally dependent on the Holy Spirit.

The Bible says. *“For the Spirit of God has made me, and the breath of the Almighty gives me life”* (Job 33:4, NLT).

Job also said, *“How you have enlightened my stupidity! What wise things you have said!”* (Job 26:3, NLT)

Paul explains that since the Spirit came into you when you were born again, Christ is also in you, and He dwells in your heart by faith. That is, your knowledge of God comes by faith through the gospel. This accounts for the awesome power of God that is within you, and it

helps you to have the ability to utilize and take advantage of God's mighty power. The devil knows you are born again, because he can see the Holy Spirit within you. He also knows that you have received His power, but if you do not know you have this authority even though you received it when you were born again, you will not be able to use it, and the devil knows this.

For example, you book a cruise, but you don't realize the tickets include food, so you make thirty sandwiches for the trip! Two hours out of port you grab a sandwich, but when the maître d' catches you eating, surrounded by all your lunch bags, he comes over and shows you that your tickets include the food, not just transportation. In a similar vein, you do have the power to defeat the devil. This knowledge has been given to you.

The devil knows about your potential to be uninformed, so don't allow him to use it to his advantage. This means you need to be especially careful about your weight attitudes, for the way you see yourself is the way the devil sees you.

YOUR NEED TO TALK

In a sense, this is a talking book, and I'm asking you to do the talking, to personally communicate with the Holy Spirit. You need to talk to your mountains before they start talking to you. Tell your mountains (your challenges) about Jesus. Telling Jesus about your mountains is not the best approach. Therefore, it is your responsibility to take charge, because you now appreciate the truth that you already have full spiritual authority because Jesus lives within you. In light of all this, say this command out loud, "Mountain, I'm talking to you, and in the name of Jesus and with His authority, I

command you to “ (state, as Jesus recommends, what you want, and not what you have). (See Mark 11:23.)

Learning doctrines is great, but for doctrines to be effective, you must apply them to your life and practice them. In other words, you must live them out! Start talking to you, your body, and your food; command them to be obedient. Tell them what you want repeatedly.

Your “mountain” represents your weight situation that used to be resistant, immovable, and totally deaf to anything you or anybody else said to it. Now, you can expect change, since you can talk to this obstacle through the Holy Spirit by simply using your tongue. One of the blessings you have is that you know that everything in the natural, any sickness or disease, is subject to change, and change means healings and miracles. Even more important is for you to understand that you are not subject to the natural, for the natural is subject to you. Interested in knowing how this is possible?

Jesus said, “*Humanly speaking, it is impossible. But with God everything is possible*” (Matthew 19:26, NLT).

You can receive instructions for life from the Holy Spirit, should you choose to obey Him and His instructions. The Holy Spirit likes to be employed, so use Him, for He can help you keep in step.

Jesus said, “. . . *for the Holy Spirit will teach you what needs to be said even as you are standing there*” (Luke 12:12, NLT).

Now, let’s apply a little humor to this situation:

A fussy lady goes into a restaurant and orders a meal that includes chicken, vegetables, and a baked potato.

Five minutes into her meal she calls the waitress over because her chicken is not tender. The chicken is then replaced:

Then the corn Is too salty and that is replaced as well

Five minutes later, the waitress is motioned over to the table because of her potato.

“Ma’am, what’s wrong with your potato?” the waitress asks.

“It’s bad?”

The waitress, with a sense of humor, picks up the potato In one hand and starts hitting the spud:

“Bad, bad, bad potato!

As she puts it back on the customer’s plate, she says, “If that potato gives you any more trouble, let me know.”

Now, say this PRN out loud:

<p>“Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs.”</p>

6.

YOUR ANOINTING

THE PURPOSE OF WRITING *Lean God's Way* is, of course, to help you become slim and trim by the powers that are available to you through the supernatural realm. One of the major blessings that is available to you is the anointing of the Holy Spirit, a wonderful spiritual gift that you received when Jesus came into your heart. The anointing (which comes from the verb "anoint," which means "to rub in or to smear") has been defined in the past as the tangible presence of God.

But the truth is that the anointing is really His power, not His presence.

Jesus, the Anointed One, said, *But when the Holy Spirit has come upon you, you will receive power and will tell people about me everywhere – in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth*" (Act 1:8, NLT).

God's presence may be described as His glory, His person, His attributes, and His ways. You need His presence in order to have His power for the anointing. His power exists for service. You never want to be without His presence, because having His power without His presence can be very troublesome.

How do you get into God's presence? As you get more involved with Him and draw closer to Him, and as you soak in His presence, the more you will know Him, for He will reveal His ways to you, as He did to Moses. His glory will fill you, and you will know in your inner "knower" that your weight loss is nothing more than a matter of time, and you will not need to struggle with your flesh any longer

YOU ARE ANOINTED

Why do you want to be in God's presence? Because spending time with Him will transform you and your heart. This glory of God can transform you into His image. (See 2 Corinthians 3:17-18.) Yet, His presence or glory cannot be experienced or felt in your physical body; it can only be known in your heart. More importantly, the more you are in His presence, the less you will be aware of yourself. This means that, as you surrender yourself to God, you will experience fewer distractions and your focus on your flesh will diminish. Then your spirit will dwell in unity with God's Spirit. You see, your flesh, which is your soul and body, doesn't know how to seek God in the same way your spirit does. You have to be on constant guard to deny yourself, that is, your flesh, in order to maintain your anointing.

"For I know that in me (that is, in my flesh) nothing good dwells; for to will is present with me, but how to perform what is good I do not find" (Romans 7:18. NKJV).

Listen, the soul is not evil, for it was changed at the cross. It does have the potential to sin (self-inflicted nonsense) when left to its own nature, however. That is why Jesus has to walk His life in you.

You will realize that God's presence brings silence, for when you are filled with God, you really are unable to speak. This is a spiritual or holy silence, not the kind of quietness that you are aware of in the flesh.

Do you want to know what you receive from being in His presence? You will experience the peace that comes from having His protection and His power. This will bring about a change in your actions and behavior and will turn you into "another man." (See 1 Samuel 10:6-7.) You will be bathed in the light of God in a way

that is similar to what happened at the Transfiguration when Jesus' face shone like the sun. The way to keep His presence or His glory is just to remain faithful.

The blood of Jesus releases the anointing, as you feed upon His Word. Likewise, the anointing comes with your prayers. His anointing will saturate and fill you, and it will continue to increase as you become more focused on your slim-and-trim body. Indeed, the anointing will supply all your weight-loss needs.

The purpose of the Lord's presence in your life is for you to have fellowship and intimacy with Him and to know Him, His voice, and His ways.

Look at what God has to say about the power of the anointing:

"The Spirit of the Sovereign LORD is upon me, because the LORD has appointed me to bring good news to the poor. He has sent me to comfort the brokenhearted and to announce that captives will be released and prisoners will be freed. He has sent me to tell those who mourn that the time of the LORD'S favor has come, and with it, the day of God's anger against their enemies. To all who mourn in Israel, he will give beauty for ashes, joy instead of mourning, praise instead of despair. For the LORD has planted them like strong and graceful oaks for his own glory. They will rebuild the ancient ruins, repairing cities long ago destroyed. They will revive them, though they have been empty for many generations. Foreigners will be your servants. They will feed your flocks and plow your fields and tend your vineyards. You will be called priests of the LORD, ministers of our God. You will be fed with the treasures of the nations and will boast in their riches"(Isaiah 61:1-7, NLT).

Not only is it possible to transfer the anointing from one person to another, but the Word will transfer the

anointing from this book to you in the same way the Lord did for His servant David:

“I have found my servant David. I have anointed him with my holy oil. I will steady him, and I will make him strong. His enemies will not get the best of him, nor will the wicked overpower him” (Psalms 89:20-22, NLT).

Say this prayer out loud, “Lord, I know I received Vow phenomenal anointing when I was born again, and I thank You for Your covenant with me. I ask You, in the name of Jesus, to fill me again with a fresh and new anointing, and as often as I ask. I want to receive and be blessed with all your benefits and accomplish all of my weight-loss desires through Your help in the mighty name of Jesus.”

Not laughing is a serious matter; so let’s fix that with the following story:

A young man rushes Into a physician’s office demanding to see the doctor immediately. The doctor examines him. He sees the man has a carrot up one side of his nose, a stick of celery up the other; a cucumber In his left ear, anti a banana In his right ear.

The patient says, “I have soreness and pain in my ears and I can hardly breathe. “What’s wrong with me?”

The doctor responds, “You’re not eating properly.”

Then say this PRN out loud:

“Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs.”

7.

YOUR CONFESSION BECOMES YOUR POSSESSION

THE TRUTH OF THE reality of life is that what you confess is what you possess. That is, what you say is what you get! In other words, confession brings possession.

Let's start with a couple of humorous anecdotes:

A college student confessed, "*One day I'm going to own a Mercedes.*" He worked like a slave in order to purchase one, but as a result of his confession, his car only lasted one day, for he wrapped it around a telephone pole on the second day!

Want another good example of a bad example? A young man studied a self-help book entitled, *How a Guy Meets a Galatians*. One of the phrases he was encouraged to use to impress his new girlfriend was, "*Your face is so beautiful it would make time stand still*"

Instead, he reversed what he was supposed to tell his new girlfriend and in the mix-up he said, "*You have a face that would stop an eight-day clock.*"

This was a "fatal mistake" with regard to his new relationship, which ended abruptly thereafter!

Your words may have serious consequences, and you need to get serious about learning how to use them. The Bible says that death and life are in the power of the tongue:

"Those who love to talk will experience the consequences, for the tongue can kill or nourish life" (Proverbs 18:21, NLT).

Every word that comes forth from your lips speaks either faith or unbelief.

“He that keepeth his mouth keepeth his life: but he that openeth wide his lips shall have destruction.”
(Proverbs 13.3, KJV)

Did you know that any ungodly words you speak to yourself are potentially damaging, especially when you repeat them frequently, even to yourself. When you speak unintentional negative statements, you turn your life into a self-fulfilling prophecy.

You need to realize that prophecy works both ways. This will only be mentioned once, but never ever forget this! You can prophesy to yourself out loud and expect to receive what you ask for. You have that power! That means you can speak out loud what you want using the boundaries of godly principles and expect what you say to happen. I don't have to tell you that the supernatural never makes human sense and it's not supposed to.

The less you talk about your excess weight, the less you will be enslaved to it. The way to be released from this prison is to not concentrate and focus on weight and food. When you think about food long enough, you will almost force yourself to eat.

The Bible says, *“Gentle words bring life and health; a deceitful tongue crushes the spirit”* (Proverbs 15:4, NET).

CONTROL YOUR TONGUE

Jesus recommended that people should say what they want instead of saying what they have. Stop speaking what you obviously have and start speaking what you want, even though you do not have it. In this way you will be able to get it. You do not want to get “hung by your tongue.” You need to understand that how you run your mouth determines how you run your life. Your words control your atmosphere. it's that

simple and that powerful. An ideal way to avoid this “mouth trap” is to use the words Jesus uses.

Following the West Virginia Sago mine disaster of January 2006, the lone survivor of the thirteen trapped miners (Randall McCloy) left the rehab center with a “new lease on life.” The doctors reported that only a medical miracle could explain his survival after being exposed to carbon monoxide for more than forty-one hours. The medical director of the rehab center said, “It’s basically almost like he was resurrected.” You may ponder in amazement how to explain this, but immediately following the reported tragedy, Fox News interviewed the family, and I heard them say, “If anyone can make it, Randy can make it.” I believe the Holy Spirit was responsible for this confession being fulfilled. Therefore, as I write this book, I am applying this approach to your own personal weight situation by telling you to say, “If anyone can lose weight, I can lose weight!”

Get ready for a miracle when you apply the power of God’s Word to any challenge you face. A young boy who was in a coma was admitted to a Surgical Intensive Care Unit after having been triaged in the Emergency Room as the result of a serious fall and resulting head injuries. His prognosis was guarded, but when his family was interviewed about his condition, they said repeatedly, “Oh, he’s sitting up in bed and eating.” They were not lying, but they were speaking the truth in advance, which explains why he left the hospital healed and whole. What you say is what you get!

You expose your life to the risks and dangers of the demonic realm when your tongue is out of control. The devil and his very organized demonic hordes (they never break rank) exist in the supernatural world, and their primary purpose is to serve as spiritual “hit men.” Thank

God for Jesus, for through Him we can overcome all the devil's strategies.

Jesus said, *"The thief's purpose is to steal and kill and destroy. My purpose is to give life in all its fullness"* (John 10:10, NLT).

Did you know that it is the responsibility of the beings in the supernatural realm to carry out, perform, and execute every one of the verbal requests that flow from your tongue? This happens whether you speak positive or negative words. Negative words curses and they have the power to become imbedded in your heart and form and fashion your personality

Therefore, avoid negative words at all costs, because your brain is liable to register and record them, and demonic forces will begin to take action in accord with them. Psychologists believe that for every negative confession you make, it takes thirteen positive confessions to overcome it!

This applies, as well, to any confusion you may have with regard to the words "try" and "do." When you "try," you create a self-defeating excuse, which also involves self-doubt. The word "do," however, involves the power of God's presence. The Book of the Revelation points out that when you just "try," you will become lukewarm, and as a result, you will be "spit out" of God's mouth.

Jesus said, *"But since you are like lukewarm water, I will spit you out of my mouth!"* (Revelation 3:16, NLT).

So, do not "try" to study this book but simply "do" it. Did you ever try to breathe? I recommend that you delete the word "try" from your vocabulary altogether, even if you think I am being too picky about word choices and language usage. The word "do" is far superior to the word "try" since it involves "trust" and God.

This is a good time for me to point out the fact that there are additional words which require your scrutiny. For example, from the medical aspect, when you experience pain, do you really want *pain* medicine for relief when you are already experiencing pain? The words “*anti-pain* medication” are more appropriate to use, aren’t they? Similarly, if you choose to go to a *weight-management center*, your goal is not really to manage your weight; instead, it would be better to go to a *weight-control center* and a *weight-loss center* would be far better than either of the two previous alternatives. As you can see, your words form your perspective.

The point is that you need to reach a higher level. The Bible tells us that God uses words to call those things which be not as though they were:

“That is what the Scriptures mean when God told him, ‘I have made you the father of many nations.’ This happened because Abraham believed in the God who brings the dead back to life and who brings into existence what didn’t exist before” (Romans 4:17, NLT).

This verse presents a “spiritual technology” that is good enough for God. Therefore, it should work for you.

So, do not tell it like it is; tell it like you want it to be. You might ask, “You mean I am supposed to say, ‘I am healed of this weight problem’ when I am still overweight?”

Yes, that is correct.

You might say, “Does that mean I can say I have a terrific figure when I am wearing clothes that would fit two people? That sounds like lying to me. Besides, I have to be honest.” Actually, you are not lying when you make such a positive confession; you are speaking the truth in advance. Again, you are speaking a heavenly truth rather than an earthly lie, because of Jesus.

I suspect that most of my readers will be troubled with regard to how to do this. In all probability, you

have spent your life “telling it like it is.” You constantly used your mouth to report on the sorry state of affairs that were surrounding you. Because of these attitudes, the very thought of calling “things which be not as though they were” probably seems a little crazy or stupid to you.

Stupid? Yes, in the physical or natural realm, but not in God’s realm. In His realm, His theology, it is His way or the highway. Man’s way is to form a democracy so the majority can vote to change what they want to believe and do. God’s ways are entirely different from man’s ways, and His thoughts are far beyond man’s thoughts.

When you speak what you envision about your weight and your physique, you are not denying that you are overweight. The God of the Bible does not want you to engage in denial. You are stating, however, that you have lying symptoms and signs of being overweight. When your weight returns to what you consider to be your normal weight as a result of using God’s spiritual principles, you will then be able to say and confirm that you were actually lying about being overweight. When you say you are healed, just remember that you are speaking the truth in advance.

Perhaps you still don’t like this message. If so, I ask you to consider this statement: the truth will set you free, but it may first make you mad.

Jesus said, *“When the Spirit of truth comes, he will guide you into all truth. He will not be presenting his own ideas; he will be telling you what he has heard. He will tell you about the future”* (John 16:13, NLT).

UNSHAKEN FAITH

You will really be grateful for learning about God’s power when you are able to speak from your spirit, using

words of faith, instead of speaking from your mind in the natural.

Can you see how you are now developing unshaken faith? There is a profound difference between lying and speaking by faith. By speaking words of faith you are not attempting to deceive yourself or anyone. You do not want anyone to believe something that is not true, and you don't want to believe untruths either. What you are doing when you are speaking faith is simply speaking words that agree with the Word of God, words that you speak from your spirit instead of your mind.

You already know the truth that Jesus has healed your weight situation in the supernatural. He has taken it from you in the natural realm. When you call something that does not exist, such as saying you are slim and trim, which is what you desire, your word power, which is alive in the supernatural will make it happen as a result of your belief. Doubt is not permitted. Your faith and belief in the unseen is so strong that you will release the miraculous power that is needed for the healing of your weight situation. You will then reach your goal. You will become what you want to be.

A friend of mine needed two million dollars for a business deal. He didn't have it, but God did! He lay prostrate on the floor for twenty-four hours repeating the same phrase over and over again, "God, give me the money!" Two days later an investor walked into his office with a check for two million dollars! In the same way God will answer you when you pray, "God, make me slim and trim!"

Remember, you get healed from the inside out. God changes you on the inside before you see the changes on the outside. Your spirit receives your healing first and then it notifies your body by quickening it by the same Spirit that raised Christ from the dead! (See Romans 8:11.)

One of the easiest things you need to learn is how to talk like God talks (through His Word) so you can have the things God wants you to have. When you use the same words God uses, you can expect the desired results in time. I am not just talking about the power of positive thinking. I am talking about the power of thinking God-thoughts and speaking God-words, which are always positive.

Although you may not have thought about this, you do not have to feel something in order to speak it and say what you think. God says His Word is true, so all you have to do is to say it in agreement with Him! Feelings are not necessary even if your body tells you something different. There is no need to wait for feelings to come in order to act by faith. Faith begins in the mouth and then in the heart. You confess it first with your mouth and then you believe it in your heart.

Did you ever notice what color your words are when you speak? You cannot see them, but your words actually produce Technicolor images. These are invisible, because they are displayed in another dimension, but of course, you can hear them. They are spirit and life, and they are “alive.” When you open your mouth to speak by faith, the words come out of your spirit. You are creating things spiritually by speaking them and believing.

The Apostle Paul said: *“We having the same spirit of faith, according to as it is written, ‘I believed and therefore have I spoken’; we also believe, and therefore speak”* (2 Corinthians 4:13, KJV).

TALK LIKE GOD DOES

You are sending out the Word when you speak in the same way God sends forth His Word. You expect the same results to happen that take place when God speaks

His Word, simply because you are using His Word. The truth is that you are a channel through which the Word of God can flow.

The Palmist writes, *“He sent his word and healed them, and delivered them from their destructions”* (Psalms 107:20, KJV).

When you learn how to live and walk in the Spirit, you are operating spiritually, not from your mind. With your spiritual understanding, you realize that your words are released in the supernatural realm, and you appreciate their spiritual power.

“If we live in the Spirit, let us also walk in the Spirit” (Galatians 5:25, NKJV).

The timing is up to God. His timing and His ways are perfect. Just knowing that you are speaking in His presence will be sufficient for you, for this will give you the confidence that the words you use are in the spiritual realm. In this way, you can expect to move your mountain by faith.

When you speak God’s spiritual words with unquestioning, unfaltering faith, you are really sending them to God, and you are planting His seeds in your spirit and expecting to reap a harvest from them. When you sow the seed (the Word of God), you know that it always flourishes in good ground (you), and, according to God, you can expect a thirty sixty and one hundredfold increase.

Now, say this out loud, “Father, I Love You and I thank you for this awesome weight loss and Your unconditional support in helping me eat wisely. I ask this in the mighty name of Jesus.”

Interestingly, when you look up the word “understand,” you discover that it involves a battle to comprehend. Understanding is one thing, but when you trust, you go a step beyond understanding and comprehension, and you enter into faith. You need to

trust in God like you never trusted in Him before. Begin this process by bringing both your tongue and your heart in line with God's Word. Get into fellowship with Him as well as friendship with Him, and start talking to Him and listening for His voice. Stop "telling it like it is," and start speaking and believing the promises of God by putting the power of His words to work for you.

A patient informed me that every December, like clockwork, she got pneumonia. Without meaning to be flippant, I asked her, "Why do you schedule it? I want you to promise yourself and God never to schedule any situation by way of inappropriate and negative confessions.

Now, I think it's time to inject a little humor:

I asked a little girl, "Do you guys pray before you eat?"

"No sir," she said "We don't have to. My mom's a good cook, but sometimes if she cooks in a hurry we have to pray after we eat!"

Say this PRN out loud:

"Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs."

8.

YOUR DOCTOR'S ROLE

AFTER THIRTY-SEVEN YEARS OF working as a neurosurgeon, I discovered there was another, much more effective and powerful “medicine.” No other drug or treatment can equal the effectiveness of the Word of God. The truth is that God’s “medicine” is the answer to every need, for it encompasses all of life, breath, and divine health. The power of God’s Word is already contained within your heart, for by faith you have already experienced your weight loss in the supernatural realm. This is a fait accompli; it has already happened.

The question might arise, “If God’s ‘medicine’ works so well, what about those people, even believers, who are still overweight or are sick?” The answer to this understandable question is simple: somewhere along the line, these people don’t know enough spiritual information about how to talk to God in order to get Him to heal them. As a result, their disbelief actually becomes disobedience.

The way to resolve this, if it applies to you, is to take the time to plant the Word concerning the healing of your body deeply within your heart and do what the Word tells you to do. Remember that your words are your servants; when you speak them, you will believe them, and when you believe them, you will see them manifested in your life.

“Don’t lose sight of my words. Let them penetrate deep within your heart, for they bring life and radiant health to anyone who discovers their meaning” (Proverbs 4:21-22, NLT).

Initially, as a health-care provider, I was not aware of my responsibility to maintain the healing systems that

God gave to all people. I had no concept of keeping one's healing system in proper working order through the use of godly words. The depth and power of your doctor's words can produce anxiety, doubt, fear, depression, and even panic within you, especially if they offer little hope. A doctor's words are the words of an authority figure who has to use negative medical terminology with full disclosure because of legal concerns that could affect his or her practice.

You must not allow yourself to accept or believe any inappropriate medical labels that medical professionals attach to you. Words become your emotional stability, and they must be treated as a sensitive and delicate spiritual issue in your weight-healing process. In saying this, I do not mean to be disrespectful. However, I do know that you have another "opinion" that is available to you, and the truth is that you will get a far better report from Jesus, the Great Physician.

OVERCOME THE SPIRIT OF FEAR

You can overcome the demonic power of fear. You need to be aware that you can bring fear into reality whenever you allow it to enter your mind, because it really is a spirit.

"For the thing I greatly feared has come upon me, And what I dreaded has happened to me" (Job 3:25, NKJV).

The resolution for this dilemma is quite simple, and it is found in this verse: *"For God has not given us a spirit of fear, but of power and of love and of a sound mind"* (2 Timothy 1:7, NKJV).

God's perfect love has cast out all fear from your life, but you must stand fast in the liberty with which He has set you free. (See 1 John 4:18 and Galatians 6:1.)

Did you know that FEAR stands for “False Evidence Appearing Real?” Say this out loud, “You spirit of fear come out in the name of Jesus.”

Through my medical training I learned that I had to be honest with patients. If they were overweight and experiencing complications as a result of their weight, I was advised to tell them so. This comes from the notorious scientific approach, which is like a religion in medical sectors.

As you know, this method is based upon reason and it does not require faith. In truth, it is contradictory to the Bible because it says that you have to see something before you can believe it. The Word of God, on the other hand, says that we should believe in order to see! We should walk by faith, not by sight.

WEIGHT IS JUST A NAME

Did you know that weight is just a name, and this name has to bow down to the name of Jesus? It took me a long time of much study and repetitious reading to overcome my spiritual ignorance about these vitally important matters, but I eventually learned this truth: *“Because of this, God raised him up to the heights of heaven and gave him a name that is above every other name, so that at the name of Jesus every knee will bow, in heaven and on earth and under the earth”* (Philippians 2:9-10, NLT).

This was a challenging Scripture for me because of my intensive logical and professional medical training, which was based entirely on science. However, the truth was finally revealed to me. It was a revelation, to me, a true epiphany and a whole new beginning for my life.

Jesus said, *“You believe because you have seen me. Blessed are those who haven’t seen me and believe anyway”* (John 20:29, NLT).

Excess weight could well be classified as a chronic condition that began in the supernatural realm and continues to exist in the natural realm. It is easy to resolve this condition when you blend the power of God's Word (the Holy Bible) with your faith, your trust, and your belief. You truly can expect to see the physical manifestation of your healing!

So, expect a miracle by trusting God to bring it to pass in your life.

There is a price to pay, however, and this price involves:

- 1) Prayer.
- 2) Obedience.
- 3) Dedication.
- 4) Surrender.
- 5) Faith.
- 6) Relying on God's Word.

Now, it may be a fact that you're overweight, and it may also be a fact that you have associated medical conditions resulting from your weight and these facts are printed in medical textbooks. Again, they are *facts*, but they are not *the truth!* I hope you understand this distinction, because it's crucial to your weight loss.

THE TRUTH NEVER CHANGES

Listen to this: The fact is that you are overweight according to your doctor's scale or any scale; the fact is that the documentation of your weight and other associated conditions are noted in your medical chart; the fact is that you have received instructions from your health-care provider regarding treatment, etc. But facts are from men, and the truth is from Jesus. Facts can fluctuate because everything in the natural is subject to change, but the truth is never subject to change.

In medical school I learned a multitude of facts, and since then, many of those “facts” have changed, sometimes seemingly on a monthly basis. But the truth never changes. The truth is constant, and the truth is that God has healed you in the supernatural realm. This is the truth that will make you free. (See John 8:32.) You see, facts are from man, but the truth is from God. Not only does your faith ignore whatever power facts appear to present, but your faith is so powerful that it changes the facts, as well. Just to confirm the changeability of so-called scientific facts, did you hear that Pluto is now no longer considered to be a planet?

This also applies to all those weight-scale numbers and “bad news” reports you have been exposed to. The fact is that you weigh x number of pounds, but the truth is that God has resolved this, and He has healed you in the supernatural realm I do not care what you think you look like when you see your reflection in the mirror, because if you could see your spirit and stop looking at your flesh, you would see a healthy, slim-and-trim person. Therefore, I call such weight numbers “artifacts and illusions.”

I was present when a four-year-old girl who had been diagnosed with a brain tumor received powerful prayer in the MRI department of a hospital. The prayer was so powerful that, while the study was being performed and monitored, the tumor actually began to shrink and disappear!

In truth, there was no evidence of tumor on the final scans. How I rejoiced and praised God for the obvious miracle that proved that the medical “facts” were not true. This precious little girl was cured when she left the MRI department. I am no longer interested in the “facts” that people attempt to force on us. I want to know the truth, don’t you?

Jesus didn't pray for people to be healed; He simply healed them.

The gospels clearly state that Jesus healed them all. In a similar vein, that is why I minister healing to people rather than just praying for them.

THE PLACE OF POWER

The place of power is the place of agreement. There's a better report to receive if your doctor's report is negative. Two or three people of God have the power to bind even weight challenges, as this Scripture clearly declares: *"For where two or three gather together because they are mine, I am there among them"* (Matthew 18:20, NLT).

Stand in agreement with other believers and the truth of God's Word, and you will see a mighty release of His power.

Will your inclination be to agree with your doctor when he presents a "bad" report to you? Did you know that you have a choice as to whether you will agree with the contradictory report of your medical authority or the report of Jesus, who declares that you are healed? I see no advantage in agreeing with "bad" news. For this reason, I would recommend that you do not receive or accept the doctor's negative reports as being the truth. Respond to such a reports by saying out loud, "Doctor, I do not agree with your reports and I do not receive or accept them, because Jesus tells me I am healed and whole in His name." It is true that your place of power is the place of agreement.

Jesus said, *"I also tell you this: If two of you agree down here on earth concerning anything you ask, my Father in heaven will do it for you"* (Matthew 18:19, NLT).

FAITH OVER CIRCUMSTANCES

Think about this for a moment: *This is not the old mind-over-matter joke; if you don't mind; it truly does not matter.* Instead of mind over matter, I'm referring to faith over circumstances. What you need to be believing and saying is that you refuse the right of any circumstance, which, in your case, is your weight, to exist in your body. Circumstances may exist in the world, but they are not permitted to affect your body. Your faith is overwhelmingly greater than any circumstances, and God is more powerful than anything or anyone else.

At the risk of seeming repetitious, I'm asking you to be serious and listen to this: the truth is that Jesus has healed you in the supernatural dominion. He took your excess weight from the supernatural, demonic realm when He died on the cross, and that truth is represented by one of the stripes He received on His back.

Therefore, I want you to repeat this affirmation daily with all your faith and belief, "By the stripes of Jesus, I am 'slim and trim.'"

The truth is that now you are just waiting to see your healing become manifest in the natural, and you are well aware that everything in the natural is subject to change.

Jesus said, "*You will know the truth, and the truth will set you free*" (John 8:32, NLT).

Let the Spirit of truth and the truth of God's Word guide you to see your weight coming off in advance. Although you cannot deny what you think you see, your weight situation really just represents lying symptoms and signs. It is your flesh that is telling you that you are overweight, and that simply is not true. You are not moved by what you see, or hear; you are only moved by what you believe. The truth is that your spirit is slim and

trim. Therefore, you need to speak the truth to your flesh.

Say this PRN out loud: “Flesh, I command you to Line up with the Word of God in the Spirit in the mighty name of Jesus.”

The Spirit of the Lord is in you, and He has set you free and given you victory through Jesus’ substitutionary death on the cross.

Now it’s time for another “breather”:

My wife just came home with a large package of boneless chicken which was on sale.

I asked her, “How was it able to walk?”

Say this PRN out loud:

<p>“Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs.”</p>

9.

YOUR SPIRITUAL DIMENSIONS

MAKE ONE OF YOUR goals to never stop acquiring all available spiritual knowledge and to continue functioning in the supernatural realm. Your desired weight reduction is just a visualization away. Remember, though, that one of your enemies is your flesh.

You are a three-dimensional being: you are a spirit, you have a soul, and you live in a body. Each of these parts is interconnected and inseparable. Yet, your spirit and your soul are different entities with different substances. Your flesh consists of your soul and your body. What is so fascinating is that if you could remove your spirit and look at it, you would see your perfect weight – slim and trim.

“Now, may the God of peace make you holy in every way, and may your whole spirit, and soul and body be kept blameless until that day when our Lord Jesus Christ comes again” (1 Thessalonians 5:23, NLT),

You are really a spiritual being rather than a human being since your spirit is eternal and the human part of you is temporal or temporary. In other words, you are a spirit in a body, not a body with a spirit. You are a spiritual being on a physical journey rather than a physical being on a spiritual journey. When you accepted the Lord Jesus Christ into your heart, your spirit came “alive,” as if it had been resurrected from the dead in the same way that Christ was.

Your spirit is God’s candle, as the following verse reveals: *“The Lord’s searchlight penetrates the human spirit exposing every human motive”* (Proverbs 20:27, NLT).

THE SECRET PLACE

Let your spirit rule your soul and body. Remember, spirit first! God's Spirit has union and fellowship with your human spirit within the secret place of your innermost being. That is, the Holy Spirit dwells within you and He lives with your spirit. You need to spend time within the secret place of the Most High because, as Moses pointed out, that is where you will have fellowship with God and live with God. The secret place has been described as a place of refuge, comfort, peace, and joy; it is a place where you will find indescribable treasures and a place of power and heavenly faith that will overcome any obstacle, sin, sickness, or even excess weight. Where is the secret place? It is the throne of God in your heart.

The Psalmist says, "He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty" (Psalms 91:1, NKJV).

When you experienced your miracle of salvation, the Father, the Son, and the Holy Spirit came to dwell within your spirit. You would never have been able to see the face of Jesus if this did not happen.

Please remember that your spirit is like a sponge that soaks up whatever it hears. It is within you and it is helping you to achieve your weight reduction.

Your soul has a will that God created to be free; therefore, you are not a robot. This means that you have the ability to make up your own mind rather than allowing yourself be influenced by your adversary the devil, or even by God. Your free will gives you the power of choice. You need to get so excited about God that you forget the devil.

In addition, to your free will, your emotions, your senses, your feelings, your thoughts, your perceptions, and your mind or intellect are found within your soul.

These parts of your soul are unreliable when you listen to them because they are fickle, unstable, and undependable. Your soul represents your emotions, what you think, what you feel, and what you want.

Pilots never rely on their senses when they fly, but on their instruments. Be like trained pilots who never risk depending on their emotions or their feelings to make their decisions. Train yourself to use the “spiritual instruments” of the Holy Spirit that are built into you.

Your flesh is like Satan in that it is selfish and self-centered; it is essentially engaged in a civil war with your spirit. It is at enmity with God. Your flesh lusts against your spirit, while your spirit lusts against your flesh. These two forces within you, the Holy Spirit and your flesh, which form your old carnal nature, are in opposition to one another.

Paul puts it this way, *“For the sinful nature is always hostile to God. It never did obey God’s laws, and it never will”* (Romans 8:7, NLT).

When you yield to the Holy Spirit, you crucify your flesh. When you yield to the flesh, you put the Holy Spirit down, and in so doing you are ignoring the Holy Spirit.

The Holy Spirit can keep you from being enslaved to your fleshly life, as Paul points out: *“So I advise you to live according to your new life in the Holy Spirit. Then you won’t be doing what your sinful nature craves. The old sinful nature loves to do evil, which is just opposite from what the Holy Spirit wants. And the Spirit gives us desires that are opposite from what the sinful nature desires. These two forces are constantly fighting each other, and your choices are never free from this conflict”* (Galatians 5:15-16, NLT).

The devil wants to take control of your soul dimension since he has access to it due to the truth that he is a spirit. Your soul would love to deceive you, get

you heavier, make ridiculous demands on you and then have you believe that those demands are in agreement with the essential you – your spirit.

But you will know better as a result of experiencing what will happen with your weight loss, as you fight and win control of your soul. You can easily oppose Satan when you first surrender yourself to God.

James writes, *“Therefore submit to God. Resist the devil and he will flee from you”* (James 4:7, NKJV).

COMMITMENT AND TRUST

Commitment always involves trust. The truth is that you must now trust God more fully than you’ve ever trusted Him before. Courage results from your trusting. Make a conscious effort to seek God every day, to hear His voice, to seek His kingdom and His righteousness, and to remain aware of the Kingdom of God, which is within you.

Here is one of my favorite Bible passages: *“Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will direct your paths. Don’t be impressed with your own wisdom. Instead, fear the LORD and turn your back on evil”* (Proverbs 3:5-7, NLT).

Included in your yielding to God is the surrender of your body to Him. (See Romans 12:1-2.) Do you realize that your body does not belong to you? It was loaned to you from God, who created it for you. Yet God is not responsible for your body until you turn it back over to Him. When you have difficulty keeping your body in subjection, you need to return ownership of it to your Creator. He is certainly better able than you are to handle and preserve it in the proper manner.

When you fail to take care of you, you are ignoring your body and, thereby, you are actually abusing God's temple.

"Do you not know that you are the temple of God and that the Spirit of God dwells in you?" (1 Corinthians 3:16, NKJV)

If there is any question about this in your mind, just ask yourself, "Is Jesus happy with my appearance?" Deep within, you know that your spirit has already answered this question for you.

What you need to do is put your body on His altar, as if your body were a living sacrifice and you are turning your flesh over to God.

The word "sacrifice" reminds you of the sacrifices that were practiced by the Hebrews in the Old Testament, but the difference is that those sacrifices were dead animals; now God wants you to be a *living sacrifice* unto Him.

When you give your body to God as a living sacrifice, you will live a clean and pure life, and you will treat His property (your body) with respect. The Word says you can make your body an acceptable sacrifice to God and that this is "a reasonable service" to Him. You must remember that you cannot give your body to the devil and expect to go to Heaven.

Your body is made holy to God when you surrender it and place it on His altar. This is the key that unlocks God's provision for your body, for you then will become open to His supernatural provision for your physical body. You will then feel God's Spirit drawing you and speaking to you. You have given up ownership of your body when you hand it over to Him. This has to be a true release from within, so you can watch what God can do and avoid further abuse, including overeating.

“And so, dear brothers and sisters, I plead with you to give your bodies to God. Let them be a living and holy sacrifice

– the kind he will accept. When you think of what he has done for you, is this too much to ask? 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. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is” (Romans 12:1-2, NLT).

You need to understand that since you were created by God, you belong to Him. This didn’t make sense to me until I understood, as an example, that when you paint a picture you become the creator of that picture and its owner. The picture is your possession in the same way that you are His possession.

FILLED BY THE HOLY SPIRIT

The true key to your personal power is found in being filled with the Holy Spirit. But this is not a one-time-only kind of experience. You must keep on being filled with the Holy Spirit on a daily basis. Start feeling the fire of God within your spirit. Proclaim this holy information often, out loud: “I go in the power of the Holy Spirit every day, and He who continuously leads me fills me!”

Jesus lives within you! Because this is true, you do not have to listen to natural talk anymore, for this is the way the world communicates. You may be *in* the world, but you are not of the world.

Your flesh is dead, but your spirit is alive. You believe this by faith, and that is all that is required. God is as excited as you are with your faith, because it continues to grow by leaps and bounds as you read *Lean*

God's Way, and, most of all, it pleases Him, and knowing this should please you, as well.

“So, you see, it is impossible to please God without faith. Anyone who wants to come to him must believe that there is a God and that he rewards those who sincerely seek him” (Hebrews 11:6, NLT).

As a result of applying these truths, you have now reached another level in the wisdom of God. You have the same Spirit within in you that was in Jesus, the Spirit that raised Him from the dead. If He gave life to Jesus, He will also give life to you. This means that there is no condition or situation you are facing that the Spirit who is within you cannot deal with and conquer, including your weight challenge.

“The Spirit of God, who raised Jesus from the dead, lives in you. And just as he raised Christ from the dead, he will give life to your mortal body by this same Spirit living within you” (Romans 8:11, NLT).

You only need whatever measure of faith you already have within you to believe and achieve the purpose of this book. I believe that when you purchased this book, even without realizing it, you were going to accomplish your weight-loss goal. You could say that God gave you a “faith lift.” You do not need to get an e-mail or a fax from the Holy Spirit to confirm what I’m saying, because the power of your faith and belief is sufficient for this to happen. You already have enough faith to bind all the powers of the devil, and you will see this happen with your new weight!

Proclaim this aloud, “Lord, I thank You for my precious body. By the decision of my will and a commitment of my faith, I want to have an extended life on Earth and so I turn my body over to You, God. I lay it on Your altar and ask You to take care of it, preserve it, and protect it. From now on my body belongs to You. I will listen and be obedient to You with my new eating

life-style as you deliver me from my previous unhealthy eating habits. I thank you that because of You I will achieve my desired weight and maintain it.”

PAY ATTENTION TO ME

Throughout your reading of *Lean God's Way*, it won't be unusual for you to hear what sounds like that “still, small, quiet voice.” God may be telling you to, “PAY ATTENTION TO ME.” When you experience His presence, which is His love, this becomes almost an indescribable happening. You may sense an awesome peace, like a protective quietness, perhaps even absolute calmness. You may sense stillness and inactivity within your soul. The Scripture comes alive and you are able to experience Psalm 46:11: “*Be still and know that I am God*” (KJV).

You may not be able to describe this, or even have a need to express it in words because you grasp that this is all spiritual. God's presence can create confidence, joy, and even an immeasurable faith within you. The truth is that you lose your feelings, your emotions, and even your self when you are in His presence. Your self disappears as if it were swallowed up by divine involvement. When you realize you do not need the self, you know you can and will do this thing!

What's so amazing and absolutely true is that God won't infringe on your free will. But if you are willing to shut down your soul dimension, and turn it completely over to God, you will experience enormous peace and steady weight loss because He has control of your will, your emotions, your thoughts, and your intellect entirely for your benefit.

The anointing comes upon you for service. This anointing proceeds from the presence of God, so first

you need to schedule private time for seeking Him. Include time to listen to Him and talk back to Him.

Worship tapes will enhance your encounter with God in your secret place. (See Psalm 91: 1.) Have you noticed that as you continue to grow closer to God, you continue to lose weight? You could refer to this supernatural connection as a dynamic spiritual process. This is available if you want to realign and improve your mind. In the natural, it is claimed people only use a very small fraction of the *cognitive potential* of their brain, even though every part of their brain has a known function and every brain neuron is busily working. This is not a human solution. To answer this, you have to go beyond the intellectual aspect, into the deep side of the brain where there are similarities between the human mind and God's. A breakthrough occurs when you set your mind on things above; it is an unlimited dimension. You know that the Kingdom of God is within you, but did you realize Heaven exists on Earth, and you are a citizen of Heaven and encounters in the heavenly realm are your inheritance?

Now here's another tale that will give you pleasure.

A woman was talking to her "Weigh Less Group" and telling them how sympathetic her physician was with her situation when she got off the scale during her last office visit.

With concern in her voice, she said "Doctor, am I gaining too much weight?"

He replied "No, not at all especially if you are planning a career as a Sumo wrestler!"

Say this PRN out loud:

"Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs."

10.

THE POWER OF TONGUES

ISN'T IT AMAZING THAT one of the greatest tools God has provided for His children is still struggling for recognition? Did you know that every verse in the New Testament was written by someone who spoke in tongues?

A major fortress the devil builds in the human mind is prejudice. He programs our minds with erroneous information before we know all we need to know to form an accurate opinion. In that way he can prevent the truth from entering our lives and doing its important work within us and through us.

The truth is I didn't want any part of speaking in tongues, although I must admit that it played a major role in the healing of the chronic, intractable pain I had long endured in both of my feet. You see, I was prejudiced in my attitude toward this gift. I didn't understand that God gave this gift to His saints so that they would profit in all things.

Paul (who spoke in tongues) writes, *But the manifestation of the Spirit is given to every man to profit withal.*" (1 Corinthians 4:12, KJV).

In other words, I was down on what I was not up on. And yet my total healing was clearly an act of the Holy Spirit, not the result of some demonic situation, although the etiology or cause was from a spirit of infirmity.

"And everyone present was filled with the Holy Spirit and began speaking in other languages, as the Holy Spirit gave them this ability" (Acts 2:4, NLT).

If you have been baptized in the Holy Spirit, you speak a language that does not come from your mind. It is the language of God's Spirit within you. God wants

every Christian to speak in tongues as soon as they are born again. Speaking in the language of the Holy Spirit enables you to tell your Father how much you love Him. It enables you to worship Him in spirit and truth, to praise your Creator, to give thanks, to speak His wonderful works, to magnify Him, to edify yourself, to build yourself up in faith, and even to witness healing, including the healing of your own body.

Speaking in tongues (in your God-given prayer language) should become very natural to you; it's like buying a pair of shoes, and the tongues come with them!

Scientific research has revealed that there are two chemical secretions which are released when you speak in tongues. These chemicals boost your immune system an additional forty percent as you speak in your heavenly language. This happens because of the Spirit-led power that is released from the Holy Spirit who is within you. You can use and experience this power in times of need.

You can appreciate why the devil hates when you communicate with your Father in this prayer language. He's not privileged to understand it and he can't take action to oppose the blessings that will come from it.

To keep from falling prey to temptations that emanate from the weaknesses of his flesh, Jesus told Peter to "watch and pray." In this way He showed that our spirits are strengthened through prayer.

The Bible says: "*But you, dear friends, must continue to build your lives on the foundation of your holy faith. And continue to pray as you are directed by the Holy Spirit*" (Jude 1:20, TLB).

GET BAPTIZED IN THE HOLY SPIRIT

Jesus has given us the ability to pray in other tongues, and this is what praying in the Spirit actually means.

Paul writes, *“And the Holy Spirit helps us in our distress. For we don’t even know what we should pray for, nor how we should pray. But the Holy Spirit prays for us with groanings that cannot be expressed in words”* (Romans 8:26, NLT).

Is it any wonder the Apostle Paul, who wrote two-thirds of the New Testament, said: *“Pray at all times and on every occasion in the power of the Holy Spirit. Stay alert and be persistent in your prayers for all Christians everywhere”* (Ephesians 6:18, NLT).

The point is that you really do not require any technical skills for praying in tongues, nor do you need to have a degree in electricity. Don’t turn something that God has made to be easy into something that is difficult.

Pray this with passion and speak it out loud: “I Love you, Lord, for all You do for me, and I thank You for this godly impartation. In the mighty name of Jesus, I ask You right now, Lord, to anoint me with the baptism in the Holy Spirit, that I may speak in tongues with all the rights and privileges gained thereby, and that I may communicate with You personally, and that I may receive the gifts of the Spirit.”

Let’s pause now for another humorous reflection:

An elderly gentleman went to the supermarket to purchase half a head of lettuce. The produce manager couldn’t believe his ridiculous request. He told the man to wait and in the meantime, after he cut a head of lettuce in half he decided to inform the store manager about this man’s silly request.

He said; “Al, you won’t believe this, but some crazy customer wants to buy half a head of lettuce!”

As he was about to go back, he realized that the customer had followed him, and he quickly recovered by saying, “And this nice gentleman wants to buy the other half!”

Now say this PRN out loud:

“God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs.”

You are a dear and precious reader, for you have a remarkable persistence and endurance as you pursue your goal toward your total success and victory. You are now two-thirds of the way through this book and have acquired supernatural, positive emotional strength with an impenetrable armor against any negativity from the devil, negative people, or the soulish realm of your mind. You are indeed a fortress! Thank God that you confess the Word, as it is outlined in *Lean God’s Way* on a daily basis. You are an awesome blessing to the Body of Christ, as John 15:7 points out: *“But if you stay joined to me and my words remain in you, you may ask any request you like, and it will be granted!”* (NLT).

11.

HILARIOUSLY FUNNY REMARKS

From a poster in an ice cream/bakery shop:
LIFE IS UNCERTAIN,
EAT DESSERT FIRST

From a sign on a fast-food bulletin board:
MY FAVORITE FOOD TYPE IS
“DRIVE-THROUGH”

From a sign in a veterinarian’s office:
What You Confess Is What You Possess.
Talk the Language of the Holy Spirit.
Violators Will Be Neutered.

From a postal card that was sent from a formerly
overweight daughter to her mother:
Dear Mom,
If you love me, don’t feed me.
However, it does not matter now that I have control.

From a sign in an office of the Motor Vehicle
Department:
MY GOAL IN LIFE IS TO WEIGH WHAT MY
DRIVER’S LICENSE SAYS I DO.

Received as a greeting card:
CONGRATULATIONS ON YOUR NEW DIET.
HOWEVER, GRAVY IS NOT A BEVERAGE.

From a poster in a smorgasbord restaurant:
A DIET IS WHAT YOU KEEP PUTTING OFF
WHILE YOU KEEP PUTTING ON.

From a sign in a hospital nutritionist's office:
THE FOUR BASIC FOOD GROUPS:
FROZEN, MICROWAVE,
PACKAGED, AND FAST.

Poster:
LECTURE ON EATING PROBLEMS BY
WORLD FAMOUS NUTRITIONIST.
Someone wrote underneath,
“Not for me, I don't have any problems eating.”

From a poster in a doctor's office:
DIET: A SHORT PERIOD OF STARVATION
FOLLOWED BY A WEIGHT GAIN OF FIVE
POUNDS

From a bumper sticker on the back of a car:
GOD LOVES US SO MUCH THAT HE GAVE US
CHOCOLATE.

From a sign in a wedding gown shop:
EAT IT TODAY WEAR IT TOMORROW.

My Favorite Menu

BREAKFAST

Half a grapefruit.

One slice of whole-wheat toast, dry.

89 ounces of skim milk.

LUNCH

Four ounces of lean, broiled chicken breast.

One cup of steamed spinach.

One cup of herbal tea.

One Oreo cookie.

MID-AFTERNOON SNACK

Rest of the Oreos in the package.

Two pints of rocky road ice cream.

One jar of hot fudge sauce.
Nuts, cherries, and whipped cream.

DINNER

Two loaves of garlic bread with cheese.
One large sausage-and-mushrooms-with-cheese
pizza.

Three Milky Way or Snickers candy bars

Four cans or one large pitcher of soda.

Three more Milky Way or Snickers candy bars.

LATE-EVENING SNACK

Entire frozen cheesecake eaten directly from freezer.

Four ounces of skim milk.

From a sign on a church bulletin:

Come for our Sundays; they are better than Baskin-
Robbins.

Say this PRN out loud:

**“Dear God, thank You for helping me to eat
wisely. Holy Spirit, thank You for providing and
guiding all my food needs.”**

12.

UNIQUE WEIGHT TECHNIQUES

EN YOU WANT TO supplement your supernatural power and take control over your flesh, there are several great natural, supportive measures, which are discussed in this chapter.

Hang the dress or pants that you intend to wear on the outside of your bedroom closet door so you can stare at the garment before you fall asleep and when you wake up. Purchase this clothing in advance if necessary. Then move it weekly, so it does not disappear when you get used to it being there.

You don't want to miss any slim-and-trim spiritual techniques such as this powerful one! Tell everyone you meet, using your faith, belief, and boldness, "You're going to see me slim and trim." This includes but is not limited to your restaurant server, exercise partner, boss, co-worker, mom, dad, bus driver, minister, doctor, car attendant, relative, dog, cat, horse, etc.

You should also add telephone poles, mailboxes, parked cars, and anything not moving.

I know a woman who attached a photo of her face to a picture of herself in her swimsuit when she weighed what she hoped to weigh in the future. In this way she was able to begin visualizing her "new me."

Let me encourage you to place similar motivating stickup or stick-on signs and posters in your home, work, or vacation environment. These can be images, positive confessions, large newspaper headlines, or Scriptures.

A businessman placed his dramatically labeled picture on his car visor, his refrigerator door, his desk calendar at work, and even on the inside of the toilet seat

in his bathroom. His first large, bold-print message that he pasted as a headline over the front page of his local newspaper (before it happened) was: JOHN SLIMS AND TRIMS TO 150 POUNDS.

When God talks to you, He may show you a picture. The Word of God is prophecy and prophecy is a picture. Depend on this principle of visualization, because pictures and graphics can indeed magnetize and energize you. Simply see what you want to become, because this repetitious image will eventually become so strong that you will not be able to distinguish it from the real one. This is true because your brain stores memory as impressions and emotions rather than as facts.

You will see this vision of your slim-and-trim body because what you speak is manifested in picture form and your mind will create what it sees.

The Bible states: *“Where there is no vision, the people perish”* (Proverbs 29:18, KJV). Once this gets inside of you, it will become what you want on the outside. You will be what you see!

Repetition is vital to spiritual truth. When you are “hit” by a spiritual truth that might be referred to as a revelation, repeat it out loud for your ears to hear before you deposit it into your brain’s storage bank. Also, repeat it to a person who is near you or reachable by telephone, both to benefit yourself and the other person. For example, you could say, “If you’re interested, I just read about a godly way to lose weight through the Holy Spirit.” Another example is, “How I run my weight life depends on how I run my mouth.”

Now, get your bathroom scale. Place a piece of white tape or a label in the form of a gauge and put numbers on it that reflect the desired weight that you are believing for. This tape or label will hide your natural weight number when you stand upon the scale.

Get on that “spiritual scale” many times throughout every twenty-four hour period and visualize and confess the weight you see on that label. By so doing you are announcing to yourself what you will weigh in the future.

Speak this out loud, “Thank You Jesus, for helping me weigh ____ pounds.” Do this every time you pass by a mirror as well. This will have the effect of changing your inner image of yourself; then before long you will begin to see the same change take place outwardly. Eventually, you will know when it is time for you to finally remove the tape in order to see your actual weight on the scale.

A husband (or wife) put a label over his wife’s (or husband’s) bathroom scale numbers that read “Go Walk!”

Follow these simple instructions in order to emphasize what you do not want to look like in the future: Lock yourself in a bedroom with a full-length mirror and disrobe. Place a paper bag over your head with openings cut out for your eyes so you can review what your body looks like. Defer doing this if you think it will be upsetting, but remember that it truly is a great eye-opener!

By the way, when you look in the mirror, remember that you are seeing your flesh, not the real you, which is your spirit. You need to speak out of your spirit to your flesh. Command it, take authority over it, and do not allow it have its way. Tell your flesh, “I have authority, dominion, and power over you every day and I’m the one that commands you since I’m in charge.” You need to repeat this until you start believing it and keep believing it until you start seeing its manifestation.

Now, let’s talk about your sternum, an important part of your body, which you can locate in the upper portion of your chest. The sternum is a flat, sharp-shaped

bone that is at a central point in your rib cage. You can determine how solid it is in your chest when you tap on it. The Bible calls this region of your body the place where the “breastplate of righteousness” should be worn, and the reason why it is so strong and tough is that this is where your spiritual armor begins. Immediately behind this, in the natural realm, is your heart, but in the supernatural realm, this is where Jesus lives within you.

You already know that no excess weight, sickness or disease, can exist in the presence of Jesus. Therefore, speak these words out loud, “Jesus, I refuse to allow any excess weight to exist in my body in Your mighty presence. In the name of Jesus, devil, I take authority and dominion over you, I bind and loose you, spirit of heaviness, and I break your power and command you to come out in the mighty name of Jesus. You take your hands off me because I am totally God’s property. I rebuke this weight and any and all of its complications.”

I bind and loose you, spirit of infirmity, and command you to come out, with the sicknesses and diseases you attempted to put on my body. I rebuke these medical conditions. Devil, they don’t exist in Heaven and I refuse to accept them in my body. In the mighty name of Jesus, I give You praise and glory and thank You for this victory!”

You can’t see the spirit of heaviness, the strongman who is causing your excess weight, but you can see the effects of it. Sometimes you may decide that the best way to keep from eating your favorite fattening food is to totally avoid it on a long-term basis. Many times, though, before you realize it, this will cause you to feel deprived, and you may attempt to solve this feeling of emptiness with a “food binge.” This involves consuming abnormally large amounts of your “missed” food. A binge of this kind is totally unrelated to hunger, and there is a probable risk that it will lead to recurrent, out-

of-control episodes, which can be avoided by remaining dependent upon the Holy Spirit.

Here's a great recommendation for you to consider:

take an occasional bite or take a "test taste" of your favorite high-calorie food. If it attempts to "talk" to you about eating more, talk back to it, knowing it has ears, and say, "Food, I am in control of you. You have no say over me. You have to obey me. I command you to shut up, for I refuse to listen to your tactics to tempt me to eat more of you in the name of Jesus."

YOUR POWERFUL APPESTAT

Your appetat is a finely tuned appetite-control mechanism that is located in the hypothalamus of your brain. Its purpose is to regulate food intake.

It is so sensitive that it can command your brain to inform your body to maintain a certain weight, remaining within a pound or two of that target weight for most of your life. But you have to let it do so. However, this set point will change every time you take on another diet program, and it will keep resetting itself until you get plugged into your persistently balanced program at your desired weight level.

Your appetite-control mechanism begins to work within the first few bites of a meal, and it sends appetite-suppressing signals to your brain. By the time your stomach is filled, about twenty minutes later, all feelings of hunger are gone. The nutrients from the meal you ate inform your brain that eating can now stop. You cannot tolerate your flesh becoming dominant, so enforce your authority and power over it by commanding your flesh to stop eating at the end of each and every meal. You can do this by saying out loud, "Flesh, in the name of Jesus, stop eating now."

Let's conclude this chapter with another funny story:

My doctor is very proud of my weight loss, but I know that I still need to work on my discipline. I think I'm getting better. I have been depending on God more and more. Like today, coming home from the doctor's office, I passed my favorite bakery shop with those cream-filled doughnuts in the window. I made a deal with God: "God If you want me to have that doughnut, then just find me a parking space.

And would you believe it? I found a parking space, but I did have to go around the block four times before it opened up!"

Say this out loud:

"Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs."

13.

NEW SCIENTIFIC RESEARCH ON CALORIES

LOGICAL CALORIE SAVERS

- 1) Calories do not count if you take food from another's plate, since it is not your food, and, therefore, they are not your calories!
 - 2) Eating food in the dark doesn't count, since you are not responsible for something you cannot see!
 - 3) If you can finish a refrigerator snack before the door closes, the calories do not count because of the physical activity involved!
 - 4) If you eat a candy bar and drink a diet soda at the same sitting, the calories in the diet soda cancel out those in the candy bar!
 - 5) Food used for medicinal purposes never counts, such as hot chocolate, brandy, and Sara Lee cheesecake!
 - 6) Cookie pieces contain no calories because they are broken, resulting in calorie leakage!
 - 7) Foods that have the same color have the same number of calories. Examples are spinach and pistachio ice cream, mushrooms, and white chocolate!
- Say this PRN out loud:

“Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs.”

14.

THE KEY TO GOD'S FOOD WISDOM

AS A RESULT OF the weight crisis you have faced, you are living in a battleground for your life. The real weight battle is between your ears.

There Is a cartoon with Peanuts and the gang drifting clown a river on a life raft. It Is twilight. The caption under the picture reads, 'We have met the enemy and they are us!'

This is a humorous illustration that vividly portrays a spiritual truth.

What are you listening to? Are your thoughts coming from your flesh, the devil, or God? Is the devil setting up "food traps," so you will eat what you do not want and even what you do not like? Are you getting caught up in what people think and what people say? Or are you, instead, pleasing the Lord and following the Holy Spirit?

Weight challenges are such a major tragedy because they happen as a result of people not knowing the Word of God. Hosea explains this simply by letting you know how you can stay out of captivity: "*My people are destroyed for lack of knowledge. Because you have rejected knowledge, I also will reject you...*" (Hosea 4:6, NKJV).

GAIN GOD-CONTROL

Your goal is not to gain self-control and self-discipline and all the other "selves" that are all self-centered, but to become God-centered, God-controlled, God-disciplined, and God-governed. The result of searching for God and ignoring your self is the death of

the self-life. This is a desired goal. The longer and more fervently you search for God, the less of you remains. The truth is that God sometimes withdraws himself from you so as to encourage and motivate you to learn to follow Him.

You can be in command of your entire life by listening to and obeying the Holy Spirit. You commune with the Holy Spirit by faith. His voice is that “still, small, quiet voice” that has already told you not to go to a particular fried-food or fast-food restaurant and not to drink your favorite soda, which is made from the identical substance the highway patrol carries in their trunks to remove blood from the highway after a car accident! You know that if you hear a contrary voice and do not like what it says, you can say out loud, “I bind you, devil, in the name of Jesus, and I command you to hold your peace; shut up, and go!”

Weight loss becomes easy when you compare your desired goal to the journey of 1,000 miles that begins with a single step. Your journey begins with the loss of a single pound and thereafter you just need to keep on duplicating that loss. That is to say that you should take it one pound at a time until you arrive at your destination. In the process, stay tuned to the Holy Spirit, for it is in the spiritual realm where miracles will happen and instant weight loss will occur.

THE PRICE OF WEIGHT LOSS

Consider the following-list about how to maintain the healing of your weight, and note that it does involve a great price to pay:

- 1) Keep yourself under the blood of Jesus. (Say it.)
- 2) Keep resisting the enemy.
- 3) Keep your faith strong.

- 4) Keep yourself in an atmosphere of faith.
- 5) Keep sharing your testimony.

When God does bizarre and fascinating miracles for people, such as having them lose weight instantly, we all rejoice. That has happened to quite a few people, and it has been reported by many ministries. An acute weight loss of thirty-five pounds has been witnessed and reported at the Healing Explosions of Charles and Frances Hunter (the Happy Hunters) on two separate occasions. They report that both a man and a woman lost approximately thirty-five pounds instantly!

I asked Frances Hunter what she said to them when this happened and she replied, *"Pick up your pants!"* One ministry traced this phenomenon back to one of the healing meetings of A.A. Allen in the 1950's when someone actually lost 200 pounds instantly! Remember, when you believe, you can receive.

There is nothing wrong if you decide to perform a "pantry scan" and remove surgically by hand all the "food junk" that has accumulated so you don't expose yourself to any more don't-eat-this-food guilt when the devil attempts to feed your mind with the temptation to snack.

Prayer for your instant weight loss: "In the name of Jesus, I take total authority and dominion over you, devil. I break your power, and I bind and loose you and command you, spirit of heaviness, to come out now, for I rebuke this excess weight.

I command a total healing of my memory for all past wounds, and I forgive anyone who hurt me. I command a total return of function of my appetat.

In the mighty name of Jesus, I command an instant weight loss of ten percent of my total body weight to take place now. I ask the ministering healing angels to eliminate the weight in the name of Jesus. Jesus, I give

You the praise and glory for this creative miracle and for this marvelous victory.”

Did you know that when God forgives you, He deletes all of your files regarding that matter just as you should do with other people?

Sam Levinson was a wonderful comedian and storyteller.

This is a true account of the struggles that existed not just to Jewish families. Just before supper, his mother spotted Benjamin Goldberg coming up the front steps of their home.

Quickly she said: “Sam, we don’t have enough food for ail of us, so I want you to refuse dinner!”

Sam said: “But, mom, I’m hungry.”

“Listen to me!”

Benjamin agreed to stay for dinner. During the serving, Sam did as he was to told: “Mom, I’m not hungry. I don’t want any chicken.

When dessert time came, his mom said: “Sam, you didn’t eat your supper. No cake for you!”

Say this PRN out loud:

<p>“Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding a(l my food needs.”</p>

15.

YOUR GODLY WISDOM

ONE OF THE GREATEST challenges you are facing is related to change. How do you accept and tolerate change? When you consider the results of becoming spiritually stronger from each and every change or adjustment, you will realize that the “trade off” is well worth the reward. There is a hidden blessing in being tested with trials. Do not forget that you can depend on the help of the Holy Spirit each step and each pound of the way.

You are already aware of your great inward driving force – your intense passion to succeed – and the deep desire in your heart to win this weight fight. Thank God that you have the necessary strength and courage to be victorious.

You will be free because you have the faith to be free, so just continue walking in it. Besides, you have been through too many weight struggles in the past too many times to throw in the towel now. This time it will be much easier for you. I recommend that you keep in touch with God on a daily basis, for His love and care for you is perfect, eternal, and unconditional.

The Holy Spirit, your Guide, lives within you and He leads you to eat the proper foods without restrictions or limitations. Do you realize that you will never be free to eat whatever you want without any restrictions or limitations until you know you are free to eat anything you want without any restrictions or limitations?

“But when you are directed by the Holy Spirit, you are no longer subject to the law” (Galatians 5:18, NLT).

Restrictions keep you enslaved to your food. Here is another important biblical principle that will help to clarify this for you: you will never be free from sin until you know God has given perfect freedom to you.

“But sin took advantage of this law and aroused all kinds of forbidden desires within me! If there were no law, sin would not have that power” (Romans 7:8, NLT).

When you make a law out of the food you eat, it becomes like the sin principle. You still want it even when you are not eating it, because you have given your flesh a taste of it under the law. But, when you eat it as a free man or woman, without your self-imposed law, you eat it in balance and without guilt or an abnormal craving for it.

“So since God’s grace has set us free from the law, does this mean we can go on sinning? Of course not!” (Romans 6:15, NET).

CHANGE IS GODLY

Consequently, you are free to eat what you really want and everything is permissible, because you have become totally dependent on God. You want Him to direct you even if the food contradicts what you thought you were not supposed to eat. You are free to eat any food God created; if it is a food you do not like, and God created it, then you should avoid talking about it and just consider eating it. Also, consider eating whatever you want once in a while. This is especially true since you never want to get bored with eating the same food on a frequent basis. This variety will give you a sense of emancipation.

“Whatever you eat or drink or whatever you do, you must do all for the glory of God.” (1 Corinthians 10:31, NLT).

Be careful not to put your faith in things outside of God, such as diets, pills, methods, programs, herbal remedies, etc., but rather put God first in your life. The Holy Spirit knows the calories you need, what food to purchase at the supermarket, what food to order when you eat in restaurants, when to eat, and all your various food activities you are involved with, so ask Him for help. Trust Him that you will never be led into any kind of bondage to food every again. This knowledge will release you from all your self-made food laws and legalisms, and your strict and excessive conformity to your own regulations.

Even if it sounds strange, begin to look at it this way: remove and delete the popular diet-thinking-mind programs, and lose weight so you will be able to eat whatever you want. This really is a flow of wisdom to you from the Holy Spirit. Do not forget that you have already placed your body on God's altar.

You can spoil your body with treats and pamper it to the point where you will get used to these snacks and eventually demand them. This includes addictions, such as sugar, candy, caffeine, etc.

I must tell you about the famous butter-pecan cruise I took once. On this cruise the waiter saw my desire for this dessert one night, and he began to favor me with extra portions of butter-pecan ice cream. Then he surprised me with the same dessert for lunch and, since I could not refuse, I was hooked! You do understand that you normally should never put anything into your mouth accidentally that you do not intend to eat! Butter-pecan ice cream at every meal was instant gratification for me, but it took weeks to lose the unneeded weight that my out-of-control eating had caused. The pleasures of the ice cream vanished when I forced myself to see my butter pecan weight on the bathroom scale!

My favorite quick weight-loss food, besides salad, is Chinese food. I order the food to be steamed, with sauce on the side. I use an empty fork and dip it in the sauce to flavor each bite as I desire, rather than drowning my food in sauce.

Never go to a free-food event or smorgasbord alone; always take the Holy Spirit with you for protection. Did you ever think of talking to yourself regarding your eating habits as if you were instructing children? Much, if not all of the common sense, logic, and wisdom you give to kids is quite suitable for you; do not forget that if you expect them to hear and heed, so should you. In other words, you should practice what you preach!

PRACTICE DAILY SAYINGS

You need to incorporate the following affirmation into your new plan. Practice saying this every day. “I eat only when I am hungry.” Then you will never ignore your physiological needs to supply your body with proper nutrition and nourishment. If you decide to fast, especially for three days or longer, make sure that God is calling you to do it. Do not confuse a fast for a temporary hunger strike. Starving, unfortunately, results only in overeating when you attempt to “catch up.”

Since there is no benefit to be derived from “starving,” smaller, more frequent meals will provide a comfortable balance between meals and thereafter. Water intake between meals will help reduce your food intake, but other significant reasons to drink water include:

- 1) To prevent dehydration.
- 2) To prevent thirst, which is often mistaken for hunger.
- 3) To prevent reduced metabolism.
- 4) To prevent fatigue.

- 5) To prevent some sicknesses and diseases.
- 6) To prevent short-term memory impairment.

Never feel jealous of thin people (or anybody else), for they can have their own challenges with a different bondage than what you may be aware of. They can have an addiction to food, but their weight might never reveal their overeating.

I have spoken to so many patients who believe that one meal a day is adequate. God would call this “temple abuse,” and it is a bodily sin, unless, of course, you are in a concentration camp!

There are many rules and regulations you have adopted and attempted to incorporate into your eating habits, many of which are good, for example: 1) allow a time frame of four to six hours between meals; 2) eat nothing between meals; and 3) eat snacks or treats within thirty minutes of a meal; and 4) eat slowly!

However, you will be amazed that all the food information you will ever need will come to you from the supernatural realm through the Holy Spirit. All you have to do is to listen to Him, and He will show you the power that when you *Lean God’s Way* you will be *Lean God’s Way*.

Now you are going to release yourself from all your diets with their many borders, boundaries, and limits and depend on the Holy Spirit to guide you to eat when you are hungry and be blessed that you can stop when you are full.

You may have to wait to see your normal weight results until your body’s metabolism and set-points return to normal cycles. Remember how long it took you to get to this temporary weight level? God is with you in this reversal process, but you need to have steadfast patience for the time involved. You need to expect recovery as well, even from the challenges that could show up later in life from your improper eating habits.

The Bible says, “*You may say, ‘I am allowed to do anything.’ But I reply, ‘Not everything is good for you.’ And even though ‘I am allowed to do anything,’ I must not become a slave to anything. You say, ‘Food is for the stomach, and the stomach is for food.’ This is true, though someday God will do away with both of them. But our bodies were... made for the Lord, and the Lord cares about our bodies*” (1 Corinthians 6:12-13, NLT).

Focus on the spiritual information you have at your disposal so that you will avoid the possibility of inappropriate impulses that might send you off in the wrong direction. For example, you may adopt an excellent recommendation, but then decide to add a previous method you used before that may not be “kosher” or appropriate, because it really did not work in the past.

As a case in point, you may wake up on a Sunday morning and get an impulse that tells you that since this is Sunday, you are obviously supposed to get your favorite sundae! Then you add the following thought to confirm what you think is a flash of wisdom, “*I have not had sundae in a month of Sundays.*” That has to be the devil or your flesh speaking to you! The danger involved with impulses is that they can become compulsions. When this happens, they require spiritual removal.

As you continue to get more focused on *Lean God’s Way*, avoid the threat of being diverted by the “stuff” that I call “shadows,” things you can’t explain that can be distracting. They can be removed immediately with the light that comes from the presence of God by engaging in spiritual thinking. Remember, there are no shadows or darkness in Heaven, and there should be none in your life either.

Get rid immediately of any negativity that comes from your tongue and take all inappropriate words back, so that what you confess will be what you possess. What

you say is what you get. When you accidentally become involved in a negative tongue situation, you can consider this an opportunity to temporarily yield your tongue to the Lord for help.

This is a great time to point out that the devil is after your positive words, and he will do everything he can to steal and remove them from your thoughts and from your mouth. He doesn't want you to speak good words. In confessing positively, spiritually speaking, you can get what you want and not what you have. That means that you can never afford to take a vacation from guarding your tongue around the clock, twenty-four/seven. You must realize that everything the devil does to you amounts to restriction.

You probably do not need to hear any more dissertations on the value of drinking about eight glasses of water a day. This information is priceless when you are being obedient to the needs of your body. Exercise is also invaluable, because it will make all the difference to your success. Exercise is really just movement, which is easy to do when you call on the Holy Spirit to remind you to exercise. Even if you don't tolerate it, do it for the positive rewards involved. Did you know that exercise and appropriate water intake enhance your metabolism and help you to reestablish your valuable set-point?

There are other multiple concerns involving food and its effects upon our life-styles. For example, I never understood why some of my female patients intentionally wanted to remain heavy and why they were concerned about their attractiveness to men when they were slim and trim. I learned that such an approach comes from a spirit of lust that wants to keep her thin. If this is true of you, just say, "Perverse spirit, come out in the name of Jesus" Lust is a spirit that usually involves a relationship that is out of control. Lust is controlled by

the “strongman,” the spirit in charge, which is actually a perverse spirit.

Similarly, a desire to eat that is out of control is a spirit of gluttony that is under the control of the strongman, the spirit of heaviness. (I’ve heard it said, there are twelve strongmen having to do with other activities affecting your mind and body). Speak to this spirit as follows, “Spirit of heaviness, I bind and loose you and command you to come out now in the name of Jesus” You are reaching out for God, so He can be your Keeper.

On the other hand, there are women who want to remain slim and trim because of their vanity. Certainly, it is all right for women to want to enhance their God-given beauty as long as they keep this desire in proper balance.

You would be wise to incorporate the following Bible verse as a prayer prior to at least one of your daily meals. This biblical prayer will provide peace for you when you eat. The dinner table is not the place where you want to settle the conflicts in the Middle-East and Israel or solve other problems in the world.

This Scripture will also protect you when there are unknown food risks at hand. Include some reflective time to pause in your thoughts and thank God for all the food blessings He continues to provide for you. It would be well to adopt long-term good eating habits with quality food as your lifetime style.

“And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee” (Exodus 23:25, KJV).

To turn this verse into a prayer, you could say, “Lord God, I choose to serve You with all my heart, mind, soul, and body. I ask that You bless my bread and

water and remove all sickness and disease from me and every member of my family.”

I hope you will find great humor in the following story:

A gentleman went into a seafood restaurant for dinner. As he sat down, the waitress came over to him and said “Lobster tail fifty cents.”

He responded “What did you say?”

“Lobster tail fifty cents.”

Okay, he said

She said “Give me the money first.”

So he handed her two quarters.

She took one step back, looked directly at him, and said, “Once upon a time there was a great big lobster....”

Say this PRN out loud:

<p>“Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs.”</p>

16.

THOUGHTFULLY WISE SAYINGS

JESUS IS THE ONLY way, and there is no weight or food challenge that is so difficult that He cannot resolve it for you.

“Jesus told him, ‘I am the way, the truth, and the life. No one can come to the Father except through me’” (John 14:6, NLT).

Spiritually speaking, God’s Word is the most edible, easily digestible food you can ever eat.

A diet is not a remedy for weight loss, but life-style changes are.

HALT is a revealing mnemonic acronym that will remind you that the devil depends on your losing control and overeating when you are:

HURT

ANGRY

LAZY

TIRED

Reduce excessive eating by not watching television during meals.

Change the time of your largest meal from supper, when you have minimum caloric needs and the least activities, to lunchtime, when the opposite situation prevails.

Visualize eating less food before you sit down to eat and eat with a glass of water alongside your plate or bowl.

You have to be careful not to judge the effect instead of the cause.

Your goal is to purchase a dress or a suit in a much smaller size, not because it fits, but simply because you like it and will be wearing it soon.

HABITS TAKE TWENTY-ONE DAYS

It only requires twenty-one consecutive days of repetitive proper eating for a strong habit to be created and established. You can do the same thing with reading. For example, when you read fifteen to twenty minutes on a daily consistent basis, you are literally “hooked” and become a daily reader. If however, you break the habit by stopping on the twentieth day, a day before the habit can be formed, you have to start again.

The greatest friend you can have when you associate with Habit is Repetition. You probably noticed the persistence of repetition in *Lean God’s Way* because it has been proven to increase learning through recall and comprehension. It also creates familiarity, which leads to clarity and understanding. Repetition, or consistency, acts as a visual key that ties your information together and unifies it. It controls your reading eye and keeps your attention on the identical sections as long as possible. The great advantage of repetition is that it stores your reading data into long-term memory in your brain.

Visualize and write down your goals with corresponding dates. Then post them where you can see them. This includes posting positive images on your refrigerator door and other places that you visit often.

If you decide to experience a “transient, set-back food attack,” talk to yourself by asking, “What is my problem?” When you answer this question, be sure to say, “Whatever it is, get over it!”

Whatever choices you have to make, decide if you want to be powerful or pitiful. You have to know that being pitiful is not your answer, since God has already set you free.

Visualize bringing in your favorite suit or your favorite dress to your tailor for alterations so as to accommodate your new weight loss. Do this often!

Since you are so valuable to God that He knows the number of hairs on your head, surely He is sensitive to your body weight challenges. He knows your number of pounds on the scale. He knows what you face, and He cares!

Jesus said, *“And the very hairs on your head are all numbered”* (Matthew 10:30, NLT).

Isaiah, the prophet, wrote: *“Who else has held the oceans in his hand? Who has measured off the heavens with his fingers? Who else knows the weight of the earth or has weighed out the mountains and the hills?”* (Isaiah 40:12, NLT).

JESUS REMOVES BURDENS

Jesus recognized that heavy bodies can be heavy burdens, and He can give you peace in place of heaviness. He will heal you everywhere you hurt. You are able to rest in the bosom of the Father when you understand that you obtain peace only through Jesus. You need to know your Father in Heaven and you get to know Him by knowing Jesus.

“Then Jesus said, ‘Come to me, all of you who are weary and carry heavy burdens, and I will give you rest’ (Matthew. 11:28, NLT).

Now, take a moment to relax with this anecdote:

I had a wonderful patient who was slightly overweight. She insisted on doing everything her own way, but when she told me she had started(on a new banana diet, I knew I had to intercede, so I called her into my office.

She explained how her banana diet worked In the morning she had sliced bananas with skim milk. In the

afternoon she prepared mashed bananas and for dinner she ate fried bananas.

Sometimes, for a late-night snack before bed time she would prepare bananas flambe or bananas Foster.

I told her, "Well that is fascinating. But did you lose any weight? Does it work?"

She quickly responded "No, but you should see me climb trees!"

Say this PRN out loud:

"Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs."

17.

EXPOSING EVIL

PRAYER FOR DELIVERANCE
(SAY THIS OUT LOUD):

IN THE NAME OF Jesus, I command any evil spirits that are at work in my life to be bound, muzzled, and gagged. I totally break your power, devil, in the mighty name of Jesus. You know you can't touch me anymore in the name of Jesus!

I command, in the name of Jesus, a total cleansing and healing of my memory, my mind, and all the parts of my body. I command any spirit of bondage, infirmity, lying, fear, pride, deaf and mute, jealousy, antichrist, familiarity, heaviness, whoredom, or perverse spirit, to come out now in the name of Jesus.

I command any unholy soul ties to leave now in the name of Jesus. I command any fragmentation of my soul to be reunited together, and totally restored in my body in the name of Jesus.

I reverse any curses, and I command you to go in the name of Jesus. I command any spirit of inheritance or generational curses to be reversed in Jesus' name. Thank you, Jesus, for this healing and its total manifestation.

Among the devil's many activities are stealing, killing, and bringing destruction. (See John 10:10.) He is a spiritual "hit man." He wants to steal any and all positive and uplifting words and thoughts you receive. He penetrates your soul dimension because he wants to entertain you by feeding your mind with the wrong kinds of thoughts. Whenever you receive or think a negative word, you can be certain he is attempting to pump

“junk” thoughts into your mind. He wants you to act on them and, when you do, they become sin!

I never claim the devil is attacking me when things seem to go differently than what I expected. Sometimes I consider that it could be God training me or I may think the devil is upset that I am doing so well, and this minor event is just a distraction. There is something good in everything that happens (though not everything that happens is good) even if you do not understand it at the time. (See Romans 8:28.)

USE SPIRITUAL WEAPONS

You are not the only one who is under the deception of the wicked one. Actually, the whole world is under Satan’s influences. Whatever temptation he throws at you, never forget the power of prayer warfare, especially the awesome weapon of prayer intercession with others.

This is simply one person praying to God on behalf of another person or situation. Having their support when you inform a spiritual brother or sister to pray for you is powerful. The Holy Spirit steps in and releases people from bondage, and demons are driven out. This releases angelic hosts for your spiritual protection. Be careful, of course, who you are being influenced by because should there be a transfer of spirits, you want them to come from hanging around people of faith.

Jesus has won your victory, but it is up to you to enforce it. When you speak negative words, you release demonic activity to come against you, but when you speak positive words, you strengthen the angels on your behalf. Incidentally, demons and angels are not the same. The demons are disembodied spirits who are looking for bodies or homes to live in and they are earth bound, while the angels have bodies and are heaven-bound. Jesus never cast out angels.

This is very powerful, so listen closely. Do you understand that when you get God's Word on the inside of you, He will protect that word until you need to perform it. Keep it alive until you use it by thinking it, praising it, speaking it, singing it, and believing it. The Scripture explains this dramatically from John 1:1: *"In the beginning was the Word, and the Word was with God, and the Word was God"* (KJV).

God and the Word are the same and then the Word became flesh (Jesus Christ). That Word is priceless; it is more valuable than many Golconda Diamond Mines. This Scripture confirms that when you speak that Word it becomes as focused as a torpedo performing its task.

"So shall My word be that goes forth from My mouth; It shall not return to Me void, But it shall accomplish what I please, And it shall prosper in the thing for which I sent it" (Isaiah 55:11, NKJV).

Once the word proceeds out of your mouth, it is not allowed to return empty, but instead it must carry out and accomplish the purpose for which it was set out to do. Do you appreciate that with your union with God in that dimension, His mouth becomes your mouth and your mouth becomes His?

To increase your understanding of your ongoing battle with the devil, you need to appreciate that when you were born again, most probably, there were demonic spirits that left their home, your body. Since these evil spirits are tormented without a home, they keep revisiting because they want to come back. They are hoping, expecting, and believing you will return to some or any of your previous worldly or secular ways and that will open up their opportunity for a homecoming, but this time it will bring seven spirits – more evil spirits. It is speculated that these demonic spirits will continue to revisit your body frequently.

You can discern the devil with your spirit, so avoid giving voice to his negative thoughts. Say this, “I am healed and whole and in control in the name of Jesus Christ, and I am slim and trim in His mighty name.”

You can impose silence on Satan by what Jesus calls “perfect praise” and by what the Psalmist calls “ordained strength.” You need to silence the devil because he is always accusing you. When necessary, say these powerful words out loud, “Satan, I command you to shut up’ I refuse to listen to your negative words.”

David wrote, “*You have taught children and nursing infants to give your praise. They silence your enemies who were seeking revenge*” (Psalms 8:2, NLT).

If you are living in any degree of condemnation about your weight, you are no threat to Satan. He wants to keep you there and even influence you through your friends, your family, and even strangers. Just remember, you no longer have to tolerate such nonsense.

Guilt is another major weapon Satan uses against you, if you allow him to do so. Did you know that Jesus took all guilt from you when He went to the cross for you? You have, therefore, been acquitted of all guilt. So, get over it and move on, because you need to release any guilt by giving it to Jesus for your healing!

Prejudice is another major weapon that the enemy uses against you, as I’ve already mentioned. It can cause a stronghold or false belief to develop in your mind. If Satan can convince you to make up your mind without having the total and vital information at your disposal, your lack of truth will subject you to believing a lie. Without the truth, you have no power. You need to know the truth!

Do you realize that the devil, if you are not on guard, can invade your spirit with a subliminal message that will bypass your senses, including your eyes and ears,

and break down your will to entice you into unhealthy food temptations?

Satan wants you to lose your focus regarding your weight goals, and he often does so through distraction, negativity and emotional reactions. Jesus never reacted out of His emotions alone, but sometimes you do because of fear, doubt, stress, and strife. The devil is unable to know what you are thinking, but he is good at reading your face and all your nonverbal communications.

Remember, he doesn't know your future. Always strive to stay alert, joyful, and loving. Take your eyes off yourself and focus on Jesus. Humility (when you humble yourself) is a great weapon to use against the devil.

Did you ever wonder if the devil is responsible for reducing your incentive to exercise by making things too convenient for you? For example, did you ever miss your health club appointment just because you could not find a parking space that was close enough to the entrance of the building? This is silly, but it is used as an example, so you will avoid using any so-called logical reason not to keep your exercise appointments. Surely you could trade thirty to forty minutes a day of exercise to watch the pounds disappear.

The Bible is quite clear in stating that to win your fight with the devil regarding your weight, you are required to use spiritual weapons, not guns and swords.

Paul writes, *“We use God’s mighty weapons, not mere worldly weapons, to knock down the Devil’s strongholds. With these weapons we break down every proud argument that keeps people from knowing God. With these weapons we conquer their rebellious ideas, and we teach them to obey Christ”* (2 Corinthians 10:4-5, NLT).

In a similar vein, Paul writes: *“For we are not fighting against people made of flesh and blood, but*

against the evil rulers and authorities of the unseen world, against those mighty powers of darkness who rule this world, and against wicked spirits in the heavenly realms. Use every piece of God's armor to resist the enemy in the time of evil, so that after the battle you will still be standing firm" (Ephesians 6:12-13, NLT).

Do you think the devil gets upset like you do? No way! Remember, the happier you get, the more discouraged he gets. Always take advantage of the power of laughter at any time when you think you are in the midst of a difficult situation or when you are about to face a challenge.

When your mind is totally saturated with the Word of God, your will becomes so strong that it can exercise authority to overcome every ungodly thought and evil habit.

Incidentally, should you find yourself waking up from a deep sleep, you might want to consider that it could be God who is waking you up, since He never has to sleep. Such a "wake-up call" could be a great time to say a quick prayer for the weight concern you are battling, especially if you do not have your mental guard up. This could be the beginning of a prayer watch, depending on what you hear from the Lord. God obviously had you on His mind when He woke you up, and He just wanted to keep in touch with you so He could talk to you. It is a good idea to keep a pen and pad on your nightstand so you can jot down information, which you receive at such times. Then, you can read what you've written and get excited all over again in the morning and in the following days.

If you do indeed wake up as the result of an unexpected and uncomfortable dream, you can be sure it was created by the devil. I recommend that you should not react to such a nightmare. On the other hand,

remember that the devil always attempts to convince you that your heart-felt dreams will come true.

Ignore him, his thoughts, and his dreams (nightmares). Be sure to pray immediately when you wake up from a troubling dream, and tell the devil that you refuse to allow him to do such a thing again. Here's what you should say, "Devil, I cancel any affects of this dream and I rebuke and terminate any of your plans for future dreams. I bind and loose this spirit of fear, and order you to come out now. I will not accept or tolerate nightmares in the mighty name of Jesus."

TOOLS TO USE AGAINST THE DEVIL

The weapons you have available to use against the devil are:

- 1) Praising the Lord, which causes Satan to be bound.
- 2) The Word of God.
- 3) Calling upon the name of Jesus (out loud – anytime).
- 4) The blood of Jesus.
- 5) Your power of warfare prayer with intercession.
- 6) Your humility.
- 7) Your laughter and sense of humor.
- 8) Your godly anointing, which gives you His protection.
- 9) Your writing down, repeating, learning, and memorizing the appropriate recommended affirmations that have been included throughout *Lean*

God's Way.

Remember, the greatest power over the enemy is the Holy Spirit who is already living inside of you. The more you praise the Lord, the greater your power over evil, including whatever is happening at the moment.

“But you belong to God, my dear children. You have already won your fight with these false prophets, because the Spirit who lives in you is greater than the spirit who lives in the world” (1 John 4:4, NLT).

“Grace and peace to you from God our Father and the Lord Jesus Christ. Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort.” (2 Corinthians 1:2-3, NKJV).

Reality Prayer (Say this so you can hear it):

“Father, I ask You in the name of Jesus to release me to walk into a greater level of the reality of the supernatural through dreams, trances, prophecy, and angelic visions. I ask for an open Heaven and an increased ability to hear Your voice. Pour out Your power and grace upon me and open my spiritual senses; let me see into the true realm where You live.”

Let joy well up from within you as you read this funny story:

A man goes to his doctor In desperation for help. He is totally drained out from stress with his wife and his excessive weight.

He tells the doctor, “I have not been able to lose any weight in months, and I can’t sleep because of the pressure I’m under.”

The doctor says, “Rodney, what I want you to do is to run ten miles a day and then call me back in a week. Listen to me. and you will see the difference.”

Rodney calls him back at the end of a week and says, “Doc, this Is terrific! I lost eleven pounds and I feel great!”

The doctor says, “See, I told you. By the way, how is your relationship with your wife?”

He responds, “It’s terrible! I’m seventy miles from home!”

Say this PRN out loud:

“Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs.”

18.

TESTIMONY

YOUR TESTIMONY IS YOUR opportunity not only to show your slim-and-trim self *off*, but it is also a way to show the world how much discipline and power over your flesh that you were able to maintain in order to accomplish your goals. Now that you have reached this line in the book, your newly desired weight has become a reality even though you may not see it yet.

Remember, what you cannot see in the supernatural is far superior to what you can see in the natural. Through this approach you are saying, “I am not moved by what I see, what I hear, or what I feel. I am only moved by what I believe.” So, claim your victory ahead of time, as you anticipate your achievement, and be bold enough to let others know that it’s just a matter of time until you will be slim and trim.

When you spread the Word about your triumph, you are glorifying God for what He has performed in you and through you. In so doing, you become the “hero” or “heroine” of a situation that had been previously referred to as “impossible.” God simply turns it around for you so that you will see things His way. He wants you to know it this way: “I M Possible.”

Remember, you will need to be a witness to others as a result of the miraculous healing of your weight. It is of prime importance for you to maintain the healing of your weight and to be a spiritual blessing to others by confessing and expressing what Jesus has done for you.

Let them know that you constantly thank Jesus for your healing!

The effect you will have on your family and your friends will be awesome! They will see how the power of God was there to help you accomplish your goals, and they will be impressed. When this happens, you will actually transfer a Holy Spirit-anointing to many of them. They will compare you in a before-and-after mode, and the power of your testimony will give them hope. You can expect to hear many say these words about you, "If he or she can do it, I can do it, too!"

You will have an awesome testimony to share with others. They will also want to know how you were healed of all the medical challenges that resulted from your weight.

Let me tell a story that illustrates the power of Jesus within you. A very famous and well-known surgeon tells the story of a time when he had to operate on a patient who had a hernia. The anesthesiologist grew alarmed toward the end of the procedure and he reported that the patient's blood pressure and pulse had gone out of control! He said, "I'll have to wake the patient up!"

Hearing this, the surgeon walked over to the head of the operating table and said to the anesthetized patient, "Jack, we are almost finished. I want you to bring your pulse back to 80 and your blood pressure down to 120/70."

The surgeon then proceeded with the operation. The anesthesiologist asked, "How did you do that?" He did not realize that the patient's brain, even though it was sedated, had power over his body.

Your spirit has power over your brain, and your brain has power over your body, so you will always want to send spiritual messages to your brain, because they will directly affect your body. Send biblical principles to your brain and body.

The principles of this book, principles of telling what you want instead of what you have, can be applied to more than just your weight. These same principles work with other medical conditions, as well, including your levels of sugar, cholesterol (HDL and LDL), triglycerides, etc. If there are other areas of your body that need healing, please refer to my book, *Healing Is Yours*, which provides definitive answers for all your health and medical needs.

Even though it took you a considerable period of time to reach the status of weight you now carry it won't take you the same length of time to get rid of it. However, you must be patient with yourself and continuously turn your flesh over to the Holy Spirit for His guidance, power, and peace.

I'm sure you realize by now you have to forget about turning time around or act like the comic strip character, Charlie Brown, who was always attempting to fix yesterday.

You are on your way to full recovery!

I applaud you, dear reader, that you are a winner and you know you have achieved inner weight healing. With your completion of *Lean God's Way* and the application of your knowledge, which is wisdom, you are just pounds away from your goal to remain slim and trim. You will never be concerned again about unnecessary tissue producing bondage that locks you up in your own prison. Do you know you fulfill the perfect definition of a blessing? A blessing is the innate, uncanny ability to overcome adversity.

Continue to follow the recommendation of Matthew 5:16: "*Let your light so shine before men, that they may see your good works and glorify your Father in heaven.*"

Say this PRN out loud:

“Dear God, thank You for helping me to eat wisely. Holy Spirit, thank You for providing and guiding all my food needs.”

**REFERENCE GUIDE:
LEAN GOD’S WAY**

INSTRUCTIONS: THIS IS A reminder for you to recall those important affirmations in this book you realized you needed. This will enable you to learn as you speak how to support your expected weight loss. Simple fill in the appropriate columns below. Memorization occurs, as you know through repetition and words become part of your life style.

Page to Bookmark	Topic Or Subject	Affirmations to Speak
Page 71	Tools against the devil	“Praise The Lord!”
Page 143	To keep from eating after you’ve finished your meal	“Flesh, in the name of Jesus, stop eating now.”

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Page to	Topic Or Subject	Affirmations to Speak
Bookmark		

ABOUT THE AUTHOR

MY PHILOSOPHY OF LIFE is simply that the value of one's life is found in how one's life affects other people's lives. Dedication to helping others develops from God's love and His giving to you and your desire to reciprocate. And I found you can have the greatest influence on others through Jesus.

I have also discovered that you can maintain a positive attitude almost on a daily basis through the Lord, by praising Him and through the power of laughter. After all, God has a great sense of humor. I demonstrated this in my first book, *Healing is Yours*, (through which readers are healed using spiritual principles) from Author House; it incorporates two chapters on the healing power of laughter. This means that regardless of your challenges, you can refuse the right of circumstances to exist in your life by maintaining a godly attitude.

When I was seven years of age, my mom started telling everyone about, "My son, the doctor." I remember having dreams of becoming a doctor, but I was never interested in facing all the training that seemed almost as long as life itself. In the sixth grade in Philadelphia, I began to play the violin, because my mother played the instrument in the symphony orchestra, but I continued to study even after I registered for the pre-med program at Albright College. Music was very

tough because I had to depend totally on myself for success, especially since I didn't know God.

Medical school in New York was an intense challenge that required an average of seven to eight hours of study every night, including weekends. In my internship, I chose a neurosurgical elective and consequently made the decision, I thought, that this would be the direction my life would follow until I received my ticket to Heaven. I tell people I became a neurosurgeon because my mother always wanted me to get ahead! The truth is that I read a biography called *Brain Surgeon* (the doctor went to the same high school I attended) and I believed that it would be the most challenging of all the medical professions! I spent eighteen of the last thirty-seven years of my practice dedicated to relieving chronic, intractable pain by using neurospinal pain implants and intrathecal morphine pumps.

Residency was more physical than mental with the daily goal of attempting to get enough sleep "so you don't die." I began to practice neurosurgery after completing two years in the military service as a naval officer at Parris Island. Actually, I inform people that I never practiced, but did the real thing!

In 1989, I developed chronic, intractable pain in my feet (plantar fasciitis with spurs) that was medically untreatable. After two and a half years, I just happened to watch a video at a church in Orlando on my way to Disney World. The church was under the leadership of Pastor Benny Hinn. Bear in mind that I was not a Christian at the time; I was a non-practicing Jew.

When I felt heat come into my feet as I was sitting in the sanctuary the pain instantly disappeared. I jumped up, crying, without any understanding of what happened – for a long time. This motivated me to begin an intense spiritual study involving healing courses, hundreds of

books and tapes, and ministerial relationships especially with my friends and mentors, Charles and Frances Hunter.

The Lord, obviously, was orchestrating my destiny as a minister, and I believed I was supposed to focus on a healing and deliverance ministry. My friends would tease me about getting into a ministry at the age of sixty-eight, but I would respond that Moses was only 80 when he started. Besides, I let them know that I had a sign in my office that read, "It's never too late for a second childhood."

I was blessed to receive an honorary Doctorate in Christian Education in Canyonville, but I knew my wife would never call me doctor, doctor. I told my wife, "There were so many famous celebrity ministers that came to that program." And then I added, "I was the only one I didn't know."

When I learned that Jesus can heal you everywhere you hurt, I became a vessel for Him. I was disappointed that the practice of medicine was not able to accomplish what it took the supernatural realm to achieve for chronic and terminal situations. This book is a godly opportunity for readers to witness the healing that will resolve their weight challenges and get the joy of the Lord back into their lives.

May God bless you, continue to find favor with you, and use you mightily in these end days.

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