



The 3J2 Prayer and Confession

for

Victory over Gluttony

Father, it is written in Your Word that if I confess with my lips that Jesus is Lord and believe in my heart that You have raised Him from the dead, I shall be saved. Father, I am Your child and confess that Jesus Christ is Lord over my spirit, my soul, and my body. I make Him Lord over every situation in my life. Therefore, I can do all things through Christ Jesus who strengthens me.

Father, I have made a quality decision to give You my appetite. I choose Jesus rather than the indulgence of my flesh. I command my body to get in line with Your Word. I eat only as much as is sufficient for me. I eat and am satisfied.

When I sit down to eat, I consider what is before me. I am not given to the desire of dainties or deceitful foods.

Like a boxer, I buffet my body—handle it roughly, discipline it by hardships—and subdue it. I bring my body into subjection to my spirit man—the inward man—the real me. Not all things are helpful—good for me to do though permissible. I will not become the slave of anything or be brought under its power.

My body is for the Lord, I dedicate my body—presenting all my members and faculties—as a living sacrifice, holy and well pleasing to You, presenting them as implements of righteousness I am united to You, Lord, and become one spirit with You. My body is the temple, the very sanctuary, of the Holy Spirit who lives within me, whom I have received as a gift from You, Father.

I am not my own. I was bought for a price, make Your own. So the, I honor You and bring glory to You in my body. Therefore, I always exercise and discipline myself, bringing under authority my carnal affections, bodily appetites, and worldly desires. I endeavor in all respects to have a clean conscience, void of offense toward You, Father, and toward men. I keep myself from idols—from anything and everything that would occupy the place in my heart due to You, from any sort of substitute for You that would take first place in my life.

I no longer spend the rest of my natural life living by my human appetites and desires, but I live for what You will! I am on my guard. I refuse to be overburdened and depressed, weighted down with the giddiness and headache and nausea of self-indulgence, drunkenness (on food), worldly worries and cards, for I have been given a spirit of power and of love and of a sound mind. I have discipline and self-control.

Father, I do resist temptation in the name of Jesus. I strip off and throw aside every encumbrance—unnecessary weight—and this gluttony which so readily tries to cling to and entangle me. I run with patient endurance and steady persistence the appointed course of the race that is set before me, looking away from all distractions to Jesus, the author and finisher of my faith. Christ the Messiah will be magnified and get glory and praise in this body of mine and will be boldly exalted in my person. Thank You, Father, in Jesus' name! Hallelujah! Amen!

Scripture References

Romans 10:9,10

Philippians 4:13

Deuteronomy 30:19

I Corinthians 6:12,17 (AMP)
(AMP)

Romans 12:1

I Corinthians 6:19,20

Luke 21:43 (AMP)

Proverbs 25:16

Proverbs 23:1-3

I Corinthians 9:27 (AMP)

2 Timothy 1:7 (AMP)

James 4:7

Hebrews 12:1,2 (AMP)

Philippians 1:20 (AMP)

How Drinking Water Helps Weight Loss



Drinking water is one of the easiest efforts you can incorporate into your weight loss or weight maintenance plan. Think about it: unlike saying no to eating that delicious pastry at work or going to kickboxing class once or twice a week, making sure you are drinking enough water requires little to no will power.

There's no excuse for not drinking enough water, and if you're having trouble finding a way to fit your recommended 8 glasses a day into your schedule, it's an easy fix. Let's talk more about how drinking water helps with weight loss.

Drinking Water Fills You Up

Did you know that often when you feel hungry, you're really just thirsty? Our mind tends to confuse hunger and thirst. When you find yourself hungry at odd times of the day, reach for a cup of water before grabbing food. If you really are hungry, you can still eat a snack afterwards. But let's say your feelings of hunger do go away after drinking that cup of water. You've just saved yourself calories by not eating the snack your body didn't really need!

Water is great because it fills us up and keeps us from overeating. Many diet and health books recommend drinking a glass of water before going to social events, like cocktail parties and sporting

events, because doing so will prevent you from overeating the unlimited unhealthy snack foods likely to be there. In essence, drinking water buys you time--time to assess how hungry you are and to make better food choices. So the next time you're about to enter a situation where ample unhealthy foods will be at your disposal, chug some water first.

Drinking Water Revs Up Your Metabolism

Dehydration is your body's enemy. It slows bodily functions and metabolism. As a matter of fact, your metabolism will slow to conserve energy when you haven't had enough water to drink, as your organs can't and won't function as efficiently. Scientifically speaking, drinking water has been proven to contribute to your body's ability to burn calories. Your body needs an adequate amount of water to properly function, especially during exercise, and dehydration prohibits the fat-burning process.

Drinking ice cold water first thing in the morning is an easy way to speed up your metabolism. Right when you wake up, drink a glass or two of cold water. Your body will have to warm up the water entering your system, which means increasing your metabolism in the process. It's a simple step to add into your daily routine that, while not a miracle cure, can certainly contribute to your other weight loss efforts.

Drinking Water Keeps You Healthy

Water flushes toxins from your body's system, including those produced during exercise. It aids in keeping your joints lubricated--very important for both daily functions and in preventing your body from injury during exercise. In short, drinking water is vital to your other weight loss efforts including. If you're working out regularly, drinking an adequate amount of water is extremely important.

Very Important Miscellaneous Information

WATER.....the key ingredient

You must drink at least 64 oz of water DAILY

Drink 1 glass water right before you go to bed

Drink 1 glass of water first thing when you wake up (except dry weight day)

DRY WEIGHT DAY.....Monday

As soon as you get up, go the bathroom (void) and then weigh yourself naked.

When weighing, make sure your scale is on a hard surface.

Your scale should always be in the same place and your feet in the same position.

You should use the same scales every week, and ALWAYS weigh right after using the restroom, before putting anything into your mouth, and always....naked!

EXERCISE.....K.I.S.S. (keep it simple, silly)

The best exercise for losing body fat is walking. Your walking should be at a rate of one mile in 15-20 minutes. When walking at this rate, you should be able to talk, but not sing. It should be a little difficult to talk (because of breathing) but not impossible.

Your first week you should walk for 15 minutes at a time at least 4 days.

Each week increase your time by 15 minutes so that by the 4th week you are walking for one hour at a time. (If you can start out higher, it's okay...but don't start at too difficult a place that it keeps you from being consistent).

You should always walk at least 4 days each week. Of course, the more days you walk, the faster you'll lose weight....and the more weight you will lose. Also, you can walk twice a day....once in the morning and once in the evening. If you walk in the morning, you will lose pounds. If you walk in the evenings, you will lose inches. So if you do both, you will lose both pounds and inches.

NOTE: The first 40 minutes of walking simply burns up calories in your digestive tract. Anything after 40 minutes is actually burning stored FAT. So, that's why it's so important to work up to walking an hour at a time. The last 20 minutes you are actually burning up stored fat. Of course if you can walk longer, that's better....but build up to it in 15 minute increments. Because of this, it would be more advantageous to work up to a 2 hour walk, once per day; as opposed to walking for an hour in the morning and then one hour in the evening.

This is a good time for prayer, teaching tapes, or just worship/praise music. I recommend listening to something that will keep you walking at a steady, fast pace. Invest in a walkman and a good set of headphones, walking shoes, and water bottle. Some people also like to strap ankle and wrist weights on, but this is not necessary.

Things you CANNOT HAVE.....

No deep-fried foods

No margarine, oil, butter, mayo, or ketchup

No breads, pasta, or pizza

No cheese unless prescribed for in the plan and it must be fat free cheese

No fruits (including tomatoes) unless an enzyme or prescribed for in the plan
No sodas (including diet sodas), no juices
No aspartame....read the labels....if it has aspartame in it, you can't have it!
If you do drink a diet soda, you will have to drink 3 x's that amount in water immediately afterwards to flush your system.

Things you MUST DO....

Never skip a meal
Never eat after 7 pm or 3-4 hours before your go to bed
Must finish your lunch by 2 pm
Drink your water
Exercise (walk)
Weigh ONLY ONCE a week on dry-weight day (Monday).

Cooking Hints

You will receive most of your flavoring from the seasonings you choose so be creative!
Use spray PAM in any flavor to cook your foods.
Spices are a must, except during weeks specified.
Parmesan Cheese (shaker can) in moderation.
Chicken bullion cubes
Garlic a must!

Formula for finding your goal weight

Based on scientific research one can find what should be their normal weight. This weight number should be the lowest you should ever weigh.

Multiply your height by 12.
Multiply that number by 1.87
This should be your low weight.

Women: add 10 lbs per ½ inch if your wrist measurement is over 7"