

10 Bible Verses for Inch Loss

1: I praise you for I am fearfully and wonderfully made. Wonderful are your works, and that my soul (mind, will, and emotions) knows very well. Psalm 139:14,15

Learn to speak to your body. You have God-given authority to command health and healing in your body because you have a covenant of Healing that Jesus went to the whipping post and paid for. The more your mind becomes renewed in this area of what is yours, your body will have to obey.

2."Those who trust in the Lord will never be disappointed." 1 Peter 2:6

Strong's New Testament Greek Concordance: "confounded" also means "ashamed" or "disappointed". "Trust is not an emotion. You don't have to feel like it – you simply have to decide to do it and proclaim your decision accordingly, at which point steps immediately into the picture."
~Peggy Joyce Ruth **Those Who Trust the Lord Shall Not be Disappointed**

Declare when difficult situations arise: "In this particular situation (name it) I have decided to trust in the Lord. I will not be disappointed."

3. For God gave us a spirit not of fear but of power and love and self-control. 2 Timothy 1:7 ESV

As you renew your mind to the Word of God, authority will arise in you to command your body to obey. Self Control is part of the fruit of the Spirit you were given when you were born again. The Spirit you now have is the same Spirit that raised Jesus Christ from the dead. Can you imagine? It is just waiting to be released as your mind is renewed. Reject any faulty thinking and choose thoughts that align with God's Word! He already has provided everything you need.

4. And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. Phil 1:6

5. For it is God who works in you both to will and to work for his good pleasure." Phil 2:13

Can you see it with the eye of faith? God has begun this good work concerning your fitness and health, and He is working behind the scenes to complete it. The Holy Spirit is working right beside you. Jesus is interceding for you.

6. Commit your work to the Lord, and your plans will be established. Proverbs 16:3 ESV

He wants to help you even more than you want Him to help you.

7. You keep him in perfect peace whose mind is stayed on you because he trusts in you. Isaiah 26:3 ESV

Worry and anxiety increase cortisol, which shows up in inches around the mid-section. The first inches and pounds to shed will be the weight of worry and the worry of weight.

8. "And do not be grieved, for the joy of the Lord is your strength." Nehemiah 8:10c ESV

Joy is activated by faith and choice. Our born again spirit is filled with joy. As we declare this, our mind is renewed in that area and joy arises by faith. "Much like peace preempts the need to eat, joy ministers strength to our spirits. What would it look like for you to intentionally add supernatural joy to your life? When joy fills our empty spaces, they cease to exist." ~Brandice Lardness

9. Everything is permissible (allowable and lawful) for me, but not all things are helpful

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(good for me to do, expedient and profitable when considered with other things).

Everything is lawful for me, I will not become the slave of anything or be brought under its power. 1 Cor 6:12

No food or wrong choice is going to put you in prison. You have been given power and authority over all the temptations of the enemy.

10. Bless the Lord, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word. Psalm 103:20

Angels are just waiting for you to declare your promises from God's Word. They hearken to your voice speaking that word. Remember to never tie up your angels' hands by speaking things contrary to what He has promised you and what you desire to come to pass.

