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# Choosing the Christian Weight Loss Path

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When you're lonely, sad, depressed and over stressed, food can provide the temporary comfort you need to be free from the pain. But the relief that food provides is short lived and leaves you with a sinking feeling of guilt, shame and blame. Countless Christian women suffer in silence as prisoners of their own bodies, stuck with thoughts of inadequacy and self loathing. On the outside they display a happy and joyous disposition, but on the inside of their hearts they are crying out to God for help.

Well help is readily available for those who seek it. When you petition God in prayer, He provides the answers through His Holy Word. And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. 1 John 5:14-15

Christian women who struggle with their weight are usually very kind, generous and loving people who give so much of themselves to their work and family, that they have very little time to really care for themselves. If this sounds like you, it's important for you to realize that you have to take better care of yourself in order for you to be effective in helping others. Your diet, exercise, sleep and relaxation play a vital role in the quality of your health and your ability to serve God with conviction and confidence.

If you are walking around feeling drained, depleted, tired and defeated, then your witness for the Lord will not have a powerful impact on the world. However, when you make time to honor your body with proper rest, sunshine, water and nutritious foods you'll be filled with energy and you'll be better equipped to take on your day with joy.

This all sounds nice, but learning to live a healthier life is not an easy task, especially when there is so much work to do, bills to pay and family to care for. It can be extremely difficult to get motivated to exercise regularly and eat healthfully. However when you have the support and guidance of a personal weight loss coach  you'll learn how to master effective self-care strategies with ease and grace.

Many people fail at weight loss because they try to do it all alone. When you take yourself out of isolation and open up to a friend or personal counselor about your struggle, weight loss becomes an attainable goal instead of an impossible feat. Everyone who has ever done something spectacular has done so only with the love, support and help from other people who care. If you've been praying for deliverance from obesity, depression, stress and emotional eating, step out of your comfort zone and reach out for help today. Conintue to pray and let the Spirit of the Lord lead you to where you need to go.

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Bonnie Mechelle lost over 100 pounds in a year naturally on her own, now she helps women from all over the world to successfully lose weight like she did. Go to a www.victorysteps.net to download her free e-book Christian Women's Guide to Overcoming Depression, Stress and Emotional Eating and call 888-509-8450 for a free phone consultation!

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