



# How to activate your faith & lose weight!

*by Sherric Kapala*

THE HEART FAITH NEEDED TO BE  
TRANSFORMED AND THE PROCESS OF  
STEPPING INTO YOUR  
TRANSFORMATION!

Losing weight IS HARD. Especially, as we age and are more set in our  
ways.

BUT, have hope!

God is STRONGER than all of your ways.

There's a level of obedience that takes shape the minute you awaken  
to the ways of living more completely in your faith & less in your  
flesh.

## Spiritual Wisdom

THROUGH THE WORD OF GOD  
is all you need to transform your life starting today

*...even in weight loss!*

**DEUTERONOMY 8 IS A WONDERFUL  
REMINDER OF WHAT TO DO AND  
HOW GOD WILL PROVIDE FOR YOU  
IN YOUR OBEDIENCE.**



**To begin LIVING FREE in the fullness of your Faith requires that you have an understanding of where lasting change WITHIN YOU as a believer begins. And then, what to expect as your walk IN HEART FAITH toward the transformation of your life from the inside out! Obey God in THESE areas and you will begin to live in the fullness of who you are FREE to be In Christ...even in weight loss!**

Obey God in your **HEART**.

In your heart you must love God more than anything. This applies to you even in weight loss. Love him more than you desire to lose weight. More than your desire for an ease in your weight loss efforts. More than you desire to be comfortable constantly. More than you desire the pleasure of food. Love him, and seek him more than you love & seek food, and the ways that you run to food to give you what only God can give you.

*(When food is your comforter, it gives you what you want; God gives you what you need!)*

Obey God in your **WILL**.

Once your heart is changed, in these ways, your focus is then on God's will and **your** will begins to shift. This is how your ability to commit changes and strengthens you to desire to do what is right at every moment of choice. This is also where are you find the strength to do what you should because you begin to go to God for strength in your weakness in the areas where you normally ran to food. Then, slowly, after practicing this, you begin to believe differently.

**Believing differently gives way to the renewing of your mind...**

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Obey God with your **MIND**.

Things begin to shift as you spend time in the Word renewing your mind and building a relationship with God, and desiring to know him more than you just know **about** him.

This is how and when your **Christian values** begin to take root. These stronger Christian Values begin to rise up within you with a greater importance than the things that you used to value in life.

**Mind renewal** happens once your **heart** and your **will** are corrected and aligned with God's purposes for your life. This is when you start to see **physical changes** in your actions/decisions and in your **body**.

Obey God with your **BODY**.

Your body changes when the **desire of your heart** is Gods way of living more than your own way of living.

You desire to do right things more. You begin to believe differently, and then you begin to actually **do** things differently.

You start to live to please God versus constantly pleasing yourself.

As you begin to physically do things differently, you get a bigger vision of what it's all about.

This is when you start to see the **responsibility** that you have to make the right choices in order to serve your health as a means of taking care of your body.

You begin to live in an awareness of **WHY** your health matters to God and how it impacts not only your life, but what He needs you to do in your life for His Kingdom...

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# SEEK 1ST THE KINGDOM OF GOD: A HEALTH & WELLNESS DISCUSSION



Obey God with **STEWARDSHIP**.

This is the point where you break up with the belief that your **body is your own**, and you begin to see how you are a steward, and that God expects you to manage and take care of your body because it is simply not your own.

(1 Corinthians 6:19-20)

Awakening to this truth is how you begin to step into **transformation**.

The transformation unfolds as your **heart** desires to be **obedient**. As your **will** is in alignment with God's will. As your mind becomes renewed to the things above. Your body begins to transform as you do in **faith** what you know you should do in order to appropriately manage what has been entrusted to you. God cares about your transformation. (Galatians 6:15)

Obey God with your **TRANSFORMATION**.

By deciding to make your life about God, you will find a natural desire to do what is right versus what feels right, and weight loss will be a byproduct of your life in Christ!

This transformation is how you **WEIGHT LOSS** will become your Witness!

Weight loss requires obedience. Obedience requires humility. God gives **GRACE** (His Power) to the humble. I lost **ALL** of my weight once I **BELIEVED** that I **COULD** do all things through Christ who **strengthens** me...because He strengthens me to do what I **should**; not what I *want*.

Honor and obey God with all of your heart, will, mind, and body as a steward who is transforming into the woman she was always meant to become

*...even in weight loss!*

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