

THE *Christian weight loss* MINDSET  
HOW TO OPERATE IN THE KINGDOM MINDSET

**This Christian mindset list will show you how to reframe your thoughts.**

**Just reading this will not change you.**

**You must believe and apply it to your life.**

**These are what I call, “thought swaps”.**

**This is how you STOP conforming to the patterns of your life and begin to renew your mind.**



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## Conformed Worldly Mindset

1. Your 5 senses rule you.
2. Cravings control U thru desires.
3. Consistency is fleeting.
4. Discontentment with food and progress weakens you.
5. Unable to break patterns.
6. Led by your wants and will:  
**Tangible, Physical.**
7. Unbelief is unnoticed.
8. Knowing what you should do doesn't stop you.
9. What you want **now** based upon your circumstances & feelings, overrides your **future** goals.
10. You intellectually believe and yield to your flesh.



## Renewed Kingdom Mindset

1. Your Spiritual sense is empowered.
2. Cravings are resisted.
3. Invoking God's power creates consistency.
4. Contentment in Christ and the work He's doing within you strengthens you.
5. Notice wrong patterns & seeks new.
6. Needs focused: **Intangible; Spiritual.**
7. Unbelief is obvious & thoughts made obedient.
8. You ALLOW God to make you stronger by doing what you know vs. what you want.
9. Obedience becomes your daily desire and makes way for your goals.
10. You believe in your heart and yield to The Spirit.



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## Conformed Worldly Mindset

11. Logic, reasoning & justification negatively impact you.
12. Flesh is strong and mind un-renewed.
13. You rule & power yourself.
14. You trust yourself.
15. You chase comfort & ease.
16. Defeat is frequent.
17. Self-condemnation is frequent.
18. Hopelessness is given life.
19. You are unchanged, stuck and in bondage to foods/thoughts/habits.
20. You constantly seek answers in the world.
21. Walk by sight; trust circumstances.



## Renewed Kingdom Mindset

11. You have a heart desire and willingness to obey.
12. Spirit IS strong & mind is renewing.
13. **God reigns.**
14. You trust God's provision & Christ's power.
15. Power & Peace.
16. You begin to overcome.
17. Convicted with truth & praising God.
18. Hopeful.
19. Walking in deliverance with the fruit to prove it.
20. Seeking, finding & trusting answers received in The Word.
21. Walking IN FAITH, trusting God.

# Sherrie Kapala

CHRISTIAN LIFE COACH

**My name is Sherrie Kapala and I am a certified Christian Life Coach. I do Christian Life Coaching for women and I also have a Christian Weight Loss program. God equipped me in the area of weight loss and it's my calling to teach women like you. I invite you to listen to and follow my podcast:**

**Christian Life Coaching for weight loss  
with Sherrie Kapala.**

**Via my podcast I share SO MUCH for free. I hope you will dive in and begin consuming the nearly 400+ episodes that could change your life**

*...even in weight loss!*

