

Diary of a (wannabe) Loser

A 7-week journal to improve spiritual and physical health

Day 1 _____

Dear Lord – I pray that I will feel Your presence as I learn about Your unconditional love even when I have doubts and when I question You. In Jesus' name, I pray.

Last night, after the children were asleep, feelings of hunger overwhelmed me. Instead, I prayed to God to take the desire for late night snacking away. I then brushed my teeth, washed my face, put on my pajamas and by the time I turned on the television, my desire had subsided. I was honestly surprised how easily I forgot about my apparent hunger.

Describe a time when God immediately answered your prayers.

What type of activity did you participate in today?

What healthy food choices did you make today?

How many glasses of water did you drink today?

Myth: The only way to lose weight is by eating foods that are low in fat.

Fact: Fat free does not mean calorie free. Extra protein or carbohydrates can also lead to weight gain. If the total number of calories consumed is greater than the total number used you will gain weight.

And He passed in front of Moses, proclaiming, "The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin." (Exodus 34:6)