

DAY TWENTY SEVEN

Daily Bible Reading: Ecclesiastes 4:8-12

When we read these verses, it's quite clear that the Lord understands we weren't made to do things alone. If our goal is to satisfy our own desires, we will feel empty. Sure, we might look good, but what if we've ruined all our friendships and relationships along the way. It's easy to do so when you have a bad attitude.

Look at verse 9: *"Two are better than one; because they have a good reward for their labour."*

When we try to lose weight or make major life changes, it is SO much easier when we have a support system. We all need to have someone we can lean on, especially in the tough times. I think that's what I've loved most about this group over the past few weeks. I love the support that I see you all giving each other, and I can tell it's making a difference.

Continue on to verse 10... *"For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up."*

When we fall, and believe me, we all will, it helps to have someone there to pick us up and get us back on our feet. It might be through an encouraging word, a helping hand, or just a whispered prayer. Sometimes, we'll be the one needing help back up, but other times, we'll be the one that gets to offer the help to someone else.

Now, move down to verse 12: *"And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken."*

I love the thought behind that verse. If something rises against you, be it salty snacks or whatever, if you have someone you can confide in, you can stand through whatever comes your way. And if you have more than one confidant? You'll be even stronger.

If you don't have some kind of support at home or near you, I want to encourage you to find someone you can trust that will lead you to better choices.

Daily Questions:

1. Do you have someone near you to help you in your journey?

2. If so, how can you strengthen your relationship with them in Christ?

3. If you don't, will you promise to reach out to someone so you can have the support you need?

Today's Task:

Exercise at least 30 minutes and drink 8 glasses of water. Write here what you did.
