

## DAY TWENTY SIX

### Daily Bible Reading: James 5:7

Just one verse for today, but sometimes, all you need is one verse to speak to your heart. Take a moment and read this verse: *"Be patient therefore, brethren, unto the coming of the Lord. Behold, the husband-man waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain."*

There's one thought I want you to catch in this verse, and it all revolves around patience.

I am not a patient person. Growing up, I've always been told that if I pray for patience, God will send trials to work that patience. (Go back to James 1:3 real fast: *"Knowing this, that the trying of your faith worketh patience."*) But, whether I pray for patience or not, sometimes God wants to get my attention and help build my patience anyway, so He "works my faith" now and then.

When you are trying to lose weight, you MUST have patience. Sure, we all want instant results. Good gravy, I've been working on my arms for months, just trying to get them shaped and skinnier. Yet, here I am, 6 months after I started, and I feel like my results are so miniscule. I have to have patience. There's no way around it. I have to keep working them to their limits, and pushing myself every day. If I stop now, there will never be any results.

The same is true in weight loss. We'd all love to swallow a magic pill and instantly be skinny. Could you imagine? But, what would that teach us? We could eat whatever we wanted, not worry about glorifying God in our bodies, and just keep going back to that magic pill. We would have learned nothing.

I want you to remember, it took you YEARS to get to the point where you started from on this journey. Years of unhealthy eating, bad choices, and stress. We've been at it almost 4 weeks now, and I'm guessing there's been some big changes in you, but you won't be at your goal. I want to tell you, THAT'S OK. It took years to put it on, don't expect it to fall off instantly.

I always hated when people said, "Don't worry about losing the baby weight. It took you 9 months to put that weight on. 9 months is all you'll need to lose it."

Ummmmm..... not when you've had a bunch of kids and you're still holding onto their baby weight too! Sometimes it takes a whole lot longer than 9 months to lose the 40+ pounds you put on, and sometimes it comes off quickly.

Please be patient. Allow yourself and your body time to adjust to the changes. I'm sitting less than 20 pounds from my goal weight, but it feels like these 20 pounds are going to be the ones that make me the craziest. Maybe God is working my faith to make sure I'm really serious about making this a total life change, not just a "diet." I don't know, but what I \*DO\* know is that I am too close to quit now. God has been so good to me. He has helped me thus far, and He's not going to leave me.

If you are struggling with patience, pray that you will have the strength to pull through. Remember, you are beautiful, and God hasn't given up on you! Keep pushing through. Keep finding the support and encouragement you need. Don't give up, and you WILL succeed.

(And I just have to say... I am SO proud of you for making it this far!)

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**Daily Questions:**

1. Do you ever feel like giving up? What keeps you from doing so?

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2. How's your patience level - not just with weight loss, but with everything? Is patience a virtue for you, or is it something you struggle with daily?

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**Today's Task:**

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

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