

7 Spiritual Secrets

for Weight-Loss From the Inside Out



Donna Partow

Several years ago, I began teaching a webinar entitled, **7 Secrets for Weight Loss from the Inside-Out**. The response was just incredible. And the number one reaction was: *"I couldn't take notes fast enough."* So the Lord put it on my heart to share the complete message with you in ebook form.

What you have before you now is an almost verbatim transcript of the webinar, edited for clarity.

I pray this richly blesses your life and that at least one of these 7 secrets becomes a key to unlock a vital door to your destiny.

Abundant Blessings,

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Introduction

God has given me a mandate. He has commissioned me to raise up an army on his behalf. An army of wise, well women. Women who are healthy in every way. Healthy in spirit soul and body, fit for the masters use.

What you are about to discover is just a small example of what we do, every day, at Women's Empowerment University. And I'm confident it's going to be a blessing to you.

So let's get right to it. Let's talk, openly and honestly about the facts. And this is straight from the headlines. An international study conducted by the Institute for Health Metrics and Evaluation (IHME) at the University of Washington in Seattle discovered that there are now 2.1 billion overweight and obese people in the world. The United States has the highest proportion of those, which is no surprise.

The study shows that obesity is not just a problem of someone's clothes not fitting. Or self-esteem suffering. It's a major public health epidemic. Heart disease, diabetes, even many cancers are directly linked to it, not to mention quality of life issues and the increased cost for health care. In fact, 38% of women worldwide are overweight or obese.

We've got a huge problem. A global problem. And sad to say, it is even WORSE in the church. Research in America demonstrated that regular church attenders were more likely to be digging their own grave with a knife and fork.

As an author and conference speaker, I have stood before tens of thousands of Christians around the world — and my heart has broken as I've looked out at congregations and conferences filled with sincere people who truly love God and desire to serve him. Yet they are held back, physically and even emotionally — held back from truly stepping up and stepping into their destiny. Because they are struggling with their weight. And all the health problems and personal issues that flow from it.

My heart has been broken at healing services, as I've watched people weeping at the altar. And I know that even if God does do a miraculous healing — and I know he does — but even if God does a miraculous healing for one particular health concern, unless the underlying issues affecting spirit, soul and body are addressed, those same precious saints will be right back at the altar. It's only a matter of time.

And I felt the Holy Spirit ask me one time, as I stood there praying for people, "Daughter, do you think this is how my people should live?" The obvious answer is no. God wants better for his children. He has real answers to the mess we're in. We've got to get to the root. We've got to get beyond dealing with the symptoms to the REAL causes...and the real solutions.

Diets only deal with the symptoms. The symptoms that show up in clothes that don't fit and a scale that's moving steadily upward. Symptoms like a bad back that prevents you from getting a good night's sleep. Or knees that hurt so bad you just have to laugh when someone tells you to go get more exercise. Because you can hardly climb a set of stairs without being out of breath. Diets are all about weight loss from the outside-in...and that's why they

never work. In fact, according to UCLA research, up to 2/3rds of all dieters will regain the weight they lost plus more within 4-5 years

Today, we're going deeper. We're going to explore **7 Secrets for Weight Loss from the INSIDE-Out**. My goal is that by the time you finish reading this ebook, **you will know exactly what to do next**. What your next step is. For some of you, this will be enough. You'll walk away with solid information you can begin to apply on your own. But for some of you, you'll recognize the need for someone to take you by the hand, and lead you on this journey. Someone who will hold you accountable so you actually follow through on the changes you decide to make and keep the promises you make to yourself. So I'll tell you more about that at the end of the ebook, in case you are interested.

Many of you know me, but for those who don't. I'm the author of 28 Christian books that have sold more than 1.1 million copies worldwide and have been translated into numerous languages. I've been featured on hundreds of radio and TV shows, in magazines, in both the Christian and secular markets. I've spoken all over the world, from the CIA headquarters in Langley, Virginia to a group of pastors in a mud hut in Mozambique. My ministry has taken me to six continents and touched the lives of countless hundreds of thousands of people.

Some of my most popular books include ***Becoming a Vessel God Can Use, This Isn't the Life I Signed Up For...but I'm finding Hope & Healing*** and my personal favorite, ***Becoming the Woman I Want to Be: A 90 Day Journey to Renewing Spirit Soul & Body***.

It's my favorite for a lot of reasons, mostly because of the amazing testimonies I receive of how it's changing lives. From Egypt to Vietnam, from Colombia to Germany, Indonesia and everywhere in between....but I'd like to take you behind the scenes with me. Back to where this all began.

Because on the one hand, I'm totally unqualified to address the topic of being healthy in spirit, soul and body. I spent the better part of two decades chronically sick. I've battled an eating disorder and have struggled with yo-yo dieting most of my adult life. On the other hand, maybe that makes me eminently qualified. I'm not talking to you today as an "expert" who studied this at school, so I can point out everything you're doing wrong. I know what it feels like to be sick and tired of feeling sick and tired. I know what it feels like to go on a starvation diet, lose the weight...only to regain it. The truth is, I've gained and lost at least 1,000 pounds. Gain 20 pounds, lose 20 pounds, gain 30 pounds, lose 20 pounds, gain 40 pounds, lose 30 pounds, gain 10 pounds. It's exhausting. And it's depressing. Which may explain why I spent years on anti-depressants. And I had so many other ailments, I think I was single-handedly keeping the pharmaceutical companies in business.

You know what's sad? During all those years, I was a Christian. I loved God. I read the bible. I even taught the bible. But behind the scenes, the battle raged and the pain and the shame intensified.

So if that's where you're at....I totally get it. But God made me a promise. And it's the same promise he's making you right now.

He said, “Child, when you finally taste and see how good it is to be free, you won’t go crawling back to the enemy’s camp anymore.” And by enemy’s camp, he meant the endless cycle of yo-yo dieting.

And if it’s never occurred to you before that this madness began as a scheme in the very bit of hell, a strategy of Satan and his minions to inflict emotional pain and physical suffering on humanity — and to HINDER the work of God’s people as his Ambassadors, sent to the ends of the earth — I’m going to do my best to open your eyes to that truth.

It’s time to stop the insanity and change the way we’re living. Time to stop tasting cardboard diet food (and by the way, it tastes like cardboard because it’s made out of cardboard). It’s time to taste and see that HE is good. It’s time to taste and see how good it is to be free. Because when we do—when we truly experience it—we won’t go crawling back to the enemy’s camp anymore.

One day, when I was sitting in my prayer chair, desperately crying out to God, I wrote down a question in the front of my journal: What is the SOURCE and the SOLUTION....to all of this madness?

And God began to speak; he began to give me specific strategies. The first thing he showed me is that the SOURCE was spiritual and the SOLUTION had to encompass all three areas of my being: spirit, soul and body. Beginning with spiritual healing. Then healing my soul — healing my mind, will and emotions. And as I began to experience healing in those areas, it would naturally begin to manifest in my body. But he also began showing me

how His foods, rather than man-made foods, how His foods were miraculously designed to heal my body.

Day after day, I filled notebooks with what he was showing me. Hundreds of pages! I began changing. People began noticing. Saying things like, “Donna, you’re a completely different person. I don’t even recognize you!” I started wondering, “Would this work for other women?”

So I invited a group of ladies to join me for an online adventure. I called it The 90-Day Renewal. It was really informal. This was back around 2000 — long before Facebook and Twitter. Basically, I sent the women involved a daily email — sharing a little more about what God was showing me. I had no clue if anyone was paying attention or if it was working. Then all of a sudden, the floodgates opened. Emails starting coming in from women around the world, sharing how God was doing incredible miracles in their lives. And doing it in such a way that their loved ones said, “Hey, I don't know what you’re doing differently...but keep doing it. It’s working!”

One of my favorite stories was Mary. Her 70-something year old husband wasn’t a Christian — but when he saw the changes in his wife, he said, “I’ve been watching you go to church for years and it never seemed to do you much good. But something has happened to you...and I want it too” After decades of marriage, he became a Christian. Why? Because of the transformation he **SAW WITH HIS OWN** eyes as God transformed her from the inside out.

Since then, tens of thousands of women worldwide have discovered these same strategies and have gotten miraculous results. Now, we hear testimonies like that all the time.

That's what I want for you. I want to help you move from wherever you are right now, whether it's struggling to get those last 10-15 pounds off and wondering why you just can't seem to do it. Or your doctor has told you, point blank, you're a heart attack waiting to happen. Or you have developed Type II Diabetes and the only way to turn things around is to lose a significant amount of weight. I believe God will empower you to close the gap between where you are now and where you want to be.

And what's amazing is how many husbands want to be part of what God is doing. Dolores Wilson from Australia shared "This has changed not only my life—my mind, will and emotions— but has also changed my husband's and son's lives by changing their habits from bad to good. We are no longer procrastinating, we are DOING!"

This webinar is for you if you're ready to say goodbye forever to fad diets and superficial weight loss strategies that can never yield lasting results. And discover, instead, God's solution based on his Word, his food and his power.

7 Secrets for Weight Loss from the Inside-Out

Secret #1 - Recognize Your Body is on the Frontline of a Spiritual War

It's a spiritual battle that began in the garden. I think it's interesting that the fall of humanity involved a woman being tempted by food that looked too good to pass up. Satan could have tempted Eve in any area, but he chose to tempt her in the area of food. His goal is human conflict. His strategy is to divide and conquer. If he can keep you irritable, depressed and exhausted, that alienates you from your family and friends. It affects your marriage. It affects your ability to parent effectively. It affects your ability to advance the kingdom of God.

Satan doesn't care how he makes you miserable. He just wants you miserable because he hates you. He knows he can't keep you out of heaven, it's too late for that. So he'll settle for giving you a taste of hell on earth. One way he does that is by whispering in one ear "Eat the entire bag of Oreos. You deserve it. Your husband hurt your feelings." And then the minute you do, he's in the other ear, screaming, "You pathetic loser. I can't believe you ate that whole bag of Oreos. You are worthless. Your husband probably doesn't even love you anymore. Go look in the mirror. You look terrible. Go stand on the scale. I'll bet you just gained 5 pounds."

He's a tormentor and a liar. He's the father of lies and he hates you. And he has a clear strategy to tempt you, like Eve, to eat things you have no business eating. Things you know perfectly well God has shown you make you irritable or flat-out sick...so probably not a good idea. But this is a spiritual battle, not a food battle. The enemy's goal is clear. He is the accuser of the brethren. He wants to position himself to accuse and condemn you for taking the very bait he sets out.

The Holy Spirit isn't the one saying, "No one appreciates you. You know what? Go get an Oreo milkshake." And then 5 minutes later, "You failure. Look at you. You fell off your diet again. You'll never change. You'll never lose weight. Why bother?"

The Holy Spirit isn't the one saying any of that. Your spirit, soul and, yes, your BODY—are on the front line of a spiritual war. And if the devil can take you down through your tastebuds, what does he care, as long as he can torment and accuse you after you fall?

- ◆The scale is not your enemy.
- ◆The woman in the mirror is not your enemy.
- ◆Your husband is not your enemy.
- ◆All the people who abused you in the past and the people who mistreat you every day.
- ◆None of those people are your enemy.

- ◆Satan is your enemy. He is the one who wants you overweight, exhausted and depressed.

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Ephesians 6:12

The Bible tells us: Satan went out from the presence of the LORD and afflicted Job with painful sores from the soles of his feet to the top of his head. Job 2:7

Satan wants to afflict you. And whether it's with painful sores or an extra 30 pounds, as long as he can hinder your effectiveness in God's Kingdom, he's dancing with joy in hell.

Here's what I want you to do: The next time you face a food temptation, I want you to take it a lot more seriously. And say out loud, "Satan, I am not ignorant of your schemes. I choose to honor God with my food choices."

Speaking of hindering your effectiveness for God, that brings us to Secret #2. Secret #1 was: Recognize Your Body is on the front line of a spiritual war. #2 is...

Secret #2: Do It for Something More Significant that a Scale or a Dress Size

My motto is: “Why will always find a way.” You’ve got to have a compelling why. By the way, because you *hate yourself* is not a compelling why. In fact, self-hatred—despising the woman in the mirror—is the surest way to play right into the enemy’s hands and stay stuck. Can two walk together unless they be agreed? As long as you are agreeing with Satan that you are a worthless loser and you hate yourself, you are empowering him.

God says you are beautiful, precious, dearly loved. He says you are a victor. An overcomer. Until you get in agreement with that, how can you ever experience a powerful daily walk with God?

Don’t do it because you think you’ll like yourself better if you are skinnier. That’s a lie and it’s exactly backwards. When you agree with God, when you agree with all the wonderful things he says about you, you’ll like yourself a whole lot more.

And isn’t it just flat-out true that we always take better care of someone we LIKE than someone we HATE? That’s just human nature. As long as you are trapped in self-loathing, you will continue in self-destructive behaviors like over-eating. (BIG SECRET right there sisters. Write that one down. **As long as you are trapped in self-hatred, you will continue in self-destructive behaviors like over-eating.** The answer isn’t losing weight so you’ll like yourself more. The answer is getting into agreement about who God says you are so you will finally accept yourself—even, imagine this, begin to LIKE YOURSELF! And when that happens, the enemy is defeated and the weight

will start melting off you. I promise that's true. And I'm gonna share an incredible testimony about that in a few minutes.

Don't lose weight because you think other people will approve of you. You don't need anyone's approval anyway. It needs to be a why that makes you cry, whether its tears of joy. Or tears of loss.

The two most powerful motivators for any human are the hope of gain and the fear of pain. So I want you to dream about what you hope to gain. But also, come to grips with this: What pain do you never want to face. Or face again. Maybe you lost a loved one because they didn't listen when the doctor said, "Look, you've got to get the weight off." You don't want to end up there. And you certainly don't want to put the people you love through that.

Pain can be a powerful motivator to change. Maybe it's the pain of realizing the enemy has ROBBED you of opportunities. That's what happened to Cheryl Sneed. One of their dreams was to go on a missions trip together. So when the church announced a building project along the Moxie River in Brazil, they were excited for a new adventure. But the man in charge informed Cheryl that she would not be able to go, because her weight would prevent her from climbing in and out of the small boats that would be transporting them. In the end, Dwayne went alone...and Cheryl could only sit back and watch the newsfeed reports of all the wonderful things God was doing. All that she was missing out on. She knew she had to change. Cheryl was spiritually MORE than ready to go on the mission trip, but her weight held her back from serving God in Brazil. At the time, she weighed more than

250 pounds. She has since lost 25 pounds. And believes God will enable her to lose another 25 pounds in the next 90 days.

So get in touch with your WHY. The WHY that makes you cry. Whether it's to be able to bend at the knees to pick up your grandkids and the energy to keep pace with them. Or because you never want to miss out on another life changing experience, like a mission trip with your husband, ever again. Maybe you're going to take a trip to FIJI to celebrate your 30th wedding anniversary and you want to look and feel great.

Here's what I want you to do: I want you to write it down. Why. Why are you now, finally, ready to secure the victory in this area?

I pray it's for his glory. Because there is a high call on your life. Whether it's ministry, motherhood, grand-parenting, missions, whatever it is. What's the bigger picture here?

What's a cause larger than the size hanging in your closet. For me, personally, I'm determined to be fit for my king and for his kingdom. I want to be a mighty warrior, able to go anywhere in the world, at any time because I'm healthy, strong and energetic. I want to be like Caleb, 80-some years old and still strong for battle. Still able to climb up the mountain to fight the most deeply entrenched enemies of God. That's what's at stake here. Not a dress size or a number on the scale. Secret #3...

Secret #3: Understand The Battle is Waged—It's Won or Lost—in Your SOUL, Not Your Body

Think about Mary, the mother of Jesus. What God wanted to do, in and through her life, required the use of her body. Her body carried Jesus because Jesus couldn't get to where he needed to go—a stable in Bethlehem—without Mary's body. And just as surely as Jesus needed a human body to get to that stable, he needs your body, today, to take him to the very ends of the earth.

We are not really Christ followers. In fact, that phrase is theologically incorrect. Technically we are Christ CARRIERS. Colosians 1:27 proclaims the mystery of "CHRIST IN YOU, the hope of glory."

Your body is God's only means of transportation. Your body is God's mobile response unit. When God wants to intervene in human history, he almost always chooses to work through a human in a body. So it's probably pretty important for us to take care of our bodies, right?

But Mary is so awesome, she gets it. She totally gets it. Listen to how she responds when her cousin, Elizabeth says to her: Blessed [happy, to be envied] is she who has believed that what the Lord has said to her will be accomplished!"

What does Mary say in response, about God needing the use of her body: "My soul glorifies the Lord and my spirit rejoices in God my Savior. Luke 1:45-47

She says her soul, her mind, will and emotions, glorify God. To glorify is to give an accurate reflection. She's saying, *"I'm carrying this baby in my body but My spirit has a role here. It needs to stay in a place of rejoicing. But first on the list is my SOUL. My mind — the thoughts I think. I can't make myself bonkers wondering what other people think about me and how I REALLY got pregnant. My will — the decisions I make. I can't second guess this commitment I've made to God. I said I was going to do this, and that's it. Decision made. No turning back. My emotions. I can't afford to be an emotional roller coaster."*

In the same way God needs your body, today, just as surely as he needed Mary's body 2000 years ago. There are places Jesus needs to go and **YOU** are one who will take him there. Think about that.

Let me ask those of you who've been pregnant. How careful were you? Did you take good care of your body? I hope you did. Well you are pregnant. With destiny. Rosa Parks never had a baby. But she was pregnant with destiny. If you've never seen the movie based on her life, *The Rosa Parks Story* with Angela Bassett, get your hands on it. It's one of my all-time favorite movies. I'm sure every American knows who she is, but we have people from around the world at Women's Empowerment University. So for those who may not know, Rosa Parks was an African-American woman who was arrested, in the 1950s, when she refused to give up her seat to a white passenger on a public bus.

Even though she was one of the most respected Christian women in the community, she was thrown in jail. And the outrage that

followed really marked the beginning of the American Civil Rights Movement. The first phase was a bus boycott. During one scene in the movie, a teenager and an old man are waiting at a bus stop—not to board the bus, but to walk away from it in protest. The teen begins to complain about how tired he is, and what a waste of time, one person can't make a difference, the world is so unfair, why bother. And at first, the old man *seems* to agree with him, proclaiming that he's tired too. But then he explains to the young man, ***"These feet may be tired...but my soul is resting."***

Those words in that movie changed my life. God began to show me a secret. I needed to be a **SOUL AT REST and a Body in Motion**. Just like the man in that movie. Just like Rosa Parks. Just like Mary. If this body of mine is going to carry Jesus from Point A to point B, whether that means carrying him to the grocery store or to the streets of Bangkok, the mountains of Colombia, a monastery in Egypt or a mud hut in Mozambique — the only way I'm going to be able to fulfill my destiny, is to be a Soul at Rest and a Body in Motion.

Let me ask you a question. Do you ever open up your eyes, think about the day — you haven't even gotten out of bed yet — and you're already exhausted?

So often it's not what we do, it's what's left undone that exhausts us. It's the weight we haven't lost, the mountains we haven't climbed and the races we haven't run. It's all the things we've dreamed of doing or know we need to do, but haven't. That's what robs us of peace. And *that* is what saps our energy. We're

mentally and emotional exhausted *far more often* than we're physically exhausted.

We have it exactly backwards. Our feet are NOT tired and our soul is NOT resting. We're a soul in turmoil, tossing and turning in bed all night...and a body at rest, sitting in one spot playing Candy Crush or Words with Friends.

We gotta change. And we can. You can become a **Soul at Rest and a Body in Motion**. I'll tell you, when I got ahold of this truth, I literally ran a bunch of 5Ks, a 10K, half-marathons, a full-marathon (26.2 miles) and a couple years ago, I did a triathlon — that includes swimming in the ocean, biking and running. Crazy, right? And I did all of that AFTER the age of 40. I did the triathlon after the age of 50!!!

Here's what I want you to do: Watch the Rosa Parks Story and observe how far she was able to carry Christ because she kept her soul at rest and her body in motion, even in the midst of unspeakable chaos. Then ask God to show you: **How far would he send you, if you would begin to live as a Soul at Rest and a Body in Motion.**

So that was Secret #3 for Weight-Loss from the Inside Out. Understand The Battle is Waged—It's Won or Lost—in Your SOUL, Not Your Body. We've got to be a Soul at Rest and a Body in Motion. On to #4. And this one will probably shock you!

Secret #4: Stop Depleting Your Limited Supply of Will Power

The #1 reason diets fail is because they rely almost exclusively on *personal* will power. Will power is a muscle that must be used with wisdom and in moderation. Yes, you can strengthen it with use, but beware overuse. Having to make too many decisions, especially decisions that could more easily be put on autopilot, creates unnecessary strain on the entire system. It's a set up for failure.

That's why the best approach is a simple eating plan you can stick with for life. Make incremental changes over time and keep them permanently. This is the EXACT opposite of diets. Diets require huge changes and/or complex recipe preparations that normal people can only realistically sustain for a short period of time.

Studies at Harvard University have demonstrated that having to make too many decisions really does drain the life out of you. So if you have to decide and re-decide, all day every day, what you can and can't, will or won't eat. That's a problem.

The Harvard study found the more you can put your life, the simple decisions, on autopilot, the happier and more successful you'll be. Tim Ferris, former Princeton University student and author of the very well researched ***4-Hour Diet***, found the same thing: people are far more successful at transforming their bodies long-term when they develop realistic simple eating routines they can stick with.

Human beings are creatures of habit. The entire secret of permanent weight loss is to make those habits work for you because right now, they're probably working against you.

When it comes to weight loss, the path of least resistance is the right path. Don't make this harder than it has to be. Make gradual, incremental lifestyle changes that you can stick with for life.

I'll give you a small example. Lemon water. I'll tell you, the lemon growers of the world should send me a commission check, because I've got a lot of people into the habit of starting each day with a cup of warm lemon water. So simple but powerful:

Benefits of lemon water

- Fades scars, reduces blackheads and rejuvenates aging cells.
- Anti-aging! They are a potent anti-oxidant and excellent source of Vitamin C – protecting cells from free radical damage.
- Fights cancer. Yes, lemons literally stops cancer cell division.
- Kills bacteria and wards off bacterial infection.
- Do you have leg cramps? Try lemons. Lemons contain B vitamins, magnesium and calcium.
- Protects blood vessels from cholesterol build-up.
- Strengthens your immune system.

- Relieves constipation - “Death begins in the colon.”
- Relieves indigestion, heartburn and bloating
- Cleanses and purifies blood and liver, flushing toxins out of the body.
- Lemons can relieve sore throat and throat infections

Here’s what I want you to do: Begin each day with a cup of warm lemon water. Within in a matter of weeks, you will notice a difference. And if you stick with it, 6 months, a year from now, you’ll be astonished how much better you look and feel. Your face will most certainly look younger, I can tell you that for a fact. So aren’t you glad you are learning all of this? Just for that one secret? Yep. Drink some lemon water. A small permanent change anyone can and should make. Next is Secret #5...

Secret #5: Overcoming Emotional Eating Triggers Is Critical to Lifelong Weight Management

Everyone who struggles with weight issues has emotional eating triggers. For some people, it's anger. *"You make me mad, fine, I'm going to Burger King. That's it."* For others, it's depression. Loneliness. Boredom. There are certain emotions that set you off.

Dieting is a \$70 billion industry because dieting doesn't work. If dieting worked, everyone would go on the one diet that worked, lose the weight and then the dieting industry would cease to exist. But diets don't work.

Because you have an emotional eating trigger that you haven't allowed the Holy Spirit to heal. It's gotta be revealed so it can be healed. That's something God can do and wants to do, for you.

And honestly, that's my heart. And really, my gift. My gift, my passion, is prophetic prayer. And some of you may not know what I mean by that so let me define it. It has nothing to do with predicting the future. It's nothing scary or spooky. When I say prophetic prayer I'm talking about a gift from God that enables someone, as he or she prays, to hear God's heart for another person. To accurately hear God's highest and best will for someone's life. And then the courage to proclaim it. And to keep proclaiming it until you finally believe it for yourself.

When you hear God's heart for you. When you hear his vision for who HE wants you to be, the woman HE says you can become.

Look out world. I'm telling you, your spirit will leap within you, just like John the Baptist leaped inside Elizabeth's womb.

Do you know where we get the word obey? The root word. It's from two words in the Latin that literally mean: *to listen with great attention*.

When you listen with great attention to God's heart for you, the woman you can become, you're not going to need any will power. Of course, you will obey. It will be effortless to obey. You won't have to try really hard. And work at it.

Completely, 100% the opposite. Something happens on the inside when the Holy Spirit reveals to you God's heart and plan for you. Your will...wants to into alignment. You want to obey. I love to pray God's heart for people. And hopefully, I'll have the opportunity to pray for you someday. When we do our phone conferences, I'm able to do that...but I'll tell you more about that in a minute.

Here's what I want you to do: Ask God to reveal and then to heal your emotional eating trigger. You don't have to go on a digging expedition to find it. God sees exactly where that trigger is buried and he wants to speak the very words that will heal it. So you can finally discover rest for your soul.

Are you seeing how this *really is* an issue of your spirit and your soul. And that leads to transformation in your body. That we're talking about weight loss from the inside out? But we do need to look at the body. So that's Secret #6...

Secret #6: When it comes to exercise, Little Bits with Consistency will take you further than Fits & Starts.

I know you were hoping I wouldn't say that horrible word: exercise. But I have to tell you the whole truth. Yes, weight loss begins from the inside out. And yes, I firmly believe the battle is waged in your spirit and soul, first and foremost. But our body does play a role. And just as putting your soul at rest releases energy to put your body in motion, the reverse is also true. There's something about putting your body in motion that's actually very soothing for your soul.

Researchers have found that a daily 1 hour walk did more for depression than any other form of treatment. There's something very therapeutic about time outdoors, time in God's creation. That's why I'm not a big fan of treadmills or gyms. Creation—not an army of sweating people you are tempted to compare yourself to — creation is soothing for our souls.

Bodily exercise profits little but it does profit some. A soul at rest is only part of the equation. The other part is a body in motion. Here again, permanent lifestyle changes are far better than a crazed fitness routine that leaves you injured. I'm a firm believer in "Little bits with consistency." And the reality is, If you are too busy to take a 30 minute walk every day, you are busier than God wants you to be!

Here's what I want you to do: Put on a decent pair of sneakers or walking shoes. Open your front door. Walk for 7

minutes, turn around and go home. That's it. The next day, walk for 8 minutes, turn around and go home.

If all you ever do is walk 30 minutes a day, but you do it every day without fail for the rest of your life—you'll be a lot better off than joining a gym and lifting weights for two weeks. And if you can walk an hour a day, so much the better.

One of my heroes was Dr. William Miller, who served as a missionary in Iran for 40 years. He walked everywhere, from village to village, preaching the gospel. I met him when he lived at a retirement home in Philadelphia. Although he was in his late 90s and even past the age of 100, he still kept the habit of walking a half mile to a mile every day. Every day. On nice days, he preferred to walk the beautiful grounds. If the weather didn't cooperate, he walked up and down the halls of that Lutheran Retirement Home.

It doesn't have to be complicated, sisters. It just has to work. Soul at Rest, Body in Motion. The kind of motion you can consistently do for life. And then yes, if you want to add weight lifting and other exercise, that's great. But make sure you take a daily walk.

Secret #7 - True Biblical Fasting is Essential for Health, Vitality & Lifelong Weight Management

I could spend hours on this topic. It's one of my passions because it's changed my life. Second Corinthians 7:1 says: *"Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God."*

Fasting is our most powerful spiritual weapon to "de-contaminate" or de-toxify" both body and spirit. Once again, we've been lied to. Even by the medical profession: *Oh no, don't fast. It's bad for you. You better check with your doctor.* Funny, you don't have to check with your doctor before ordering pizza, driving through for fast food or ordering a 1,200 calorie caramel macchiato. But before you can do what the bible commands us to do, suddenly you have to consult a physician. No, true biblical fasting heals you in spirit, soul and body. But it has to be done the right way, for the right reason.

Digestion is the most demanding job your body has to undertake. It's like taking out the garbage. Can you imagine doing nothing all day, every day, but taking out the garbage. You'd be exhausted, frustrated and you'd never get anything else done! That's how your body feels! Your body needs a break from digestion so that it can get other things done. Things like deeper cleansing, cellular repair and so much more.

I do believe in extended fasts if they are done correctly. But let me make a simple suggestion.

Here's what I want you to do: Fast once a week as a lifelong habit. Monday is the perfect day. The perfect day to let your body rest, decontaminate and purify itself. And by the way, lemon water is the perfect fasting beverage. If you are fasting longer than a day, I suggest adding a little Grade B Maple Syrup and a dash of cayenne pepper.

And by the way, I want to touch on this lightly. there's no way we can do it justice here. But I'll say this: If you've gained weight because you've been attacked spiritually, isn't it possible that when you get set free, the weight *has to go*. I do believe there's such a thing as supernatural weight loss. My former neighbor was a young woman who was profoundly tormented, had been through a lot of childhood trauma, major tragedy. God did an incredible work of healing and deliverance in her life, she woke up the next day 20 pounds lighter. And I've experienced supernatural weight loss personally.

And fasting, absolutely positively opens the door for God to do a supernatural work of healing in your body. As you fast, you decontaminate spirit, soul and body. Something happens in the natural AND in the supernatural. I've fasted for 40 days. It's a life-changing experience. But don't start with 40 days. Start with a simple lifelong habit: fast once a week to purify body and spirit. You will be amazed at the results.

So, you've just learned the 7 Secrets for Weight Loss from the Inside Out. I've shared powerful suggestions on how you can implement every one of them. For each secret, I gave you a specific action step. And some of you will want to go and do that

on your own. Absolutely fine. I'm so honored you spent this time with me and I pray God's richest blessings on you as you endeavor, on your own, to implement the **7 Secrets for Weight Loss from the Inside-Out**.

But I know a lot of you are thinking, "Donna, a totally hear you. Everything you're saying makes perfect sense. But I've tried going it alone. And it doesn't work for me. I get all excited and I start out great. But then someone hurts my feelings, my family doesn't support me, NO ONE encourages me and the whole thing falls apart."

Yep. Been there done that. Can I tell you secret #8? It's actually a secret about me. I can't do it on my own, either. And I teach this stuff. I wrote an international Christian best-seller about renewing spirit, soul and body. But I've realized, I can't do this on my own. I need my sisters in Christ to journey with me. I believe God designed us that way, to live and grow in community, in relationship.

That's why I love to gather groups of women, online, to support, encourage, and pray for one another. And to hold each other accountable to continue walking out the truths God has revealed. They are powerful...but they won't change my life or your life or anyone's life, unless we walk in the truth that's been revealed.

Let me give you an example. This is Laurette's story:

Rewind to 2009, I was obese, at a crossroads in ministry and preoccupied with hating myself for getting so overweight. I was reading one of Donna's books when I learned she had an online

group starting in January 2010, so I joined. With the support of sisters in the group, coaching calls and prayer calls with Donna, step by step God began to reveal to me what road he wanted me to take in ministry. During the class, God gave me such clarity for my calling, He said I was going to set the world on fire, one child at a time... beginning with myself. And by the end of the class, He even gave me a number of children I was going to reach: one million children. A million children! Whaaat? That was so impossible, and I couldn't even begin to imagine how God would do this amazing feat.

During one of our prayer coaching calls, God gave me the faith (and safety) to speak this calling out loud. Immediately all the women and Donna agreed with me in prayer and I prepared to head back to Africa. When I arrived, I was approached by a woman who was the director of TV Malawi (that nation's public broadcasting system), asking if I would be willing to do a series of children's evangelistic TV shows. I asked her how many children would watch each episode. Her answer? You guessed it. A million.

*But that's not the best part. I was able to finally get free of my self-loathing. **It's just amazing what you can do when you're not so preoccupied with disliking yourself!***

Recently I put some of the TV shows on YouTube. I had never watched them before. I was amazed at how joyful I look, how healthy and—dare I say it? Pretty. I could honestly say I liked that woman! God is so good!

Today Laurette looks amazing! She's 70 pounds lighter and her skin is radiant from all that lemon water!

Laurette's is just one story. Among **THOUSANDS** I could share with you. But isn't it time for God to write *your* story? Could it be your time? Your time to be radiant? Your time to step into your destiny? To carry Jesus in your body, whether it's around the block or like Laurette, all the way to Africa. Christ in you, the hope of glory.

Maybe, just maybe, you didn't just stumble upon this information. Maybe it's no accident. Maybe God brought you here today. Because it's time. It's time for YOU to become the woman you've always wanted to be: healthy in spirit soul and body.

That's why I'm so excited to be announcing this. So excited! For you and for me! And for Laurette, and Cheryl and Dolores. Yes, they've already signed up for another round of the 90-Day Renewal. Because it's not a diet, it's a LIVE-it. It's a way of living that once you experience it, once you taste and see how good it is to be free, you never want to go crawling back to the enemy's camp again. That's why, several times each year, I lead women from around the world—LIVE over the internet — in an all new adventure with the 90-Day Renewal. (*NOTE: Stay tuned to your email and my Facebook Page for information about each new semester of The 90-Day Renewal.*)

I would love for you to prayerfully consider joining us in one of our LIVE classes. If any of the goals I'm about to share resonate with you, then I want you to come, lock arms with your sisters from around the world. And yes, Women's Empowerment

University is truly a global community, with people from six continents actively participating. These are women who want to be:

- ◆ Spiritually on fire
- ◆ Emotionally stable
- ◆ Mentally focused
- ◆ Practically wise
- ◆ Relationally - at peace
- ◆ Physically Fit
- ◆ Healthy eating habits established

Does that sound like the woman **YOU** want to be? That's the big picture. Let me tell you more about the program details. What it includes.

For a Healthy Spirit

- ◆ Scripture memory - 18 verses related to spirit, soul and body, all on mp3 and set to beautiful Celtic music, recorded in Ireland, so they are easy to memorize.
- ◆ Bible reading
- ◆ Scripture-based prayer
- ◆ Prayer journaling

For a Healthy Soul

We'll address your mind, will and emotions every day:

Mind - Positive, Scripture-based affirmation to Recite. All of these are recorded on downloadable mp3s and set to beautiful music so they really seep in to soothe and heal your soul.

For me, the Affirmations—making God’s word personal and filling my mind with God’s thoughts—that’s the single most powerful component of the 90 Day Renewal. Some women even found listening to the affirmations relieved their insomnia.

Will - Each day you’ll be given a small Action to Take to strengthen but not overwhelm your will.

Emotions - You’ll receive a daily Attitude Adjustment including an inspiring quote and an uplifting story.

Body

Our Simple Eating Plan introduces small, incremental changes that make a big difference other time. Rather than focusing on the negative, on what you can’t eat, we focus on the positive. On God’s wonderful foods that you CAN eat.

Here’s what Therese from Connecticut says:

I went into the 90 day Renewal dragging my feet, I was not ready to give up my chocolate chip cookies, brownies and ice cream. I must admit the first 6 weeks were a huge challenge for me, but I pressed on, because I wanted to please God. At the half way mark something in me shifted, and I desired freedom from my sugar addiction. I have said good bye to 28 pounds and 34 inches. I feel fantastic, I have so much energy, and for the first time in a long time I like what I see in the mirror. I am beginning to see the reflection of what God desires me to be. I am being renewed on the inside and transformed on the outside. I will succeed, because of the support, prayer, encouragement, and loving friendship that have been an added

bonus, totally unexpected. Would I recommend the 90 Day Renewal? In a heartbeat!!

Exercise

We begin with a simple 14 minute walk. And as we progress through the 90 days, we'll introduce the option of adding other fitness components. But honestly, if all you do is develop the life-long habit of a daily walk and you are still walking in your 90s, then this 90-Day Renewal will prove to be one of the best decisions you've ever made.

WHAT DOES THE ONLINE CLASS INCLUDE?

90 Daily Teaching Videos - Direct from my prayer chair to your computer, laptop, ipad or smartphone. These are short, typically three to six minutes, but power-packed.

13 hour-long Teaching Audios - on topics ranging from:

- ◆ The Power of Fasting
- ◆ The Spiritual Battle for Your Home
- ◆ How Should A healthy Soul function
- ◆ Putting the Power Back in Your Will Power
- ◆ Powerful Motivation to Transform Your Body
- ◆ Weight Loss Tips from A to Z
- ◆ Spiritual Cleansing
- ◆ Experiencing the Purifying Fire of God

Plus 20 bonus audios featuring a combination of teaching, coaching and prayer.

13 LIVE Weekly Webinars with me. Most women say this is the most powerful component. After a brief teaching, and it's always a fresh word, I open up the phone lines to answer YOUR questions and most of all, to pray prophetically over individuals in the class. I'm telling you, God meets us on these calls. And he proclaims, loud and clear, the source and solution to problems being faced by individual women. As we listen, he shares his heart with us.

Private Facebook Group - Where you can meet other women and get the encouragement you NEED to stay the course. The community that we've built online at Women's Empowerment university is unlike anything you've ever experienced.

If you're ready to discover weight loss from the inside out. And obviously, *this is so much more*, this is a total transformation for your spirit, soul and body. Then the **90-Day Renewal** is for you. The best part is: we'll accomplish all of this together. All while using God's Word and relying on the power of the Holy Spirit. Our motto will be: "Little bits with consistency."

And by the way, if you fully commit to this process and follow the plan, the average weight loss over 90 days is typically 20-25 pounds.

If trying to make it on your own worked, you wouldn't be reading this. But you are reading this ebook because you recognize there is something more God has for you. And the answers are found in the power of community. In fellowship and partnership with

like-minded women who are every bit as committed as you are to fulfilling their destinies — and spurring you on, as you take Jesus to wherever he may be calling your body to go. So it's my hope and prayer and confident expectation that, right now, you're going to make a great choice. Not just for yourself, but for the people who love you, who rely on you..and for the people God will use YOU to impact in the days and years to go.

I hope you'll join us next time! But **whatever** you decide, I pray these 7 Secrets have blessed you with new strategies to become the woman you want to be.

Abundant blessings

Donna Partow
Founder,
Women's Empowerment University