

# HEALTHY FREE LIFE

Eating & Living for the Glory of God

## Healthy Free Life Show Transcript

Episode # 002: PARTNER WITH GOD

This is the Healthy Free Life Show where you're going to learn a new way to eat and live healthy for the glory of God. I'm your health coach, Katrina Sequenzia, and I'm on a mission to help Christians get healthy, ditch disease, lose weight, and find food freedom. So if you're ready to get healthy and free so that you can live that abundant life that you've been promised then let's do the thing!

This episode is going to be very powerful because you're going to finally know how to start your health or weight loss journey, the right way, a way that leads to results and lasting success. Now what most physically burdened Christians do when trying to get healthy or lose weight is to look to the diet or exercise world for help. Maybe it's the latest fad diet or pre-packaged meals, or let's go back to that diet that worked back in 1992.

And this is why they stay stuck in the deprived diet or cycle. Listen, if you've come here looking for the magic bullet, you're not going to find it here. Magic bullets don't work. Magic pills don't work. Diets don't work. In fact, research shows that 95% of diets fail. Listen, if diets worked, then don't you think we'd all be skinny and fit?

Am I right? My goal here today is to break that cycle of diets, deprivation, and defeat, so that you can go from being burdened and bound to being a Healthy Free LIFEer. Does that sound good? I want you to trust the process. What sets Healthy Free Life apart from anything that you've tried before is that we take a body, mind, spirit approach to getting healthy and losing weight and ditching disease.

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The foundation of our health is our spiritual health. Matthew 6:33 says, "But seek first the kingdom of God and his righteousness and all of these things will be added to you." Seek him first. Everything flows from here. I find that there is a huge disconnect that Christians have as it relates to the connection between our spiritual health and our body health.

And listen, I didn't connect the two either. Maybe you're like me. I went to diets first, instead of going to God. I would first deprive myself of food instead of seeking to first be filled by the Spirit. I would turn to food for comfort for my stressed out soul. The Healthy Free Life Way, we go to God first. You must partner with God when you set out to get healthy, whether you're trying to lose weight or ditch disease or find food freedom or eat healthier. No matter what it is, we got to go to God first. My most successful students are the ones who partner with God. Take Kimblee, for example. Kimblee- she was overweight, she had no energy, had the brain fog and joint pain.

And. On top of that, she was stressed out from trying many diets only to lose weight and then gain more back over and over and over again. And she was miserable in her own skin. Can you relate? I know I sure can. In her prayers for relief, God led her to the Healthy Free Life way, and she took that first step.

That first faithful step of partnering with God on her journey to get healthy. And she has continued to take faithful step, after faithful step, after faithful step along the Healthy Free Life way. And she's depended on God's power all along. And as a result, God has blessed her with 53 pounds of weight loss and over 45 inches lost throughout her body, and counting! But even more important than that, more important than weight loss.

She now has less body aches. She has a clearer mind, and this is my favorite part. She has a much more closer walk with Jesus. So now let me ask you, how do you think this has changed her life? She's a wife. She's a mother of three.

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She's a grandmother of seven. How much more is she able to love and to serve those around her?

How much more joy and peace is she experiencing because of the health and freedom that she now has in her mind, her body and her spirit? Listen, in this podcast, we're going to get to all those fateful steps that Kimblee took, but you've got to take the first step, the first right step. If you want to be successful in your health journey so that you can be freed up to fulfill your purpose in life like Kimblee, then you need a new way to do things because the old way, it isn't working.

The first step on the Healthy Free Life way is to partner with God from the beginning. Psalm 37:5 says, "Commit everything you do to the Lord. Trust him and he will help you." If we don't commit this health journey or weight loss journey to the Lord, it will most likely fail. Many faith-filled women consider God in all other areas of their lives, yet when it comes to their health or losing weight or the food that they eat, they have not invited God into the journey.

Many have even told me they don't think praying about their weight is right. That somehow it's vain or that they only pray about the big stuff or for other people, but never for themselves. Listen. He created you in his image no less. He even created your food. Don't you think that he cares about your body and especially the health of it?

But this is not just any body that we are talking about as believers. This body is his temple. First Corinthians 6:19-20 tells us, "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own. You were bought at a price.

Therefore honor God with your bodies." He paid dearly for your body in the form of his son, Jesus, who died on the cross for you. You are his. When my

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student Diana realized that God cared about her body, about her weight and about the health of her temple. She shared with me that she had prayed about a lot of other things and for a lot of other people in her life, but had never stopped to ask God to help her control the food that she eats.

She decided to do things a new way and she partnered with God. And as a result, she easily lost eight pounds in just a few weeks of starting a Healthy Free Life way. And do you know what she did when that happened? She gave praise to Jesus, the King of Kings. This, this is what Healthy Free Life is all about.

Our, our tagline for Healthy Free Life is eating and living for the glory of God. My prayer is that God uses me as a tool in your life to help you to break free and to experience a healthy, free life. But it is his power that's going to help you to do it. And when you experience it, you can't help but sing praises to his name.

So now that you know what the first step is, it's time to take some action. Right here. Right now. Because I am all about taking action and doing the thing. All we have to do is pray, invite God into the process, possibly repent, commit the journey to him and ask for his strength and power. And I'd love to do that with you now. Can we take a moment and pray?

Listen, I invite you to pray along with me. "Dear heavenly father. Thank you so much for loving me and providing everything I need for life and godliness. I'm so sorry for not loving you with my whole heart, soul, mind and strength, and for not loving well the temple that you gave me to live in. I did not treat my body kindly, and I want to. I want to turn from my unhealthy habits that reveal my lack of faith in you.

Help me to trust you for everything- my health, my fulfillment, my joy, my peace, and my life. Help me to learn to develop new habits that will place me

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in a position to receive your grace more fully and know you more intimately. Please renew my mind and restore my body, your temple. When I doubt or waiver in fear, help me to take captive my thoughts and submit them to you.

I invite you into this journey I am beginning. Help me to keep my eyes on you and all that you desire. Anoint me for your purposes and pleasure so that I will bring you glory in everything I do and say. I love you. In Jesus' name. Amen."

Incredible. I am just so proud of you. Know this. Not only will you want to partner with him at the beginning, like we just have,

but also daily. Listen, we're going to need his power every day to help us to continue the race that is set before us. And we don't need willpower, especially when we have God power. Amen? Dear one, I want you to invite God into this journey from beginning to end, all for his glory. And if you would love a copy of this prayer that we have just prayed, so that you can print it off and even consider using it daily, you can head to [healthyfreelifeshow.com/2](http://healthyfreelifeshow.com/2). [healthyfreelifeshow.com/2](http://healthyfreelifeshow.com/2) . And that's the number two, by the way. And on that page, you can request the PDF download. I want to leave this blessing with you today from Ephesians 3:16-19, "I pray that out of his riches, the father may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your heart through faith. And I pray that you, being rooted and established in love, may have power to gather with all the Lord's Holy people to grasp how wide and long and high and deep is the love of Christ. And to know his love, that surpasses knowledge, that you may be filled to the measure of all the fullness of God." Until next time. Bye for now!