



MONDAY, JUNE 13, 2016

THE CURE FOR OBESITY

Americans spend OVER 60 BILLION DOLLARS a year on weight loss products and services:

That staggering figure includes gym memberships, weight loss programs, exercise machines, weight loss pills, special diets, and diet food and sodas.

NONE OF IT seems to work. And, when it does, the effects are only TEMPORARY.

It's **only a matter of time** before that person regains the weight they had lost... and then some.

I recently watched a religious show where the host bragged that “the world can tell people how take weight off, but they can’t tell them how to KEEP IT OFF”.

So, what did the host suggest that Christians do TO STAY in shape?

Go on a very strict diet, and HIRE A “Spirit filled” PERSONAL TRAINER.

That just shows HOW INSENSITIVE and OUT OF TOUCH with reality religious scam artists are.

They’ve become so accustomed to their “celebrity” lifestyle, paid for with the BILLIONS they extract from dumb Christians UNDER FALSE PRETENSES that they can’t even relate to the rest of us.

A) Diets DON’T KEEP weight off. That’s why their effects are only TEMPORARY.

B) Very few people can afford a personal trainer.

C) Even if we could afford them, if “Spirit-filled personal trainers” ARE ANYTHING LIKE self-proclaimed “Spirit-filled preachers” you’ll just end up THROWING YOUR MONEY AWAY.

They'll no more deliver results than that scam artist preacher will deliver on the "prosperity" he's been promising you for the past 50 years.

Let that SINK IN for a moment.

The cure for OBESITY is Love.

NOT human love: Divine Love.

We've all been envious, at one point or another, of those "lucky" people who "can eat ANYTHING THEY WANT and NOT gain weight".

There's a reason why they don't:

They DO NOT overeat.

They eat anything they want, IN MODERATE AMOUNTS.

When they feel full and satisfied, THEY STOP EATING.

The problem with obese people is that THEY NEVER FEEL FULL OR SATISFIED.

Even LARGE amounts of food fill them only for VERY short periods of time. Therefore, as soon as any feelings of "emptiness" manifest, they'll shove EVEN MORE FOOD into their stomachs.

That is NOT normal.

That's NOT what God intended, nor the way that God designed the human body to nourish itself.

THE PROBLEM is they ARE STARVED FOR LOVE, and because NOTHING AND NO ONE WILL PROVIDE THE GREAT LOVE THEY DESPERATELY CRAVE, they compensate BY GORGING THEMSELVES.

We try to **FILL the emptiness, and NUMB the pain, BY STUFFING OUR MOUTHS and STOMACHS WITH GOOD TASTING FOOD.**

If we strip it down to nuts and bolts **THAT is the NUMBER ONE REASON** for the obesity epidemic plaguing Western society.

We **FILL THE EMPTINESS IN OUR HEARTS** and minds WITH FOOD, instead of filling them WITH LOVE.

But Martel, **WHERE** am I going to get THAT KIND OF LOVE, **SUCH GREAT A LOVE that WILL COMPLETELY AND PERMANENTLY SATISFY MY ENDLESS CRAVING?**

In Love Personified.

AND NOWHERE ELSE!

And if you THINK you'll find it in someone else, or in something else, YOU'RE DECEIVING YOURSELF.

If you think there's a "magical diet" that will PERMANENTLY fulfill your longings, and KEEP YOU slim, you're fooling yourself.

If you think you'll find FULL SATISFACTION in that "guy" or that "gal", you're kidding yourself.

I don't care how nice or good-looking they are, or how much "in love" you think you are, he or she may fulfill you TO A POINT, but can NEVER completely AND PERMANENTLY fill the void IN YOUR HEART.

Well, you're wrong: I eat more than I should because I'm bored.

Really?

And WHAT IS boredom?

EMPTINESS:

Your mind and heart CRAVE entertainment and excitement!

There's NOTHING more exciting, MORE FILLING, more entertaining, and MORE SATISFYING than Divine Love.

Nah, I overeat when I'm anxious.

Yes, and **WHAT IS** anxiety?

It's DISSATISFACTION with yourself and your life, **and FEAR** about things in your life that you feel you can't control, or that already are out of control.

WHAT CASTS OUT FEAR (anxiety)?

Divine Love! (1 John 4:18)

There is NO FEAR (or anxiety) in Divine Love.

Jesus IS Divine Love.

“Jesus loves you” has, unfortunately, become a MEANINGLESS religious *cliché*.

But Jesus **REALLY DOES** love you.

SO MUCH **that He DIED FOR** you.

NO ONE ELSE has ever done that.

We ALL NEED TO EXPERIENCE His love, whether we're fat, skinny, or somewhere in between.

And we need to EXPERIENCE His Love NOT JUST ONCE (like when we're born again), **BUT EVERY DAY OF OUR LIVES.**

NO ONE has EVER loved you LIKE JESUS.

And NO ONE ever will.

If you LET HIM, **Jesus WILL LOVE YOU like you've never been loved before!**

His Love for you **IS ENDLESS.**

It's **INEXHAUSTIBLE.**

It's **ETERNAL.**

You can have **AS MUCH DIVINE LOVE AS YOU WANT, AS OFTEN AS YOU WANT.**

TAKE IN as much of His ETERNAL Love as your little heart can handle.

There's NOTHING you can do to make Jesus STOP loving you.

Once more: **There's NOTHING** you can do **to make Jesus STOP loving you.**

You've STUFFED yourself with food and "OTHER THINGS" that CANNOT fulfill your craving.

STUFF yourself with Jesus.

GORGE yourself with His Love.

Fill yourself with Him **AS MUCH AND AS OFTEN AS YOU WANT.**

...**UNTIL your HUNGER for Love is FULLY -- and PERMANENTLY -- SATISFIED.**

We're not finished yet. Don't miss the next two messages.

THEY'LL CHANGE YOUR LIFE and KEEP YOU SLIM.

TUESDAY, JUNE 14, 2016

THE CURE FOR OBESITY **PART TWO**

HOW TO FILL YOURSELF WITH GOD'S LOVE:

“For this cause I bow my knees unto the Father of our Lord Jesus Christ,

Of whom the whole family in heaven and earth is named,

That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit IN THE INNER MAN;

That Christ may dwell in your hearts by faith; THAT YOU, BEING ROOTED AND GROUNDED IN LOVE,

May be able to comprehend with all saints what is the breadth, and length, and depth, and height;

And TO KNOW THE LOVE OF Christ, which passes knowledge, THAT YOU MIGHT BE FILLED WITH ALL THE FULLNESS OF God.

Now UNTO HIM THAT IS ABLE TO DO EXCEEDING ABUNDANTLY ABOVE ALL THAT WE ASK OR THINK, ACCORDING TO THE POWER THAT WORKS IN US,

Unto Him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.” (Ephesians 3:14-21)

You only experience Love for someone **when you THINK** about him or her.

Again: even when, in the natural, we’re “madly in love with” someone, we don’t experience those feelings UNLESS WE THINK ABOUT that person who is the object of our love.

Same goes for Jesus.

If you want to FILL your heart with God's Love
FIRST THING YOU NEED TO DO IS **THINK
ABOUT JESUS.**

Think about WHO He is, how wonderful He is, how loving, gracious, kind, faithful, powerful, tender, good, perfect, beautiful, and all His other wondrous attributes.

Think about **WHAT HE DID** for you.

Think about the magnificent, brilliant Destiny He has prepared for you.

Think about being His Bride, and of Him being our beloved Husband.

If you're running around putting out a hundred "fires", if you get bogged down with "duties" like Martha, you'll MISS the best part which is THINKING ABOUT HIM, **BEING WITH HIM**, and **EXPERIENCING HIS LOVE.** (Luke 10:40)

Mary **CHOSE THE GOOD PART** (Jesus' Love) which **will never be taken from her.**

Martha was preoccupied preparing food to feed THEIR STOMACHS.

That food would only fill their physical hunger, and it would do so ONLY TEMPORARILY.

Mary was **FILLING HER HEART WITH JESUS' LOVE.**

And His Love would NEVER be taken away from her. (Luke 10:42)

Jesus' LOVE WOULD FILL HER COMPLETELY and PERMANENTLY.

Jesus will FILL you FROM WITHIN.

His Love, His FULLNESS comes from WITHIN, because He's already IN YOU if you're born again.

Religion, on the other hand, tries to FILL YOU FROM WITHOUT.

But Jesus is NOT FOUND WITHOUT, but WITHIN. (Luke 17:20-21)

Religion offers ALL KINDS OF OUTER DISTRACTIONS TO KEEP YOU FROM FINDING THE INNER CHRIST:

“Christian” entertainment, “Christian” films,
“Christian” cruises, “Christian” TV shows,
“Christian” retreats (the word “retreat” says it all),

youth groups, contemporary “Christian” music, worthless books and DVD’S filled with FICTION that will kill your boredom for 30 minutes, leave you EMPTY, and end up in the trash, (“blood moons”, anyone)?

Adding insult to injury, it claims to be doing it “in Jesus’ Name”.

That’s exactly WHY Religion is satan’s MOST INGENIOUS TOOL.

Those OUTER DISTRACTIONS that religion offers are ARTIFICIAL FILLERS.

That’s why they leave you empty, DISSATISFIED and MALNOURISHED.

But THE WORST thing religious distractions do is KEEP YOU FROM the INNER Christ.

They KEEP YOU FROM EXPERIENCING, and BEING FILLED WITH, His amazing Love.

WEDNESDAY, JUNE 15, 2016

THE CURE FOR OBESITY –

FINAL PART

“The fruit of the Spirit is Divine Love”
(Galatians 5:22)

“BE FILLED WITH the Spirit” (Ephesians 5:18)

“For THE VERY THING THAT I FEARED has overtaken me, and WHAT I DREADED HAS HAPPENED TO ME.” (Job 3:25)

“There is NO FEAR in Divine Love. Divine Love CASTS OUT FEAR” (1 John 4:18)

The more we FEAR gaining weight, the MORE WEIGHT we will gain.

Losing weight and keeping it off **requires Divine Love and faith (TRUST) in Jesus.**

When we have His Love and TRUST Him, there's **NO FEAR.**

When there's NO FEAR, we OVERCOME, and get TOTAL VICTORY.

Divine Love is ALREADY IN you.

He/it was put there by the Holy Spirit (Romans 5:5)

If you have received Christ into your heart, and ARE BORN AGAIN OF His Spirit, **Divine Love (Jesus) LIVES INSIDE you!**

He IS the “inner man”. (2 Corinthians 3:17)

He’s **INSIDE YOU – ALL THE TIME.**

Therefore you need not **LOOK FOR LOVE, OR FULFILLMENT, OUTSIDE yourself.**

NO OUTSIDE thing – whether it’s food, drugs, alcohol, sex, porn, partying, celebrity, social media, OR RELIGION will EVER satisfy your cravings.

Your **INNER CRAVINGS** are **THE REASON** you eat more than your body needs or burns.

Your **HUNGRY, LOVE-STARVED** soul **DESPERATELY CRAVES** Love of the Divine kind.

And **that Love IS Jesus.**

Your soul must **FEAST** on Jesus.

It must “EAT” His Divine Love **ON A DAILY BASIS.**

This **INGESTION** of Jesus is done **WITHIN US, IN SPIRIT and SOUL** (emotions):

Jesus practiced this:

“But he said to them, **I HAVE FOOD TO EAT** that you know nothing about’.” (John 4:32)

“Very truly I tell you, **UNLESS YOU EAT THE FLESH OF** the Son of Man and DRINK HIS BLOOD, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. **FOR MY FLESH IS REAL FOOD** and my blood is real drink.

Whoever eats my flesh and drinks my blood remains in me, and I in them. Just as the living Father sent me and I live because of the Father, so **THE ONE WHO FEEDS ON ME WILL LIVE BECAUSE OF ME...** The Spirit gives life; the flesh counts for nothing. The words I have spoken to you—**THEY ARE SPIRIT AND THEY ARE LIFE.** (John 6:53-57, 63)

Jesus wasn't talking about cannibalism.

He was talking about **SPIRITUAL and EMOTIONAL EATING** and **DRINKING**: About TAKING IN His Divine Love, His spiritual body made of Spirit substance, and His sinless Blood also made of Spirit substance.



“Look, I stand at the door, and knock: if any man hears my voice, **AND OPENS THE DOOR,** (to the inner man of the heart) I will **COME IN TO HIM,** and WILL EAT WITH HIM, **AND HE (WILL EAT) WITH ME.**” (Revelation 3:20)

Those who have more than 20 or 30 pounds to lose may have to also go on a TEMPORARY diet of physical food, THAT WILL YIELD TEMPORARY RESULTS until they drop that weight.

But **THE ONLY THING that will KEEP IT OFF is INGESTING JESUS’ LOVE SEVERAL TIMES EACH DAY.**

It is an **EXTREMELY JOYOUS, PLEASURABLE,**
and SATISFYING experience.

STUFF YOURSELF with Jesus' **INFINITE,**
ENDLESS Love **ON A DAILY BASIS, INSIDE...**

And you will require **LESS and LESS** physical
food **ON THE OUTSIDE.**

And **THE RESULTS** will show up in your physical
body.

