

**5**  
STEPS  
TO  
CHRISTIAN  
WEIGHT  
LOSS



## The 5 Steps to Christian Weight Loss Memory Jogger

### Step 1- Reveal \_\_\_\_\_

*Scripture* \_\_\_\_\_

*Key Take-away* \_\_\_\_\_

### Step 2 - \_\_\_\_\_ the Resistance

*Scripture* \_\_\_\_\_

*Key Take-away* \_\_\_\_\_

### Step 3- Renew \_\_\_\_\_

*Scripture* \_\_\_\_\_

*Key Take-away* \_\_\_\_\_

### Step 4 - \_\_\_\_\_ Consistent \_\_\_\_\_

*Scripture* \_\_\_\_\_

*Key Take-away* \_\_\_\_\_

### Step 5- Remain in \_\_\_\_\_ and \_\_\_\_\_

*Scripture* \_\_\_\_\_

*Key Take-away* \_\_\_\_\_

