

*I love this book! Cathy combines her 25 years of expertise in the health industry with her faith, excellent grasp of scripture and deep understanding of spiritual principles to give us this one-of-a-kind guide to weight releasing. ~ Rev. Jan Janzen*

# HEALTHY *by* DESIGN



WEIGHT  
LOSS,  
GOD'S WAY

CATHY MORENZIE

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## Foreword

Weight releasing is a trillion dollar industry. So is this just another diet, exercise program, or hyped-up system destined to make you feel like a failure again? Absolutely not!

Cathy Morenzie has dared to do something extraordinary. She has dared to bring God into this most personal aspect of your life. Realizing what a monumental task releasing weight is for most people, Cathy took the challenge to the most Supreme Power in the Universe, God.

Is it really necessary to bring God into your diet? Obviously, yes! Look at all the weight releasing products, systems, websites, programs and the plethora of books, DVDs and CDs on the subject just to get an idea of the enormity of this problem. Most people today want to lose weight. Many people pay good money to lose weight. Yet most people are still struggling with a weight issue. North America has become a continent of overweight, unhealthy and even obese adults and children! Something is obviously wrong!

Could it really be that God is missing in the weight loss industry? It certainly is worth an examination of this fact, as Cathy has so beautifully illustrated in her book. Written with a deep spiritual connection, a passion for being in service to her fellow Christians, and making a difference in the world, Cathy has provided an amazing guide and resource for people to release weight, God's way.

Cathy brings decades of experience in the health industry to this book. She brings her personal experience working with hundreds of clients over the years in their personal fitness regimens. She combines this with a wonderful faith, an excellent grasp of scripture and a deep understanding of spiritual principles.

This is truly a one-of-a-kind guide to weight releasing. Bask in the deep connection Cathy is encouraging you to have with God, treasure its wisdom as she conveys God's word to you in this most practical format, and most importantly, do it! As James wrote, "faith without works is dead," so action is required of you!

Apply your faith; develop your self-control and exercise patience, all fruitages of God's Spirit, as you go through the 21-day program. You will be a better servant of God at the end of it, you will have learned vital health principles, and you will have a greater understanding of scripture as it applies to your weight.

May you find peace, joy, love and a healthier, more vibrant, lighter body as you join Cathy and God on this most sacred journey.

Best wishes,

Rev. Jan Janzen

[www.janjanzen.com](http://www.janjanzen.com)

# Introduction

## The Problem

Do you have any idea how powerful you are? Have you ever thought about it? In Luke 10:19 Jesus says, “I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.” And that’s just one of many scriptures that talks about the power we have in Christ.

So if we have all of this power and authority, why do we feel so powerless? How is it that we have been given the power and authority to cast out demons, yet we can’t stop ourselves from eating a piece of chocolate? Why do we struggle with so many issues around our weight such as emotional eating, physical inactivity, self-control, guilt and feelings and low-self esteem?

A 1998 Purdue University study discovered that religious Americans were more likely to be overweight than their nonreligious peers. How can this be? Shouldn’t we be the healthiest people on the planet because of the promises that God has given us? Where’s the disconnect? The Purdue study indicated that many of the factors related to being overweight were associated with the increased social activities churchgoers participated in, such as after-church brunches and get-togethers. The fellowshiping with our fellow brothers and sisters is nice, but we need solutions to this health crisis. We don’t need another church dinner, bake sale or barbeque.

The problem is analogous to having an electric fan on a scorching hot day. We have been given an indispensable tool to help us but until we plug in the fan, we will never receive the benefit and the power that exists at our disposal. Until we call on the Holy Spirit to be our help, as our instruction book tells us, we will never walk in the authority we have been given.

## The Program

*Healthy by Design* is a 21 day e-workbook that will take you through the key principles of weight releasing based on biblical principles. To get the maximum benefit from the program you should carve out at least 20 minutes per day to complete the daily action steps. Take time throughout your day to reflect on the scripture. At the end of the day you should read it again and record your thought.

A large part of the program will involve daily communication with an accountability partner. This matter is simply too big to try to work through on your own. Very rarely has anyone ever taken on such an undertaking on their own and been successful so prepare yourself to open up, be transparent and begin to share this heavy burden that you have been dragging along for so long. Your victory happens when you move your situation from darkness into the light.

### The Daily Messages

The daily messages portray characters from the bible to teach us that our challenges are not unique. They also teach us how God plays an integral part in our lives and our victory.

### The Daily Health Challenges

The daily health challenges are designed to push you out of your comfort zone. They are designed to viscerally take you out of your habitual patterns and behaviors. To get the most out of the exercises you’ve got to put in the time and reflect. Be sure to have fun with them too.

### The Daily Confession

This is an opportunity to speak God's word back to Him. The confessions are all based on scripture. Feel free to make your own confessions as you feel led.

### **Accountability Partner**

Your accountability partner will play a very important role in your success. You will be in communication with them every day and you will share your daily successes and challenges. Be sure to select someone who you trust and can confide in.

An appendix is located at the back of the book where you can study and mediate at your leisure on a particular area that might be a stronghold for you.

Continue through for 21 days straight- include weekends- repeat a day if you have not gained insight or skipped over it.

## **The Preparation**

How are you feeling right now? You may be apprehensive, excited, or perhaps having a fear of failing (again). In the course of this program you may go through a roller-coaster ride of emotions. I encourage you to keep a journal handy to write out the feelings that may come to the surface. Ask the Holy Spirit to reveal new truths and insights to you and to gently change you.

Throughout the workbook, avoid the tendency to judge yourself, your actions or your choices. There will be no right or wrong, no guilt or condemnation ( Rom 8:1) -- just notice what comes up for you and invite the Holy Spirit to make you present to your feelings; to show you the root of your stronghold ( Psalm 139:23-24) and to gird you for the journey.

You may choose to add the discipline of fasting. It will not be a large part of this program but it is highly recommended when done in a healthy way. Remember it is not a weight loss tool but a means to help you draw closer to God and gain a better understanding of your weight challenges so you can banish it forever.

Avoid the urge to try to suddenly eat in a dramatically different way. Remember that there are no quick fixes to anything. Change is a process. You will learn that “trying” is rarely successful. Flesh can’t change flesh but the Holy Spirit can help you if you will let Him. He is ready and available to you 24/7 if you call on Him to help you.

Are you familiar with the expression, “sow where you want to go”?

Begin to pray for your fellow members as you know that they will be praying for you.

## **The Process**

The goal of this program is to promote permanent change, through a series of small doable incremental changes—baby steps.

This program will run for 21 consecutive days, but remember that this is only the beginning. You are on a life-long journey.

Each day you will read the weight loss principle, recite the daily confession and follow through on the daily action step. Remember, there are no quick fixes. You simply have to put in the time to allow growth and change to take place.

You will also have the benefit of the companion web-site where you can post your feedback, receive ongoing support and listen to the program on-line. Be prepared to share your daily insights, breakthroughs, challenges and homework.

Please understand that this is not a book to teach you about exercises or foods will help you lose weight. I’m willing to bet that you already know those answers. What you will learn is how to make the patterns and behaviors, that you have tried so many times, finally stick.

# The Principles

God has given us immutable laws and principles in which to govern our lives. These principles apply to everyone, every situation and every circumstance. Even if you do not practice them per se, you will still experience the consequences if you go against them. Use these principles in your weight releasing journey and other areas of your life to experience the victory, freedom and peace that God has already given you.

## 1. **God wants to transform our lives little by little - weight releasing is a process! (2 Cor. 3:18)**

There's nothing inspiring or motivating about the thought of slow and steady - especially when it comes to weight loss.

Though it may have taken us years to gain weight, we want to lose it fast. However, to be successful, we must understand that losing weight is a process. It will not happen overnight and we must gird ourselves to understand that the process will take a while. 2 Cor. 3:18 teaches us that God's glory comes in levels or stages when we partner with the Lord's spirit.

Though there are many instantaneous miracles that happen in the bible, we should understand that the qualities that God needs to develop in you to make your weight loss permanent will not happen miraculously. They need to be rehearsed and become engrained into your subconscious mind. As frustrating as it may seem, it will take some time but know that God has given you the capacity to be patient in the process once you submit the process to Him.

Understand that though the process may seem slow, the Word tells us that God is not slow in fulfilling his promise. (2 Peter 3:9) God will work in tandem with your obedience so get ready to receive what He has for you – right away!

## 2. **God wants us to partner with the Holy Spirit to live a victorious life. (John 14:15-25)**

In this scripture, Jesus tells his disciples that God will send the Holy Spirit who will live with us and be in us always. He will guide us and be our advocate and helper. If you've tried to lose weight on your own then you know that it can be a frustrating process often with more failures than successes. Now imagine letting go of all the anxiety and frustration; no longer living by letting the number the scale determine the type of mood you will be in. Imagine the confidence and peace you will feel at a social function. God's rich promises can all be yours when you allow the Holy Spirit to partner with you in this and every other stronghold in your life.

## 3. **God has provided us with choices and he wants us to choose the best way. (Deut. 30:19)**

Action/Consequences—from Adam and Eve to Revelations, God gives us the choice between right and wrong, blessings and curses. God created us with free will and would never impose His will on us. He lets us decide the choices we will make in life. Through our choices we learn wisdom and understanding.

Though it's not always obvious, many of the choices we make will bring blessings or curses. Choosing to sleep in, have an extra slice of cake or skip another workout are not curses in and of themselves but they will weaken your discipline which will eventually lead to poor health. Conversely (and fortunately) taking the time to eat a proper breakfast, minimizing your intake of coffee, processed foods and sugar, and exercising regularly will not miraculously bring blessings to your life but will help you feel better, increase your energy and your mood, help you manage your weight and build your self-esteem which will have many long term blessings.

It may seem daunting right now but rest assured that God will teach you how to make good choices that will richly bless your life.

- 4. God wants to use our good health to glorify him and be to be an example to others. (1 Cor. 6:19-20)** God dwells in our physical bodies and calls it His temple. A temple! A sacred place. A place of beauty and majesty. God took great pride and joy and He also want us to treat it that way.

We've all looked at other people and wondered how they could be a Christian when they (insert vice here). Although God himself is not judging or condemning you, you probably know within yourself that you're not being as effective as you like because your weight is getting in the way. You know that you would have more confidence, energy, stamina and effective witnessing when you are living at the level of health that God created you to live in.

These principles will be reinforced throughout the entire program.

## The Purpose

Americans spend \$40 billion a year on weight-loss programs and products. You probably have spent hundreds if not thousands yourself on products or programs promising you fast results.

You need a solution for how to release the weight without falling for sales gimmicks and unhealthy diets. What if I told you that you never had to spend another penny on a weight loss gimmick again? This book was written to help you achieve the best health of your life, as well as to draw closer to God. God does not want you going around the same mountain time and time again. He wants you free. 2 Cor. 3:17 says, "Where the spirit of the Lord is there is liberty," and beloved, I want you to experience that liberty.

For more than half of my life, I tried to change just about everything about myself.

I felt I was too fat, too hippy, too loud, too soft-spoken, too ugly, too conservative, too black, too easy, too afraid, too lazy, too worldly, too Godly, and most of all, too undisciplined to make any of these changes sticks. Talk about bondage!

Not until I cried out like Paul in Romans 7:24 to be delivered from this body of death did I begin to receive God's healing, peace and rest from all my work. It's an incredible feeling of rest to be able to do less and receive more. My prayer is that you will receive the same.

The process of God gently changing me continues day by day, bit by bit. I want to share with you what God has taught me to so far. I pray that you receive it and allow it to SHAPE you into the precious miracle that God has created you to be.

I love you and pray for your victory.

Yours in Health and Service,

A handwritten signature in cursive script that reads "Cathy Maenzie". The signature is written in black ink and is positioned below the typed name.

## **Day 1- Submit to God**

*Scripture to reflect on: "The LORD went before them by day in a pillar of cloud to lead them along the way, and by night in a pillar of fire to give them light" ~Exodus13:21-22*

Just what does it mean to you to submit your weight loss program to God? Do you even know what it looks like? Being open to His leading and prompting; admitting to Him your inability to do it without Him; inviting him to partner with you; Hearing only what He is telling you through your journal entries and prayer time. These are all practical forms of submission.

If we could lose weight (or rid ourselves of any other stumbling block) on our own then we would not need God. Strong willpower, self-discipline and self-control may help you reach your goal, but chances are that the journey will not be enjoyable and definitely not sustainable. Instead of always getting frustrated trying to always do it your way and wasting time, money and your health; the first and most important step is to submit your weight loss program to God.

God gives us a beautiful illustration of how he wants us to live with him. From the time of the Exodus until the Israelites entered the Promised Land, the Lord led them by day as (or in) a pillar of cloud, and by night as (or in) a pillar of fire. God is just as faithful to us if we allow him to lead. It may not be clouds and fire – for us it may be that still small voice, the confirmation from a friend or the inner feeling of peace but He also promises us that he will never leave us or forsake us.

You CAN rest from all of your efforts; no more crazy diets or gimmicks; no more wasted money and no more frustration; no more guilt or condemnation. Starting today, refuse to take another step in your health program without God.

### Today's Health Challenge

What conscious behaviors and actions are you currently engaging in that show your lack of submission in the area of your weight loss process. List 5-10 of them below. Then rewrite them on another piece of paper. Destroy it by burning or tearing up the piece of paper.



### Today's Confession

*I walk in your presence today and I choose to honor you God today by what I eat, and in all I do. I submit my weight, my health and my body to you. I walk with courage, discipline and perseverance in times of testing and temptation. I am blessed and prosperous in You.*

I trust that what you have read so far has been a blessing to you. I encourage you to take some time and reflect on what God has been telling your heart as you have read through this introduction to the **HEALTHY BY DESIGN E-WORKBOOK** so far.

If you would like to order the complete Healthy by Design book to continue on this incredible journey that you have started, please go to: [Healthy by Design](#) to receive your copy right away.

*Cathy Maenzie*

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