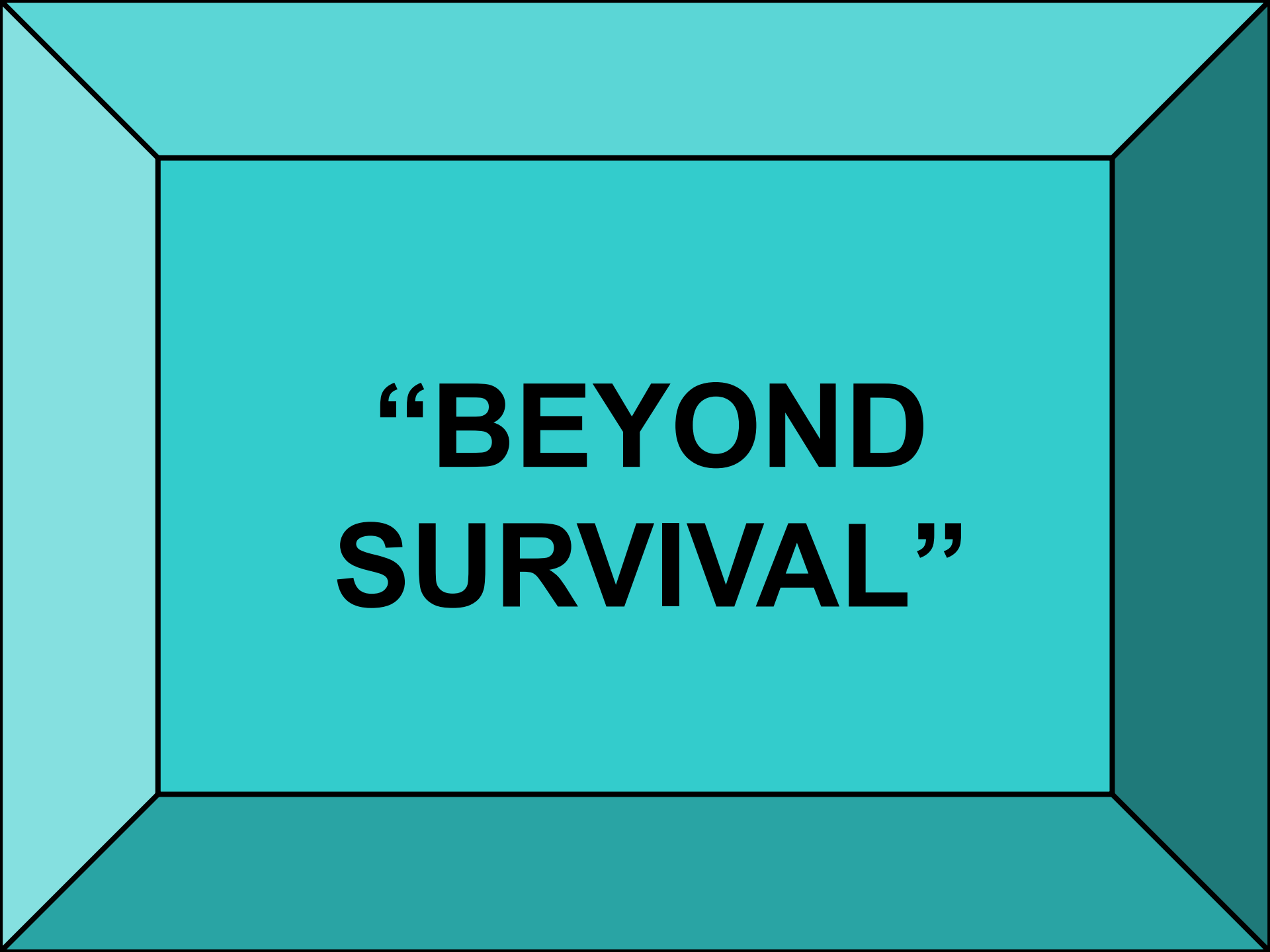


*Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.*

**Ephesians 4:2-3**



**“BEYOND  
SURVIVAL”**

*Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. <sup>13</sup> Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others. <sup>14</sup> Above all, clothe yourselves with love, which binds us all together in perfect harmony.*

**Colossians 3:12-14**

*He has shown you, O man, what is good;  
And what does the LORD require of you  
But to do justly,  
To love mercy,  
And to walk humbly with your God?*

**Micah 6:8**

**Gracious :**

**Have a forgiving attitude & compassionate posture as you walk in wisdom with those whose opinions, attitudes & beliefs are different than yours.**

*Trust in the LORD with all your heart,  
And lean not on your own understanding;  
In all your ways acknowledge Him,  
And He shall direct your paths.*

**Proverbs 3:5-6**

*I will visit you after passing through Macedonia, for I intend to pass through Macedonia, and perhaps I will stay with you or even spend the winter, so that you may help me on my journey, wherever I go. For I do not want to see you now just in passing. I hope to spend some time with you, if the Lord permits. 8 But I will stay in Ephesus until Pentecost, 9 for a wide door for effective work has opened to me, and there are many adversaries.*

**1 Corinthians 16:5-9**

*The righteous shall flourish like a palm tree,  
He shall grow like a cedar in Lebanon.  
Those who are planted in the house of the LORD  
Shall flourish in the courts of our God.  
They shall still bear fruit in old age;  
They shall be fresh and flourishing,*

**Psalm 92:12-14**



*A man who isolates himself seeks his own  
desire; He rages against all wise judgment.*

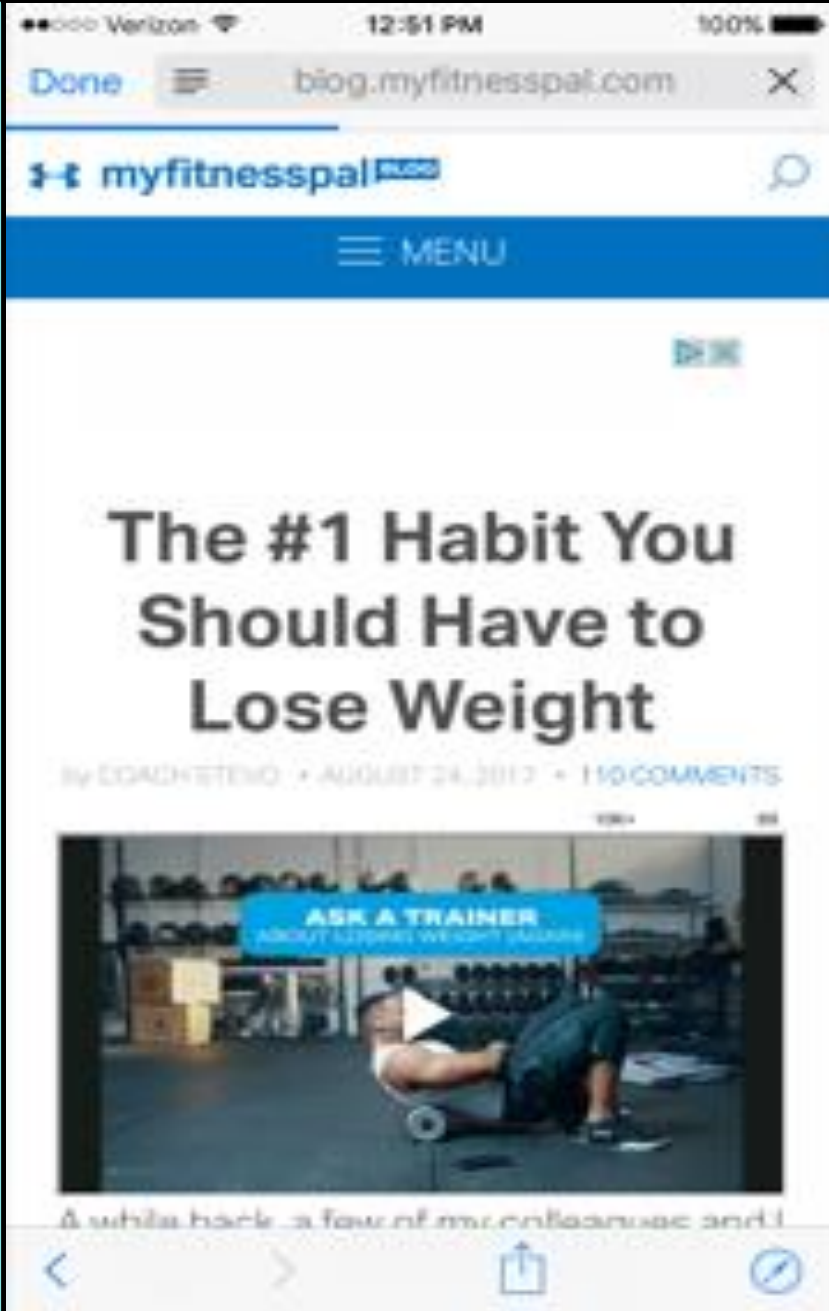
**Proverbs 18:1**

# The #1 Habit You Should Have to Lose Weight

By EDGADHETENO • AUGUST 24, 2017 • 110 COMMENTS



A while back, a few of my colleagues and I



are hard. But this is the one habit that makes all the other  
easy. As a result, we decided that The Number 1 Habit You  
Lose Weight (™) is:

## FINDING PEOPLE TO SHARE YOUR JOURNEY

Permanent lifestyle changes happen in relationships. Whether  
place with peers, a coach, family, friends, coworkers, the other  
people at the meetings or the other new recruits who join

*Not forsaking the assembling of  
ourselves together....*

**Hebrews 10:25**

*Together, we are his house, built on the  
foundation of the apostles and the  
prophets. And the cornerstone is  
Christ Jesus himself.*

**Ephesians 2:20**

*And the disciples were filled with joy  
and with the Holy Spirit.*

**Acts 13:52**