

BREAKING OFF THE SPIRIT OF SUGAR ADDICTION

THE GREAT WAY SPEAKS GREAT COUNSEL IN WEIGHT DETAILS:

Sugar addiction weighs heavy on the nation. Sugar is heavily consumed, yet many are not aware that their heavy sugar consumption could be a spiritual detail that must be dealt with. There are many overweight persons, solely due to what eating way is chosen. You have a way to choose what you place in your mouth.

No one was meant to be obese. And that way of living causes many illnesses and ailments due to poor ways in the weight. So, what plan is given? Balance is needed, not starving, to lose weight. Healthy sugars are good. Those details filled with processed ingredients weigh heavy against you.

Learn portion control. Learn proper serving sizes. Learn to eat a good breakfast and a light dinner. Snack with fruits and vegetables. Yogurt is a good dealing to eat. No junk food: cut that out if you want to lose weight and have a healthy system.

Manage your earthly tent well by tracking your eating. Don't buy with compulsion. Spend within your budget. Don't eat food when you're feeling hurt or wounded. Food should never be used to heal the pain within. Don't work with others who are out to hurt your Great King's temple. Don't let others force you into just one more other than a way to be a good building way within you.

Don't use the will to "eat all on your plate." It will hurt you in the long run when the server has three details per group, in servings, where you eat meals that feed more than you. Never drink any beer, wine products when you are with a baby in the womb. Take vitamins to supplement the lack of good products in your food.

There are so many different health gimmicks. There are so many different ways to lose weight. First, go back to just eating what came from the soil and what meats will truly benefit your system. Make sure to use a method that is willed to help your body.

Most think that all programs will work for all people, but there may be a need to shape your fitness plans around your way in work or eating habits that need to be placed in a structured way. Eat less than you burn. It may sound easy, but it will truly take an assessment of what you place within your King's temple to burn as fuel.

These are just some beginning steps to changing the way you deal with food. Now, for those with a true spiritual base with a true oppression from the demon called *Sugar Addiction*, let's move a little deeper.

Here is the prayer to break, cut off, and release the demon called *Sugar Addiction*. If your craving is deep for sugar to the place where you feel as if you cannot go without your fill each day, then you may have this very common demon connected to you in some way. It is time to have the demon that may be in you or on you or over you or leeching onto you, broken off this day.

Also, when breaking any habit, it takes a few weeks, in consecutive order, to bring in a new plan, in natural details, where it is as second nature. But with God, God may give an instant release; or God may have you learn eating techniques or discipline to work through your habits with the help of the Great Way moving in you. Now is truly the time to start new and for the Great Way to move in shifting the way things move within the spirit, soul, and body of the people of God.

THE PRAYER TO BREAK OFF THE SPIRIT OF SUGAR ADDICTION

Father, in the name of the Great Way King Jesus, I come and bring this food detail for a way to be set free from this sugar addiction. I ask Your forgiveness in the way I have abused Your temple. Please forgive me for the way that I have stewarded my body. Please help me to gain self-control, which is a part of the Great Holy Spirit moving in me. I no longer rule in this fleshly way. Please rule over me in all details. This filling that I live for in getting other ways to fill it—that plan is no longer given. I release my will to fill this fleshly tent with junk, and this day, I pursue God's filling with the other ways that You will give me. Great King Jesus, please break this sugar addiction demon from Your servant

in all parts. Please break off old habits of self-gratification and fill me with Your Spirit to give me a hunger for You that will take over yet be filled by You. I am a new person in the Great Way. There will always be temptation, but with You, Great King, You will help me to endure. You have set the captive free. In You, King Jesus, Your blood has set me free. Take over in each detail and help me live for You to bring You great glory. Thank You, King Jesus. Amen.