

# *Weightloss Without Willpower!*

## **SCRIPTURE SNACK CARDS** **BOUNDARY SCRIPTURES**

**Dr. Laurette Willis**  
PersonalTransformationCoaching.com

### **SCRIPTURE SNACKS**

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## **BOUNDARY SCRIPTURES**

Boundary Scriptures are the tools we use to  
“put out the fire” when the flesh wants to have its way.  
Use boundary Scriptures to move from  
**WILL** power to **GOD POWER**.

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## **Key Scriptures #1 & #2**

**Proverbs 28:1 (NKJV)** The wicked flee when no one  
pursues, But the righteous are **BOLD** as a lion.

In Hebrew, **BOLD** = to attach oneself, to trust, to confide in,  
feel safe, be confident and secure.

**Romans 10:15 (NKJV)** And how shall they preach unless  
they are sent? As it is written:

*"How **BEAUTIFUL** are the **FEET** of those who preach  
the gospel of peace, Who bring glad tidings of good things!"*

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## **Key Scripture #3**

**Philippians 2:12-13 (NKJV)** Therefore, my beloved, as you  
have always obeyed, not as in my presence only, but now  
much more in my absence,

**WORK OUT** your own salvation  
with fear and trembling;  
**for it is God who works in you** both  
to **will** and to **do** for *His* good pleasure.

**Fear** = the reverential awe of the Lord, love, honor, respect.

For best results, please print these cards on cover stock.

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### #1 How to put out the fire in your flesh.

#### 1 Corinthians 6:12 (NKJV)

<sup>12</sup> All things are lawful for me, but all things are not helpful. All things are lawful for me, but I will not be brought under the power of any.

**Renew your mind! Renew your mind! Renew your mind!**

#### Romans 13:14 (NKJV)

<sup>14</sup> (I) put on the Lord Jesus Christ, and make no provision for the flesh, to *fulfill its* lusts.

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### #2 Your Body is God's Property

#### 1 Corinthians 6:19-20 (NKJV)

<sup>19</sup> Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? <sup>20</sup> For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

**He gives me worth because Jesus died for me.**

**I look to Him to show me step by step how to give glory, honor & credit to Him in this body and spirit because I belong to Him.**

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### #3 PHYSICAL steps to "cast down" negative thoughts.

#### 2 Corinthians 10:3-5 (NKJV)

<sup>3</sup> For though we walk in the flesh, we do not war according to the flesh. <sup>4</sup> For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, <sup>5</sup> casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

**Be like a child. Grab those thoughts and cast them down!  
Replace them with the WORD OF GOD!**

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### #4 The Lord Truly Fills Your Mouth with Good Things...

**Psalms 103:1-5 (NKJV)** <sup>1</sup> Bless the LORD, O my soul; And all that is within me, *bless* His holy name! <sup>2</sup> Bless the LORD, O my soul, And forget not all His benefits: <sup>3</sup> Who forgives all your iniquities, Who heals all your diseases, <sup>4</sup> Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, <sup>5</sup> Who satisfies your mouth with good *things*, *So that* your youth is renewed like the eagle's.

**It is important to SPEAK the good WORD of GOD.  
He satisfies my mouth with the BREAD OF LIFE!**

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#### #5 A Medicine You "Take When You 'Spake'"

##### Proverbs 4:20-22 (NKJV)

<sup>20</sup> My son, give attention to my words; Incline your ear to my sayings. <sup>21</sup> Do not let them depart from your eyes; Keep them in the midst of your heart; <sup>22</sup> For they *are* life to those who find them, And **health** to all their flesh.

**Health = marpe' (mar-peh) in Hebrew = Medicine**

**God's health prescription—HIS WORD!**

**Medicine for my spirit, soul (mind, emotions, will) & body**

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#### #6 You Overcome by this "Force of Action"

**Romans 8:2 (NKJV)** <sup>2</sup> For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.

**Law = Force of Action**

**Declare:** "For the "force of action" of the Spirit of life in Christ Jesus has made me free from the "force of action" of sin and death."

**I am free! I have overcome! I John 5:4b "And this is the victory that has overcome the world--our faith."**

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#### #7 Present Your Body a LIVING Sacrifice

##### Romans 12:1 (NKJV)

<sup>1</sup> I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service.

**Do this DAILY!**

**Say: I choose to do those things that are right by the Lord and His Word. I choose to be a living sacrifice of praise to God today. I will keep the Word of God before my eyes.**

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#### #8 Power in the tongue and how to tame it.

##### Proverbs 18:21 (NKJV)

<sup>21</sup> Death and life *are* in the power of the tongue, And those who love it will eat its fruit.

**Speak Death to the old things that have passed away.  
Speak Life by speaking in agreement with God's Word.  
THIS is how to tame the tongue.**

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### #9 From Conformed to Transformed!

#### Romans 12:2 (NKJV)

<sup>2</sup> And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

According to Webster's 1828 dictionary, to "TRANSFORM" means to "*change the natural disposition and temper of man from a state of enmity to God and his law, into the image of God, or into a disposition and temper conformed to the will of God.*"

**Renew your mind on the Word of God.  
It will transform you on the inside!**

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### #10 The Lord will Deliver You Out of "Prison"

#### Psalm 142:7 (NKJV)

<sup>7</sup> Bring my soul out of prison, That I may praise Your name; The righteous shall surround me, For You shall deal bountifully with me."

**The Lord is bringing my soul out of prison  
— my mind, will and emotions—  
for a very specific reason—to praise Him!**

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### #11 I Wait ON You, Lord... and I will Wait UPON You.

#### Isaiah 40:31 (NKJV)

<sup>31</sup> But those who wait on the LORD Shall renew *their* strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

**Waiting on, upon and for the Lord,  
through Prayer, Praise and Worship,  
renews my Strength.**

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### #12 Put a knife to your throat?!

**Proverbs 23:1-3 (NKJV)** <sup>1</sup> When you sit down to eat with a ruler, Consider carefully what *is* before you; <sup>2</sup> And put a knife to your throat If you *are* a man given to appetite. <sup>3</sup> Do not desire his delicacies, For they *are* deceptive food.

**How about applying the Sword of the Spirit  
(the WORD of God) to my appetites?**

**This empowers my spirit to take precedence in me!**

**Hebrews 4:12 (NKJV)** <sup>12</sup> For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

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#### #13 To Abide, To LIVE in the Lord and His Word.

##### John 15:7 (NKJV)

<sup>7</sup> If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.

**I make HIM my dwelling place.**

**I make a dwelling place for HIS WORD in me .**

**SPEAK THE WORD—HEAR THE WORD—  
BELIEVE & RECEIVE**

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#### #14 Don't leave the "door open" to the enemy.

**James 4:7 (NKJV)** <sup>7</sup> Therefore submit to God. Resist the devil and he will flee from you.

**James 4:6 (NKJV)** <sup>6</sup> But He gives more grace. Therefore He says: "*God resists the proud, But gives grace to the humble.*"

**What "opens the door" to the enemy in your life?**

**Ask God to show you so you can "close those doors"!**

**HUMILITY— completely relying on God,  
keeps the enemy away.**

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#### #15 Write the Vision and make it Plain!

##### Habakkuk 2:2-3 (NKJV)

<sup>2</sup> Then the LORD answered me and said: "Write the vision And make *it* plain on tablets, That he may run who reads it.

<sup>3</sup> For the vision *is* yet for an appointed time; But at the end it will speak, and it will not lie. Though it tarries, wait for it; Because it will surely come, It will not tarry.

**What is the VISION the Lord has for MY life?**

**"Though it tarries"— it's waiting at the door for me.**

**"It will not tarry"— it will be right on time.**

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#### #16 Humble Yourself by Giving ALL Care to the Lord

##### 1 Peter 5:6-8 (NKJV)

<sup>6</sup> Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, <sup>7</sup> casting all your care upon Him, for He cares for you. <sup>8</sup> Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

**Casting the WHOLE of my care on the Lord  
is an act of HUMILITY, and makes me lighter!**

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### #17 Speak TO the Mountain (instead of ABOUT it!)

#### Mark 11:23 (NKJV)

<sup>23</sup> For assuredly, I say to you, whoever **says** to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he **says** will be done, he will have whatever he **says**.

Believes = 1x, **Says** = 3x

**It's vitally important you SAY what you mean and mean what you say. Don't meditate on doubts.**

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### #18 How to Discipline Your Body

**1 Corinthians 9:27 (NKJV)** <sup>27</sup> But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become disqualified.

*"Like an athlete I punish my body, treating it roughly, training it to do what it should, not what it wants to. Otherwise I fear that after enlisting others for the race, I myself might be declared unfit and ordered to stand aside." 1 Corinthians 9:27 The Living Bible*

**The Lord's way WORKS! He changes my "want to" as I renew my mind on His Word by speaking it aloud.**

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### #19 We are to LABOR to Rest...HOW?\*

**Hebrews 4:9-16 (NKJV)** <sup>9</sup> There remains therefore a rest for the people of God.

<sup>10</sup> For he who has entered His rest has himself also ceased from his works as God *did* from His. <sup>11</sup> **Let us therefore be diligent to enter that rest, lest anyone fall according to the same example of disobedience.** <sup>12</sup> **For (because) the word of God is living and powerful,** and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. <sup>13</sup> And there is no creature hidden from His sight, but all things *are* naked and open to the eyes of Him to whom we *must give* account. <sup>14</sup> Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, **let us hold fast our confession.** <sup>15</sup> For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are*, yet without sin. <sup>16</sup> Let us therefore **come boldly** to the throne of grace, that we may obtain mercy and find grace to help in time of need. **\*By believing & obeying God and His Word.**

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### #20 Angels "hearken to (pay attention to and act on) THE VOICE OF HIS WORD."

#### Psalm 103:20 (NKJV)

<sup>20</sup> Bless the LORD, you His angels, Who excel in strength, who do His word, Heeding the voice of His word.

**Can I give voice to His Word? YES!!!  
The angels will heed the voice of His Word through me.**

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### #21 Authority Over the Spirit of Fear!

#### 2 Timothy 1:7 (NKJV)

<sup>7</sup> For God has not given us a spirit of fear, but of power and of love and of a sound mind.

*"For God did not give us a spirit of timidity or cowardice or fear, but [He has given us a spirit] of power and of love and of sound judgment and personal discipline [abilities that result in a calm, well-balanced mind and self-control]" (2 Tim 1:7 Amplified Translation)*

**Fear is a spirit and it's NOT from God.  
Command it to GO in Jesus name!**

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### #22 How to Know Your Prayers are Heard & Answered.

#### 1 John 5:14-15 (NKJV)

<sup>14</sup> Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.

<sup>15</sup> And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

*"This is the [remarkable degree of] confidence which we [as believers are entitled to] have before Him: that if we ask anything according to His will, [that is, consistent with His plan and purpose] He hears us. And if we know [for a fact, as indeed we do] that He hears and listens to us in whatever we ask, we [also] know [with settled and absolute knowledge] that we have [granted to us] the requests which we have asked from Him" (1 John 5:14-15 AmpTranslation)*

**God's Word is God's Will**

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### #23 The Journey from food fixation to true Freedom

**Isaiah 55:1-2 (NKJV)** <sup>1</sup> "Ho! Everyone who thirsts, Come to the waters; And you who have no money, Come, buy and eat. Yes, come, buy wine and milk Without money and without price. <sup>2</sup> Why do you spend money for *what is* not bread, And your wages for *what* does not satisfy?"

**Listen** carefully to Me, and **eat** *what is* good, And let your soul delight itself in [*be satisfied with*] abundance.

**Garnish your plate with PRAISE!  
Jesus is the Bread of Life who truly satisfies!**

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### #24 The Kingdom of Heaven

**“suffers (or allows) violence (active pursuit).”**

**Matthew 11:12 (NKJV)** <sup>12</sup> And from the days of John the Baptist until now the kingdom of heaven suffers violence, and the violent take it by force.

**The Kingdom of Heaven**—the things God has promised me.

**Go after God's way of doing and being right.  
I take God's best by force. I receive it because it's mine.**

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#### #25 Those “*whose god is their belly*” — NOT ME

**Philippians 3:19 (NKJV)** <sup>19</sup> whose end *is* destruction, whose god *is their* belly, and *whose* glory *is* in their shame--who set their mind on earthly things.

*"...whose fate is destruction, whose god is their belly [their worldly appetite, their sensuality, their vanity], and whose glory is in their shame—who focus their mind on earthly and temporal things.*

(Philippians 3:19 Amplified.)

**I want to learn to walk according to the Spirit.**

**“Renew Your Mind on the Word of the Living God!”**

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#### #26 Do All to the Glory of God! Yes I can!

**1 Corinthians 10:31 (NKJV)**

<sup>31</sup> Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

**How do I do that?**

**Praise Him every moment!**

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#### #27 How not to be worried about ANYTHING!

**Philippians 4:6-7 (NKJV)**

<sup>6</sup> Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Worry is meditating on the devil’s thoughts. Rebuke them.

**The PEACE (Shalom) of God comes when I:**

**PRAY-ASK-THANK-PRAISE**

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#### #28 CHRIST in you the HOPE of GLORY!

**Colossians 1:26-27 (NKJV)**

<sup>26</sup> the mystery which has been hidden from ages and from generations, but now has been revealed to His saints.

<sup>27</sup> To them God willed to make known what are the riches of the glory of this mystery among the Gentiles: which is **Christ in you, the hope of glory.**

**CHRIST JESUS— the anointed one**

**HOPE— blueprint**

**GLORY— the manifested presence of God**



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### #29 Think a little complaining won't matter? Hint:

The Children of Israel spent 40 years in the desert because of it.

#### Philippians 2:14 (NKJV)

<sup>14</sup> Do all things without complaining and disputing,  
**Philippians 2:12-13 (NKJV)** <sup>12</sup> Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling; <sup>13</sup> for it is God who works in you both to will and to do for *His* good pleasure.

**Lord, I want a humble spirit. I let no murmuring, grumbling, fault-finding or complaining come from my mouth against You or Your ways. I will praise You and I will thank You instead!**

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### #30 THINK... CONSIDER... FOCUS... on these things

**Philippians 4:8 (NKJV)** <sup>8</sup> Finally, brethren, whatever things are **true**, whatever things *are noble*, whatever things *are just*, whatever things *are pure*, whatever things *are lovely*, whatever things *are of good report*, if *there is any virtue* and if *there is anything praiseworthy*--meditate on these things.

You will go in the direction of your most

**DOMINANT THOUGHTS**

**MEDITATE-THINK-SAY-FEEL-ACTIONS-RESULTS**

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### #31 Childlike Faith is the Key to receiving the Kingdom of God

#### Mark 10:15 (NKJV)

<sup>15</sup> Assuredly, I say to you, whoever does not receive the kingdom of God as a little child will by no means enter it."

**God said it! I believe it! That settles it!**  
**There is Power in believing God and His WORD.**  
**Faith with Works is Alive.**

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### #32 The Lord Plays No Favorites— But He IS Partial to His Word!

**Acts 10:34 (NKJV)** <sup>34</sup> Then Peter opened *his* mouth and said: "In truth I perceive that God shows no partiality."

*"Peter fairly exploded with his good news: "It's God's own truth, nothing could be plainer: God plays no favorites! It makes no difference who you are or where you're from-if you want God and are ready to do as He says, the door is open."* (Acts 10:34 The Message Translation)

**As a born-again child of God,  
the Father sees me in JESUS!**

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#### #33 Yes, Your FAITH Will Come This Way!

##### Romans 10:17 (NKJV)

<sup>17</sup> So then **faith comes** by hearing, and **hearing** by the word of God.

**Hebrews 11:1** “**Faith is** the substance....” of all you desire from God, whatever it may be. **Keep on saying** the promises of God—this is how **FAITH COMES**.

**God upholds all things by the word of His power.**  
(Hebrews 1:3) **His WORD contains His POWER.**

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#### #34 Rewarding You PLEASES God!

##### Hebrews 11:6 (NKJV)

<sup>6</sup> But **without faith it is impossible to please Him**, for he who comes to God **must believe that He is**, and *that He is a rewarder* of those who diligently seek Him.

**God loves to reward & bless diligent seekers.**

**BELIEVE in Him! RECEIVE from Him by FAITH.**

**Faith comes by Hearing the WORD of GOD—**

**Especially the WORD of GOD being spoken out of my mouth.**

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#### #35 THIS is How I Overcome!

**Revelation 12:10-11 (NKJV)** <sup>10</sup> Then I heard a loud voice saying in heaven, "Now salvation, and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused them before our God day and night, has been cast down. <sup>11</sup> **And they overcame him by the blood of the Lamb and by the word of their testimony**, and they did not love their lives to the death.

**Know the difference between truth and lies. I am under the blood of Jesus. I testify to what Jesus has done for me. I am alive in HIM.**

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#### #36 Do I Lack Self-Control? God has a Supply!

**Proverbs 25:28 (NKJV)** <sup>28</sup> Whoever *has* no rule over his own spirit *is like* a city broken down, without walls.

“A person without self-control is like a house with its doors and windows knocked out.” (Pro 25:28 The Message Translation)

**Lack of self-control is bondage.**

**Self-control is a Fruit of the Spirit. Galatians 5:22-23 (NKJV)**

<sup>22</sup> But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, <sup>23</sup> gentleness, self-control. Against such there is no law.

**I thank the Lord for the fruit of self-control.**

**I yield to His Fruit in me because I belong to Him.**