



Giving Christ Control (First Place 4 Health Bible Study Series)

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Many diet experts agree that developing self-control is a key part of weight loss and weight management. But the Bible says that believers develop self-control only when Christ is at the center of their lives. The secret to self-control is giving up control to God! Through this new 12-week bible study, First Place 4 Health members will learn how to let go of their frantic need to control their circumstances, which often leads to stress induced, out of control eating. They will also take positive steps toward letting God take over the management of their mind, emotions, body and spirit. As Christ moves into first place, life moves into balance.

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