

Diana Mood Pens a Note to Friends, Followers

After shedding 80 pounds since starting The Daniel Plan, Diana wrote a letter to a number of friends and followers to thank them and share encouragement. She agreed to allow The Daniel Plan to share her note with everyone.

Dear Praying Friends,

I want to send a special “thank you” to all who have been praying for me through some major changes in my life.

In six months I have lost 80 pounds and I am now half way to my goal. I hope to reach the goal of 160 pounds lost and gone forever by March, 2012.

I also want to share a few insights I have gained to encourage all of you who struggle with making changes in your life....particularly difficult changes.

In the book of Jonah chapter 2 verse 8 it says:

” Those who cling to worthless idols forfeit the grace that could be theirs.”

All my life I have clung tenaciously to the “worthless idol” of food addiction to temporarily soothe all of the pains, disappointments and stresses of my life. It is a false idol and I have found that depending on it for comfort and happiness only leads to failure, discouragement, limited quality of life and ultimately a shortened life span.

So what happened that has allowed me to change...to interrupt the course of my life, to be restored to health and experience true happiness? I stopped resisting the grace and power that God had been freely offering to me all along. I came to grips with the utter helplessness and hopelessness of my situation and completely surrendered to the God who loves me and who desires to give me access to his limitless strength to overcome any obstacle....any addiction...if I would just choose to cooperate with him and receive “the grace that could be mine.”

I encourage you to consider what addictions may have a grip on your life and I challenge you to stop resisting the grace that could be yours to overcome those addictions. It is never too late to begin. I am 62 years old. It is possible to change....to make big changes...to reverse what seems to be the inevitable course of your life...which may seem to be on a path to decline and limitations.

With God all things are possible.

Clinging to His grace,

Diana Mood