

HOW TO TAKE VICTORY OVER FOOD

KENNETH COPELAND AND DR DON COLBERT

Air Date: February 26-March 2, 2018

DAY 1 – HOW TO GET IN THE KETO ZONE

The WORD of God teaches us how to live a long life by choosing a healthy diet. The U.S. Dietary Guidelines have formed the foundation of the food guide pyramid for decades which has encouraged weight gain. When we eat an excessive amount of carbs, our insulin level spikes and tells our body to store fat. Some people have a fear of eating fat; however, some fats are our friends. We use our faith to help with every problem; that includes losing weight.

STUDY IT

- I. The WORD of God teaches us how to live a long life by choosing a healthy diet.
 - It's important to think before you eat. Study and obey God's WORD to keep yourself from eating foods that are unhealthy (Proverbs 23:1-3).
 - The glutton and the drunkard have the same problem. The devil has pulled them into addiction, and it will destroy them (Proverbs 23:20-21).
 - You are not your own. Your body does not belong to you (1 Corinthians 6:19-20).
 - This is not your body, it's your sacrifice.
 - Glorify God in your body and your spirit which are God's. You belong to your heavenly Father. He is your Father, and you are His child.

- II. The U.S. Dietary Guidelines have formed the foundation of the food guide pyramid for decades.
 - The Dietary Guidelines recommend that on average, Americans should consume 45 to 65 percent of all their calories as carbohydrates and starches. That report formed the foundation of the food guide pyramid for decades.
 - That percentage of carbohydrates and starches translates to about 50 percent of your total calorie intake.
 - Carbohydrates include grains, bread, wheat, corn, rice, potatoes, man-made starches, beans, peas, lentils, sodas and sugars.
 - Some fruits are high in sugar, like raisins, bananas and oranges.
 - Let's analyze the hamburger:
 - Each bun contains 20 to 25 grams of carbs, and there are two buns.
 - The meat gives you protein, plus some saturated fat.
 - Cheese contains saturated fat.



- Ketchup has about two teaspoons of sugar per serving. Mustard doesn't have sugar or carbs. Mayonnaise has polyunsaturated fats and usually contains soybean oil which is highly inflammatory for your body.
- Add the fries for an additional 50 grams of carbs. Super-sizing the fries gives you about 100 grams of carbs.
- Frying the meat and potatoes with polyunsaturated fat invites inflammation. That's the worst fat you can consume.
- If you eat a hamburger and fries, you have taken in from 100 to 200 grams of carbs; and that automatically programs you for weight gain.

III. When you eat an excessive amount of carbs, your insulin level spikes and tells your body to store fat.

- Insulin is important to your body; it's a fat-storage hormone.
 - A person with not enough insulin has Type 1 diabetes.
- Our goal is to lower the body's need to produce more insulin.
- To lose weight we must change from eating 45-65 percent of our calories as carbohydrates, sugars and starches to a lower amount—initially to about 15 percent of our calorie intake.
- Remove grains from your meals—wheat, corn, rice, oatmeal, bread, pasta, bagels—and potatoes for now, because they convert to sugar and raise your insulin level.
- During the weight-loss portion of the diet, the only fruits you should eat are about $\frac{1}{4}$ cup of berries a day and/or lemons and limes.
- Instead of eating carbs, you need 70 percent of your daily foods to be healthy fats.
- Using this self-detox type protocol, your body will begin to burn belly fat and reverse weight gain.
 - On this program, your body will shift from burning sugars to burning fats for its fuel—a state of nutritional ketosis.
 - Diseases begin to go away. Inflammatory diseases start to disappear. Those diseases that plagued you are now losing their food source, and your body goes into a healing state.

IV. Some people have a fat-phobia; however, some fats are your friend, and some are the enemy.

- Fifty-percent of most cells are made up of monounsaturated fats. These fats are found in extra-virgin olive oil, avocados and almonds.
- Also in the cells are found saturated and polyunsaturated fats. Some saturated fats are your friends.
- You can have plenty of fish oil, either from eating fish, or taking supplements. However, too much of anything is not good.
- Choose healthy cooking oils and salad dressings. Avoid soybean oil. Olive oil is the best for your body.





- For increased focus and energy, make the shift from eating sugar to eating healthy fats.

- V. Use your faith to help you with every problem; that includes losing weight.
 - Faith is obedience to God's WORD.
 - Ten men who had leprosy asked Jesus for mercy. Jesus told them to do something—demonstrate their faith (Luke 17:12-19).
 - Jesus told them to go show themselves to the priest. They weren't healed when they started going to the priest, but as they went, they were healed.
 - One man saw he was healed and returned to give Jesus thanks. His gratitude unleashed the faith and healing power of God. This man was not just healed, he was made totally whole.

Additional scripture: John 10:10

MAKE IT PERSONAL

Make this confession with Kenneth Copeland:

I am not my own. I am bought with a price. I belong to someone else—God. I am responsible for this body, but I don't own it.

Healthy fats should make up a major portion of your food choices. Write what you can eat as a daytime snack to keep your body in the Keto Zone.





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DAY 2 – USE YOUR FAITH TO LOSE WEIGHT

Consider whether the foods you are eating are healthy or not. Use your faith and do what God tells you to do to lose weight. Submit your body to God with diet and exercise. The children of Israel didn't appreciate God's provision in the wilderness; but we must keep our spirits in place with God.

STUDY IT

- I. Consider whether the foods you are eating are healthy or not (Proverbs 23:1-3).
 - Don't be fooled by the labels "fat-free" or "diet" on foods that are full of carbohydrates and are not good for you.
 - Don't live by your taste buds; live by God's WORD.
 - You can change your body from sick to healthy by your food choices and faith.
 - You are part of the Body of Christ, so you must take care of yourself (Romans 12:5).

- II. Use your faith and do what God tells you to do to lose weight.
 - The key to faith is following God's instruction and then entering into praise, gratitude and thanksgiving.
 - Ten lepers met Jesus and asked for mercy (Luke 17:11-19).
 - They called Him "Master." They were willing to do what He told them to do.
 - Jesus told them to show themselves to the priest. That meant to them that they were healed according to the instructions in Moses' law (Leviticus 13:1-17).
 - Jesus gave them something to do to show their faith.
 - The moment these lepers obeyed the Great Physician, healing began to work.
 - Do what the Samaritan did—be thankful!
 - The nine men who didn't return were healed from leprosy. The one who was thankful received a miracle. He was made whole as if he had never been sick.
 - Jesus' mother used the same principle when she told the servants to *do* whatever Jesus told them to do (John 2:5). The water miraculously turned to wine.

- III. To lose weight, we must submit our bodies to God.
 - Your body is the temple of the Holy Spirit. You do not belong to yourself (1 Corinthians 6:19-20).



- The Holy Spirit will guide you in what to do. When you reduce your sugars, carbs and starches, you are obeying God to give your body what it needs to start to heal and lose weight.
- Weigh yourself once a week, and you will usually see a weight loss of one to two pounds a week. Enter into thanksgiving to God to supercharge your faith.
- When you obey God's WORD (obey the voice of the Holy Spirit in you), you activate your faith. When you praise, glorify and thank God, your faith is also growing. Praise Him for every pound you lose.
- If you haven't lost weight, thank God anyway. Enter into the sacrifice of praise (Hebrews 13:15). Speak those things that have not yet happened as though they have (Romans 4:17). Say, "Thank You, LORD, I'm losing at least one pound a week."

IV. The Holy Spirit may ask you to add exercise to your day.

- Walk briskly for 20 to 30 minutes or lift weights to speed up your metabolic rate.
- If the weight is still not coming off, you may be taking in too many calories, or eating too many carbs or not enough fats. Limit your calorie intake: women to 1,500 per day; men, 2,000.
- The Holy Spirit will guide you, and lead you into all truth (John 16:13).
- When you enter the Keto Zone, hunger will not be an issue.
- When you are in ketosis, it balances those appetite hormones, the ghrelin and the leptin. Then, you can go five to eight hours without eating.
- When your body enters into ketosis, you increase autophagy in the brain and throughout the body. That's your body's way of self-cleaning to rid itself on a cellular basis of abnormal proteins that accumulate in the cells. That will start restoring your body to healthy tissue.

V. The children of Israel didn't appreciate God's provision of their food.

- They got tired of manna and wanted meat. God gave them quail, but it made them sick (Numbers 11: 4, 31-34).
- They complained that they had no food and no water, and their souls loathed the worthless bread (manna) (Numbers 21:5).
- The last time they praised God for what He did for them was after the miraculous crossing of the Red Sea (Exodus 15).
- Their words opened the door, and at the appropriate time, God let their words come to pass. They said they would die in the wilderness, and they did (Numbers 26:65).

VI. It's important to keep your spirit in place.

- Don't get mad at your body or the fat on your body. Don't hate your own flesh. If you have, repent!



- Declare a truce with your scale. It's just giving you information that you need. Pray in tongues. That's the way you edify your spirit (1 Corinthians 14:4), and your spirit gets stronger. Keep calm and stay in praise.
- Don't let your mouth say, "I hate exercise, or vegetables, or health food." When you speak hate, you prevent love. And love activates faith.
- Tell your body you love it. You are combating pain, not your body. Speak love to it.
- Apply the love of God to the part of your body that needs to be healed or needs to change.
- Forgive yourself for getting into this predicament of excessive weight.
- Forgive yourself, accept yourself and then love. That unleashes your faith.
- Give glory to God.
- Here's some great exercise. Dance like David danced. Say, "Hallelujah, I'm coming out of this with the love of God. Then I'm going to help everyone that I can to get delivered from the same situation."

Additional scriptures: Psalm 22:3; Romans 12:1; Proverbs 18:14, *AMPC*, 18:21;
Romans 10:17

MAKE IT PERSONAL

Write your own prayer of repentance for allowing your weight to get out of control. Now, pray this prayer, and receive forgiveness today! It's time to get started with the Keto Zone diet program.



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DAY 3 - PASS THE FOOD TEST

You can be healthy, and you don't have to be hungry anymore; but you must pass the food test! You must start working your faith muscles with simple things by choosing healthy foods. Practice thanksgiving, for it is a one of the greatest expressions of faith.

STUDY IT

- I. You can be healthy, and you don't have to be hungry anymore.
 - Many people are learning that they do not have to be sad and hopeless when it comes to getting out of an obese lifestyle. You can do it with joy.
 - A huge reason people are in pain is because of disobedience to The WORD of God. Judge yourself and repent. Obey Him in your food choices.
 - Your greatest wealth is your health; so don't sacrifice your health for wealth.

- II. You must pass the food test.
 - Adam and Eve failed the first food test, and the whole human race became infected with sin (Genesis 3:6).
 - Jesus passed the food test by using The WORD of GOD (Matthew 4:3-4).
 - Fill your mind, your mouth and your heart with God's WORD to store up bullets against the devil, because he will come to you at your weakest moment.
 - When you fail the food test, you unknowingly invite diseases into your body: obesity, dementia, Type 2 diabetes, heart disease and autoimmune disease to name a few.
 - We are reaping disease by choosing to eat foods filled with sugar, carbs and starches (Galatians 6:7-9).

- III. You must start working your faith muscles with simple things by passing the food test.
 - If you cannot resist a doughnut, a candy bar, a chocolate chip cookie or ice cream, then how are you going to resist the devil?
 - If we can't resist sugars, carbs and starches, we will fail the food test, and invite disease into our bodies.
 - Prepare yourself to resist the temptation to eat foods that are unhealthy.



- Determine to obey God's WORD, make a declaration, and take Communion (Proverbs 23:1-3).
- Speak The WORD. Say: "My body is not my own. I'm going to give my body what it needs, not what it craves." Stay with it, and it won't be long until you don't desire food that is not healthy.
- You can't eat unhealthy foods by faith, and whatever is not of faith is sin (Romans 14:23).
 - When you find out eating unhealthy foods is against God's WORD, then to eat them is sin.
- The knowledge of the problem will help you defeat it (Hosea 4:6).
- Tell those foods goodbye! Say hello to victory and rejoice!

IV. Thanksgiving is a one of the greatest expressions of faith.

- Enter into gratitude!
- So many people need their hope rekindled. Without hope it's impossible to have faith.
- Hope comes from testimonies of victory and partnership. Partner with someone. Get an "accountabilibuddy." Join the ketozone.com community, and we will help you.
- Dr. Colbert's wife, Mary, told the listeners to be encouraged. God's season for you is health, that means for you to be at your best weight. Be honest with yourself and make note of changes that need to be made.
 - It takes a shift of mindset (Philippians 2:5). Believe that you can eat healthy and lose weight, and you can. "Is this the best you that you want to be?"
 - God is giving you the power and knowledge with this program to change, lose weight and become healthy—the best you that you can be.

Additional scriptures: Romans 10:17; 1 Corinthians 6:19-20; Romans 12:1

MAKE IT PERSONAL

You can start your own Keto Zone group! You already know people who are interested in weight loss the healthy way. Write some advantages to being a part of such a group.





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DAY 4 - SEE YOURSELF A VICTOR OVER FOOD

The WORD of God is not optional. You must be obedient to God, and eat healthy foods. If you ask Him, He will begin to correct and help you. Let God judge you and be willing to change. Many people don't realize they are cursing themselves when they speak negatively. Whatever you see on the inside of you is what you produce.

STUDY IT

- I. The WORD of God is not optional. You must be obedient to Him, and eat healthy foods (Proverbs 23:1-3).
 - The LORD told Kenneth Copeland: *You've obeyed Me where your spirit is concerned; you've obeyed Me where your mind is concerned, and you have not obeyed Me where your body is concerned. Get your spirit, your soul and your body in perfect health and conditioning.*
 - Now at 81 years old, Brother Copeland is in the best physical condition he's ever been. It's the grace and the power of God in his life.
 - Brother Copeland crucified his flesh, and presented his body as a living sacrifice to God. He realized that his body was not his own; it was bought and paid for by the blood of Jesus (1 Corinthians 6:19-20).

- II. If you ask God, He will begin to correct and help you. Let God judge you and be willing to change (Isaiah 1:19).
 - Because you serve The LORD with joy and gladness, you will have an abundance of all things (Deuteronomy 28:47).
 - If you will make the decision, God will supply what it takes to get it done.
 - He's ready, and if you'll give Him an opportunity, He'll put good things into your life. Instead of aging, you'll be getting younger; because that's God's will (Psalm 103:5).

- III. Many people don't realize they are cursing themselves when they speak negatively.
 - So many people curse their bodies with their words of hate and anger (Proverbs 18:21).
 - We must start blessing our bodies and our food, and being thankful instead of cursing. Then a major shift will occur in our bodies and our hearts.





- The devil curses. God blesses. We look into the mirror and declare a curse over our bodies.
 - If you've been doing this, remember that in Christ there is no condemnation (Romans 8:1).
- God declares a blessing by faith. Speak blessings by faith over your body.
- There are two controlling laws: 1. The law of sin and death, and 2. The law of life in Christ Jesus (Romans 8:2). You have to make a choice as to which law you're going to speak.
- Speak what God said, and you become the victor instead of the victim.
- When you curse yourself out of disappointment in the efforts to lose weight, you become hopeless. Without hope in God, you can't have faith. You become depressed and lose your joy.
- When you present your body as a sacrifice to God, you rekindle hope and faith springs forth.

IV. Whatever you see on the inside of you is what you produce.

- Bible hope is a blueprint. Hope and faith produce thoughts, which produce words, which come out of your mouth and produce what you say in your life.
- We are spirit beings created in God's image, so the same laws that govern Him, governs us. Change the image that's on the inside of you by meditating on The WORD of God, calling things that be not as though they were. Jesus spoke the end result.
- Get a mental image of what you want to look like, meditate on it, thank God, enter into thanksgiving, and speak what you believe.
- To activate your faith, you've got to do something. Faith is dead unless there are corresponding actions (James 2:20).
- To get to the weight you want, picture yourself saying, "No, thank you" to certain foods that are not good for you.
- Brother Copeland was so determined to refrain from unhealthy foods, that when they were offered to him, he answered by saying, "No, thank you. I don't drink."
 - The glutton and the drunkard have the same weaknesses (Proverbs 23:20-21).
- Feed the revelation you have. Think about it, talk about it, keep it in your eyes, ears and mouth (Proverbs 4:21-22).

Additional scriptures: Mark 11:14, 21; Romans 12:1-2; Genesis 1:3

MAKE IT PERSONAL

Make this declaration with Kenneth Copeland:

God fills my mouth with good things, or good words, when I speak His WORD. He also fills my mouth with good foods when I obey Him.



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DAY 5 – LET THE DISEASE-RESISTANT CHURCH RISE UP

The Body of Christ owes a debt to Dr. Don Colbert for all that he sacrificed to gain the knowledge he is imparting to keep us from disease. The Church must become disease-resistant, not just free from disease. The Holy Spirit will guide you to make right food choices. Stay with the Keto Zone diet, and become the disease-resistant Church.

STUDY IT

- I. The Body of Christ owes a debt to Dr. Don Colbert for all that he sacrificed to gain the knowledge he is imparting to keep us from disease.
 - He risked his reputation in the medical community to learn what he needed to know to write the books he has written for a healthy life.
 - The LORD said of Dr. Don Colbert, *This man is an apostle of healing.*
 - Thank God for Kenneth Copeland, who has studied and taught faith to the Church, and shared how to live by faith with Dr. Colbert.

- II. The Church must become disease-resistant, not just free from disease.
 - This is an exciting time in history, and we must be physically ready.
 - We are on the cusp of the end-time revival. The Church must be ready to rise up.
 - Jesus was strong. He was not sick. He was disease-resistant.
 - Remember, you were bought with the blood of Jesus; your body is not your own (1 Corinthians 6:19-20).
 - Read the owner's manual—the Bible.

- III. The Spirit of God will guide you to make right food choices.
 - The Holy Spirit will not force you, but you must pass the food test, like Jesus did.
 - Adam and Eve failed the food test (Genesis 3:6), Jesus passed it (Matthew 4:3-4).
 - We must choose to eat healthy and break the power of the flesh. Eating too many carbs is like adding garbage to your body.
 - Think before you eat (Proverbs 23:1-3).
 - Choose to believe God's WORD and His promise for you to live 120 years (Genesis 6:3).
 - Be a hearer *and* a doer of God's instruction (James 1:22).

- IV. Question: How do you partner with a person or group to use faith to lose weight?
- Organize or get involved with a group of like-minded people, so you can have agreement and accountability as you enter and stay in the Keto Zone. Discuss this new way to eat, and share testimonies and recipes to encourage each other.
- V. Question: In your experience, what is a gracious way to refuse starches and desserts when dining with family and friends?
- Be gracious, stay in love, and politely refuse by saying, "No, thank you. Not at this time," or "My doctor friend told me it's best for me to avoid these kinds of food."
- VI. Question: How would the Keto Zone diet affect a person who has had his/her gallbladder surgically removed?
- First, what causes gallstones? Trans-fats, hydrogenated fats, excessive amounts of saturated fats and not enough fiber. A good way to gently flush out the gallbladder daily is to use olive oil, avocado oil and other monounsaturated fats. However, if you don't have a gallbladder, you're going to need to take a fat enzyme, because you're unable to digest fats well. Dr. Colbert has a Fat-Zyme supplement, or you can go to a health food store and get a high lipase and maybe an ox bile enzyme. Begin with small amounts, so you don't have loose stools. It takes your body a little time to adapt.
- VII. Question: If someone does the Keto Zone diet, is in good health, is exercising, and is not on meds, at some point, should they adjust the program?
- Yes, add healthy carbs like fruit, or a healthy starch like sweet potatoes back into your food choices. When you get to your desired weight, you can stay in the Keto Zone and increase the daily intake of calories.
 - If you begin gaining weight before you're ready, it could be because you are exercising and building muscle. Don't be alarmed.
 - Stay with the Keto Zone program and don't quit, for a healthy you!

Additional scriptures: Matthew 18:16; Mark 11:23; Romans 10:17, 12:2

MAKE IT PERSONAL

The Keto-Zone diet is the way to a healthy, disease-resistant lifestyle. We want to hear your testimonies of success. [Click here to share your experiences](#), or [contact us on Facebook](#).

You are invited to become a Partner with Kenneth Copeland Ministries as we preach the gospel of Jesus Christ from the top of the world to the bottom and all the way around. Click here to go to kcm.org/partner, or call us today at 1-800-600-7395.