

# Weight Loss Countdown



**Lost 17 lbs so far**

2 Timothy 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

# Weight Loss Countdown



**Lost 18 lbs so far**

Joshua 1:9 Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

# Weight Loss Countdown

**105**  
POUNDS LEFT

**Lost 19 lbs so far**

Philippians 4:13 I can do all things through  
Christ which strengtheneth me.

# Weight Loss Countdown

**104**  
POUNDS LEFT

**Lost 20 lbs so far**

Psalm 37:4 Delight thyself also in the  
LORD; and he shall give thee the desires of  
thine heart.

# Weight Loss Countdown

**103**  
POUNDS LEFT

**Lost 21 lbs so far**

Psalm 28:7 The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

# Weight Loss Countdown

**102**  
POUNDS LEFT

**Lost 22 lbs so far**

John 16:33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

# Weight Loss Countdown

**101**  
POUNDS LEFT

**Lost 23 lbs so far**

Mark 11:24 Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

# Weight Loss Countdown

**100**  
POUNDS LEFT

**Lost 24 lbs so far**

Psalms 34:4 I sought the LORD, and he heard me, and delivered me from all my fears.

# Weight Loss Countdown



**Lost 25 lbs so far**

Romans 15:13 Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

# Weight Loss Countdown



**Lost 26 lbs so far**

1 Thessalonians 5:11 Wherefore comfort yourselves together, and edify one another, even as also ye do.

# Weight Loss Countdown



**Lost 27 lbs so far**

Philippians 4:13 I can do all things through  
Christ which strengtheneth me.

# Weight Loss Countdown



**Lost 28 lbs so far**

Deuteronomy 31:6 Be strong and of a good  
courage, fear not, nor be afraid of them: for  
the LORD thy God, he it is that doth go with  
thee; he will not fail thee, nor forsake thee.

# Weight Loss Countdown



**Lost 29 lbs so far**

Isaiah 40:31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

# Weight Loss Countdown



**Lost 30 lbs so far**

1 Corinthians 10:13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

# Weight Loss Countdown



**Lost 31 lbs so far**

Exodus 15:2 The LORD is my strength and song, and he is become my salvation: he is my God, and I will prepare him an habitation; my father's God, and I will exalt him.

# Weight Loss Countdown



**Lost 32 lbs so far**

Ephesians 6:10 Finally, my brethren, be strong in the Lord, and in the power of his might.



# Weight Loss Countdown



**Lost 33 lbs so far**

Deuteronomy 20:4 For the LORD your God is he that goeth with you, to fight for you against your enemies, to save you.

# Weight Loss Countdown



**Lost 34 lbs so far**

2 Corinthians 12:9-10 And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.

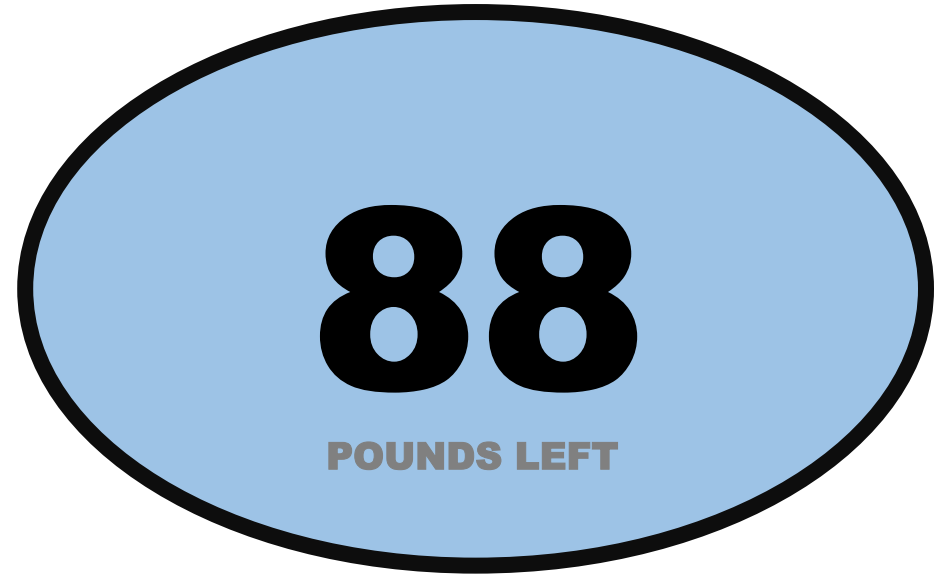
# Weight Loss Countdown



**Lost 35 lbs so far**

Joshua 1:9 Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God is with thee whithersoever thou goest.

# Weight Loss Countdown



**Lost 36 lbs so far**

2 Timothy 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

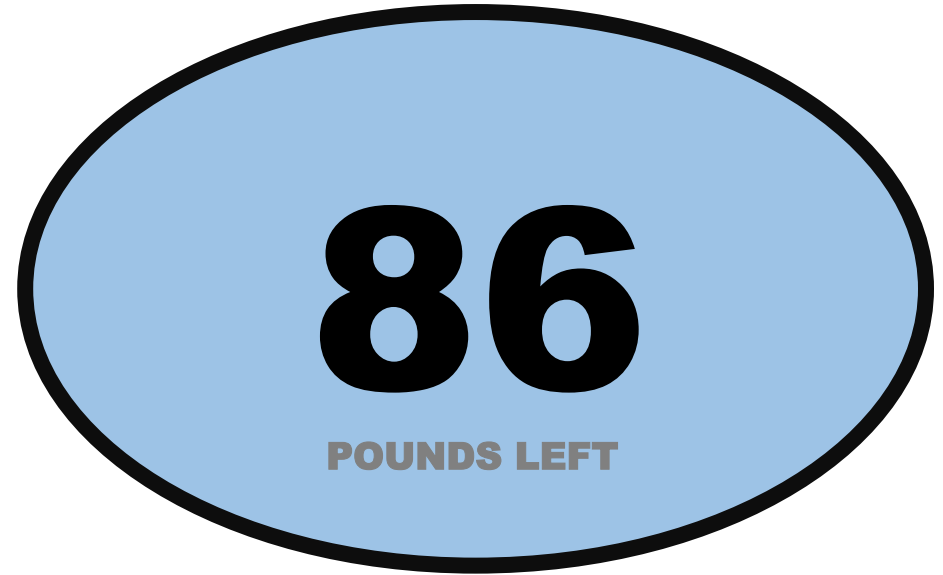
# Weight Loss Countdown



**Lost 37 lbs so far**

Isaiah 12:2 Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.

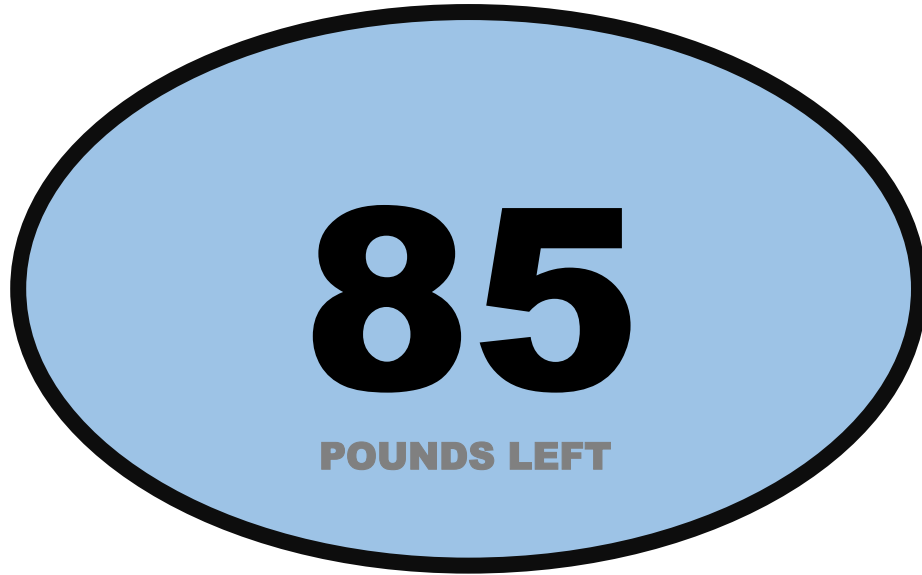
# Weight Loss Countdown



**Lost 38 lbs so far**

Isaiah 40:29 He giveth power to the faint; and to them that have no might he increaseth strength.

# Weight Loss Countdown



**Lost 39 lbs so far**

Psalm 27:1 A Psalm of David. The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?

# Weight Loss Countdown



**Lost 40 lbs so far**

Psalm 31:24 Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD.

# Weight Loss Countdown



**Lost 41 lbs so far**

Psalm 73:26 My flesh and my heart faileth:  
but God is the strength of my heart, and my  
portion for ever.

# Weight Loss Countdown



**Lost 42 lbs so far**

2 Corinthians 12:9 And he said unto me, My  
grace is sufficient for thee: for my strength  
is made perfect in weakness. Most gladly  
therefore will I rather glory in my  
infirmities, that the power of Christ may rest  
upon me.

# Weight Loss Countdown



**Lost 43 lbs so far**

Mark 12:30 And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.

# Weight Loss Countdown



**Lost 44 lbs so far**

Psalm 46:1 To the chief Musician for the sons of Korah, A Song upon Alamoth. God is our refuge and strength, a very present help in trouble.

# Weight Loss Countdown



**Lost 45 lbs so far**

Psalm 29:11 The LORD will give strength unto his people; the LORD will bless his people with peace.

# Weight Loss Countdown



**Lost 46 lbs so far**

John 16:33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

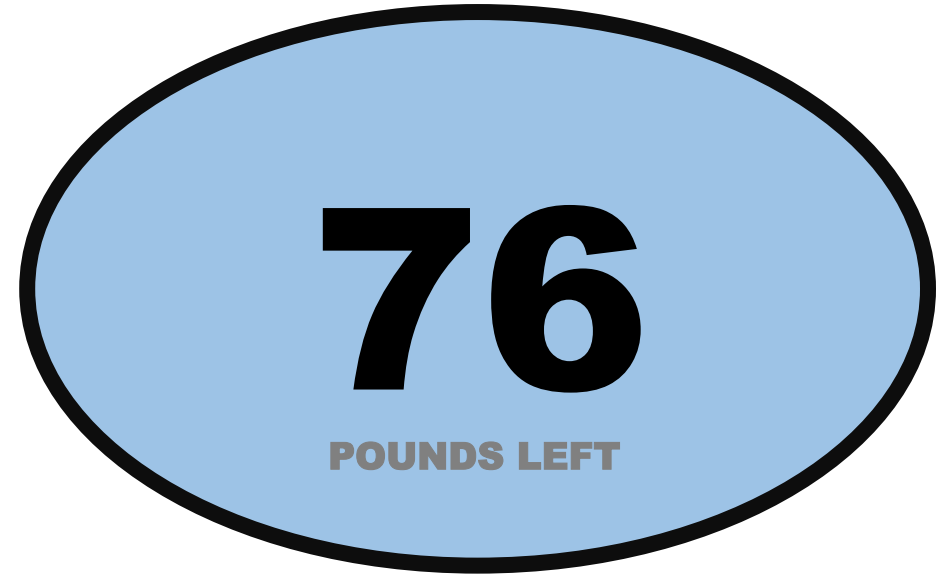
# Weight Loss Countdown



**Lost 47 lbs so far**

Matthew 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

# Weight Loss Countdown



**Lost 48 lbs so far**

Psalms 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.



# Weight Loss Countdown



**Lost 49 lbs so far**

Psalm 118:14 The LORD is my strength and song, and is become my salvation.

# Weight Loss Countdown



**Lost 50 lbs so far**

Luke 1:37 For with God nothing shall be impossible.

# Weight Loss Countdown



**Lost 51 lbs so far**

Ephesians 2:8-9 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God: Not of works, lest any man should boast.

# Weight Loss Countdown



**Lost 52 lbs so far**

Proverbs 3:5-6 Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

# Weight Loss Countdown



**Lost 53 lbs so far**

2 Corinthians 5:7 (For we walk by faith, not by sight:)

# Weight Loss Countdown



**Lost 54 lbs so far**

Matthew 21:21-22 Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done. And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.

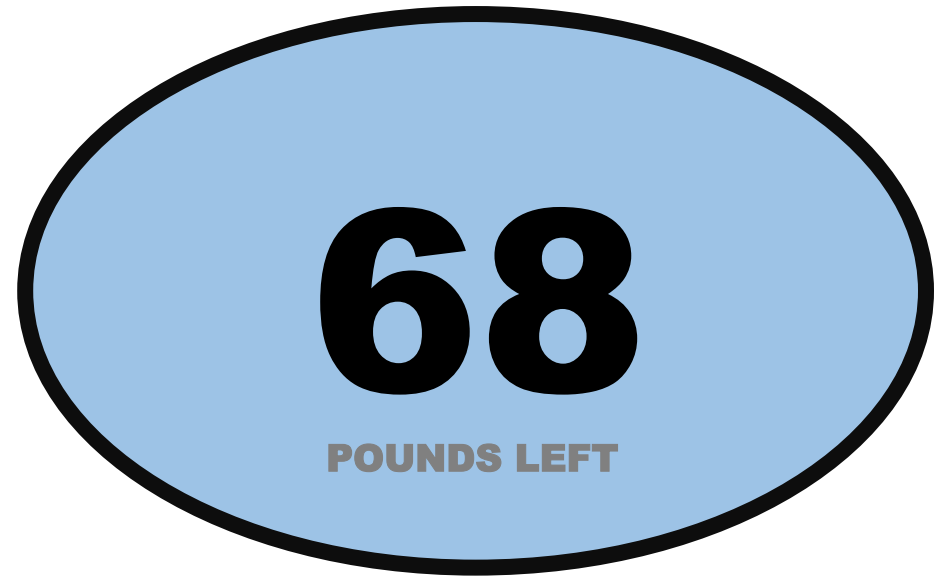
# Weight Loss Countdown



**Lost 55 lbs so far**

Hebrews 11:6 But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

# Weight Loss Countdown



**Lost 56 lbs so far**

Hebrews 11:1 Now faith is the substance of things hoped for, the evidence of things not seen.

# Weight Loss Countdown



**Lost 57 lbs so far**

# Weight Loss Countdown

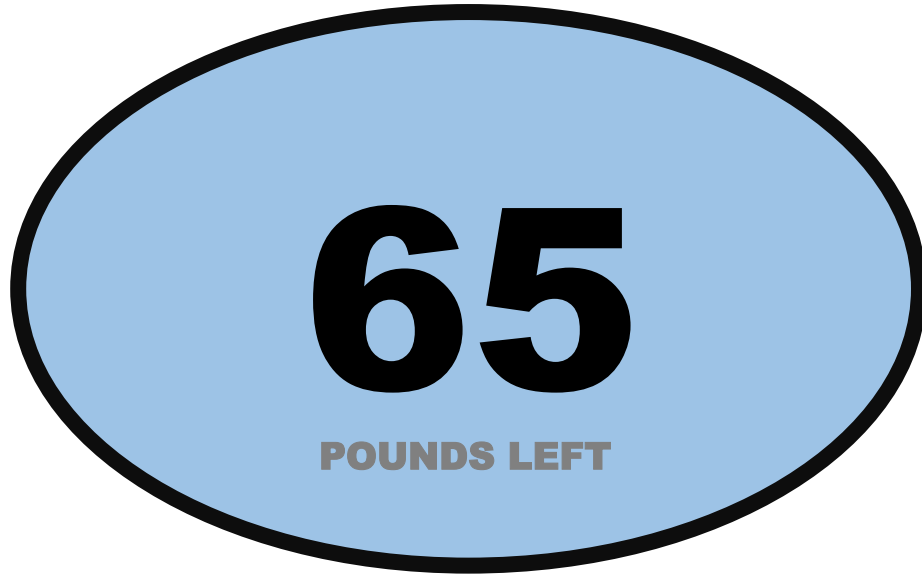


**Lost 58 lbs so far**

Mark 11:22-24 And Jesus answering saith unto them, Have faith in God. For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

1 Peter 1:8-9 Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory: Receiving the end of your faith, even the salvation of your souls.

# Weight Loss Countdown



**Lost 59 lbs so far**

Colossians 1:11 Strengthened with all might,  
according to his glorious power, unto all  
patience and longsuffering with joyfulness;

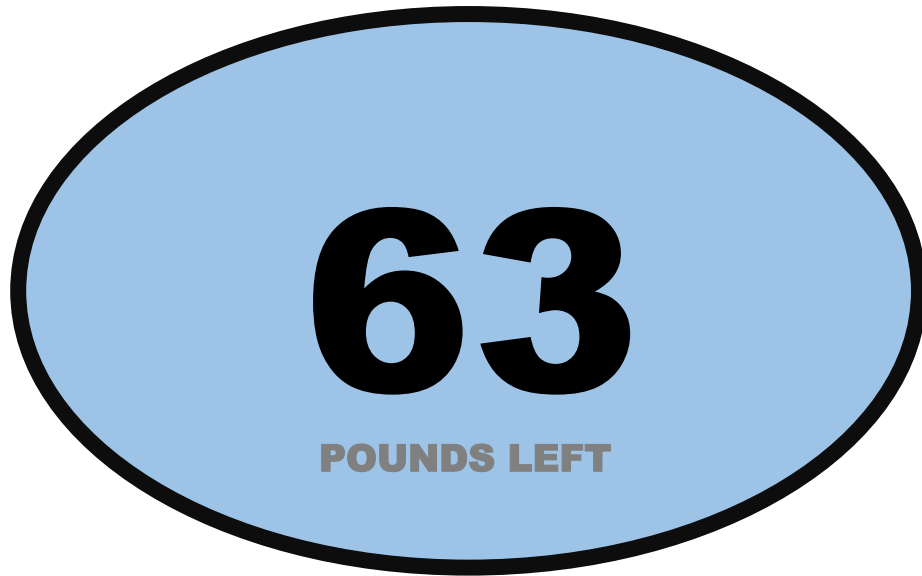
# Weight Loss Countdown



**Lost 60 lbs so far**

Psalm 5:11 But let all those that put their  
trust in thee rejoice: let them ever shout for  
joy, because thou defendest them: let them  
also that love thy name be joyful in thee.

# Weight Loss Countdown



**Lost 61 lbs so far**

Psalm 30:11 Thou hast turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness;

# Weight Loss Countdown



**Lost 62 lbs so far**

1 Chronicles 16:27 Glory and honour are in his presence; strength and gladness are in his place.

# Weight Loss Countdown



**Lost 63 lbs so far**

John 14:27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

# Weight Loss Countdown



**Lost 64 lbs so far**

Psalm 27:1 A Psalm of David. The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?



# Weight Loss Countdown



**Lost 65lbs so far**

Matthew 6:34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

# Weight Loss Countdown



**Lost 66 lbs so far**

Romans 12:12 Rejoicing in hope; patient in tribulation; continuing instant in prayer;

# Weight Loss Countdown



**Lost 67 lbs so far**

Isaiah 43:1 But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine.

# Weight Loss Countdown



**Lost 68 lbs so far**

Psalm 34:4 I sought the LORD, and he heard me, and delivered me from all my fears.

# Weight Loss Countdown



**Lost 69 lbs so far**

Psalm 94:19 In the multitude of my thoughts  
within me thy comforts delight my soul.

# Weight Loss Countdown



**Lost 70 lbs so far**

Philippians 4:4 Rejoice in the Lord alway:  
and again I say, Rejoice.

# Weight Loss Countdown



**Lost 71 lbs so far**

Galatians 5:22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

# Weight Loss Countdown



**Lost 72 lbs so far**

John 16:24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

# Weight Loss Countdown



**Lost 73 lbs so far**

Proverbs 17:22 A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

# Weight Loss Countdown



**Lost 74 lbs so far**

1 Peter 1:8 Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory:

# Weight Loss Countdown



**Lost 75 lbs so far**

John 16:22 And ye now therefore have sorrow: but I will see you again, and your heart shall rejoice, and your joy no man taketh from you.

# Weight Loss Countdown



**Lost 76 lbs so far**

Psalm 118:24 This is the day which the LORD hath made; we will rejoice and be glad in it.

# Weight Loss Countdown



**Lost 77 lbs so far**

Psalm 16:11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

# Weight Loss Countdown



**Lost 78 lbs so far**

John 15:11 These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

# Weight Loss Countdown



**Lost 79 lbs so far**

Psalm 30:5 For his anger endureth but a moment; in his favour is life: weeping may endure for a night, but joy cometh in the morning.

# Weight Loss Countdown



**Lost 80 lbs so far**

Psalm 16:9 Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope.



# Weight Loss Countdown



**Lost 81 lbs so far**

1 Thessalonians 5:16-18 Rejoice evermore.  
Pray without ceasing. In every thing give  
thanks: for this is the will of God in Christ  
Jesus concerning you.

# Weight Loss Countdown



**Lost 82 lbs so far**

Isaiah 55:12 For ye shall go out with joy,  
and be led forth with peace: the mountains  
and the hills shall break forth before you  
into singing, and all the trees of the field  
shall clap their hands.

# Weight Loss Countdown



**Lost 83 lbs so far**

Jeremiah 29:11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

# Weight Loss Countdown



**Lost 84 lbs so far**

John 16:33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

# Weight Loss Countdown



**Lost 85 lbs so far**

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

# Weight Loss Countdown



**Lost 86 lbs so far**

Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

# Weight Loss Countdown



**Lost 87 lbs so far**

Deuteronomy 20:4 For the LORD your God is he that goeth with you, to fight for you against your enemies, to save you.

# Weight Loss Countdown



**Lost 88 lbs so far**

Matthew 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

# Weight Loss Countdown



**Lost 89 lbs so far**

Psalm 34:8 O taste and see that the LORD is good: blessed is the man that trusteth in him.

# Weight Loss Countdown



**Lost 90 lbs so far**

Psalm 84:11 For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly.

# Weight Loss Countdown



**Lost 91 lbs so far**

Romans 15:13 Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

# Weight Loss Countdown



**Lost 92 lbs so far**

1 Peter 5:10 But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.

# Weight Loss Countdown



**Lost 93 lbs so far**

Hebrews 10:23 Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)

# Weight Loss Countdown



**Lost 94 lbs so far**

Ephesians 1:13 In whom ye also trusted, after that ye heard the word of truth, the gospel of your salvation: in whom also after that ye believed, ye were sealed with that holy Spirit of promise,

# Weight Loss Countdown



**Lost 95 lbs so far**

1 Thessalonians 1:3 Remembering without ceasing your work of faith, and labour of love, and patience of hope in our Lord Jesus Christ, in the sight of God and our Father;

# Weight Loss Countdown



**Lost 96 lbs so far**

Philippians 1:6 Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ:



# Weight Loss Countdown



**Lost 97 lbs so far**

Psalm 130:5 I wait for the LORD, my soul  
doth wait, and in his word do I hope.

# Weight Loss Countdown



**Lost 98 lbs so far**

Romans 5:5 And hope maketh not ashamed;  
because the love of God is shed abroad in  
our hearts by the Holy Ghost which is given  
unto us.

# Weight Loss Countdown



**Lost 99 lbs so far**

1 John 4:16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

# Weight Loss Countdown



**Lost 100 lbs so far**

1 John 3:1 Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.

# Weight Loss Countdown



**Lost 101 lbs so far**

Colossians 3:14 And above all these things  
put on charity, which is the bond of  
perfectness.

# Weight Loss Countdown



**Lost 102 lbs so far**

1 Peter 4:8 And above all things have  
fervent charity among yourselves: for  
charity shall cover the multitude of sins.

# Weight Loss Countdown



**Lost 103 lbs so far**

Romans 13:8 Owe no man any thing, but to love one another: for he that loveth another hath fulfilled the law.

# Weight Loss Countdown



**Lost 104 lbs so far**

1 Corinthians 16:14 Let all your things be done with charity.

# Weight Loss Countdown



**Lost 105 lbs so far**

1 John 4:8 He that loveth not knoweth not God; for God is love.

# Weight Loss Countdown



**Lost 106 lbs so far**

John 13:34-35 A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples, if ye have love one to another.

# Weight Loss Countdown



**Lost 107 lbs so far**

John 15:13 Greater love hath no man than this, that a man lay down his life for his friends.

# Weight Loss Countdown



**Lost 108 lbs so far**

Mark 12:29-31 And Jesus answered him, The first of all the commandments is, Hear, O Israel; The Lord our God is one Lord: And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.

# Weight Loss Countdown



**Lost 109lbs so far**

1 Corinthians 13:13 And now abideth faith, hope, charity, these three; but the greatest of these is charity.

# Weight Loss Countdown



**Lost 110 lbs so far**

Romans 5:8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

# Weight Loss Countdown



**Lost 111 lbs so far**

Proverbs 17:17 A friend loveth at all times,  
and a brother is born for adversity.

# Weight Loss Countdown



**Lost 112 lbs so far**

Romans 12:9 Let love be without  
dissimulation. Abhor that which is evil;  
cleave to that which is good.



# Weight Loss Countdown



**Lost 113 lbs so far**

Psalm 1:1–3 1 How blessed is the man who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers! 2 But his delight is in the law of the LORD, And in His law he meditates day and night. 3 He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.

# Weight Loss Countdown



**Lost 114 lbs so far**

Psalm 1:4–6 1 4 The wicked are not so, But they are like chaff which the wind drives away. 5 Therefore the wicked will not stand in the judgment, Nor sinners in the assembly of the righteous. 6 For the LORD knows the way of the righteous, But the way of the wicked will perish.

# Weight Loss Countdown



**Lost 115 lbs so far**

Psalm 62 1 My soul waits in silence for God only; From Him is my salvation. 2 He only is my rock and my salvation, My stronghold; I shall not be greatly shaken. 3 How long will you assail a man, That you may murder him, all of you, Like a leaning wall, like a tottering fence? 4 They have counseled only to thrust him down from his high position; They delight in falsehood; They bless with their mouth, But inwardly they curse. Selah.

# Weight Loss Countdown



**Lost 116 lbs so far**

Psalm 62 5-8 My soul, wait in silence for God only, For my hope is from Him. 6 He only is my rock and my salvation, My stronghold; I shall not be shaken. 7 On God my salvation and my glory rest; The rock of my strength, my refuge is in God. 8 Trust in Him at all times, O people; Pour out your heart before Him; God is a refuge for us. Selah.

# Weight Loss Countdown



**Lost 117 lbs so far**

Psalm 62 9-12 Men of low degree are only vanity and men of rank are a lie; In the balances they go up; They are together lighter than breath. 10 Do not trust in oppression And do not vainly hope in robbery; If riches increase, do not set your heart upon them. 11 Once God has spoken; Twice I have heard this: That power belongs to God; 12 And lovingkindness is Yours, O Lord, For You recompense a man according to his work.

# Weight Loss Countdown



**Lost 118 lbs so far**

Psalm 150:1–3 Praise ye the LORD. Praise God in his sanctuary: praise him in the firmament of his power. 2 Praise him for his mighty acts: praise him according to his excellent greatness. 3 Praise him with the sound of the trumpet: praise him with the psaltery and harp.

# Weight Loss Countdown



**Lost 119 lbs so far**

Psalm 150:4-6 Praise him with the timbrel and dance: praise him with stringed instruments and organs. 5 Praise him upon the loud cymbals: praise him upon the high sounding cymbals. 6 Let every thing that hath breath praise the LORD. Praise ye the LORD.

# Weight Loss Countdown



**Lost 120 lbs so far**

Ephesians 3:16–18 That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; 17 That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, 18 May be able to comprehend with all saints what is the breadth, and length, and depth, and height;

# Weight Loss Countdown



**Lost 121 lbs so far**

Ephesians 3:19-21 And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.

20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, 21 Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.

# Weight Loss Countdown



**Lost 122 lbs so far**

Hebrews 13:20-21 Now the God of peace, who brought up from the dead the great Shepherd of the sheep through the blood of the eternal covenant, even Jesus our Lord, equip you in every good thing to do His will, working in us that which is pleasing in His sight, through Jesus Christ; to whom be the glory forever and ever. Amen.

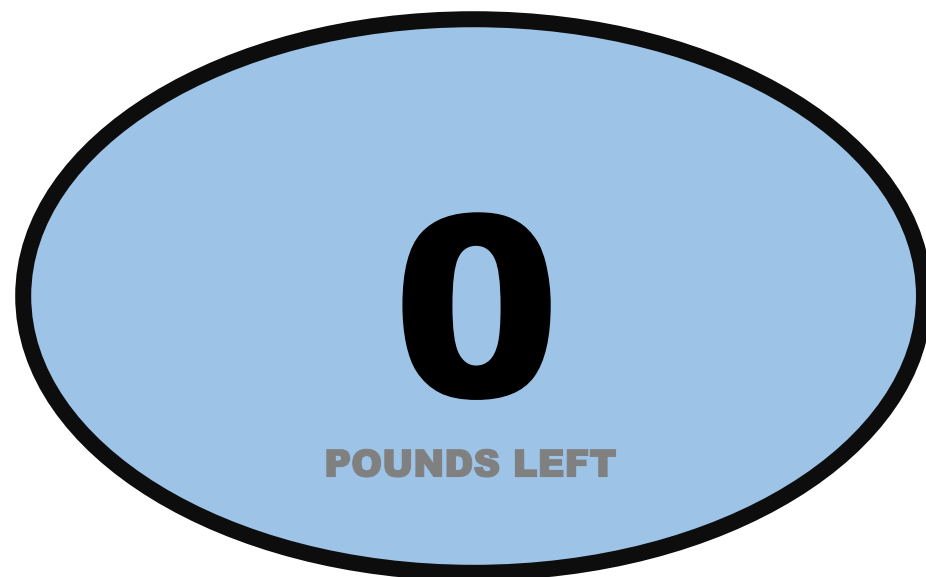
# Weight Loss Countdown



**Lost 123 lbs so far**

Colossians 3:15-17 Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God. And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father.

# Weight Loss Countdown



**Lost 124 lbs so far**

Numbers 6:24-26 The Lord bless you and keep you: the Lord make His face to shine upon you, and be gracious unto you: the Lord lift up His countenance upon you, and give you peace; through Jesus Christ our Lord. Amen.