



## **DEVOTIONAL HOT PANTS**

From *40 Days of Faith and Fitness*, Copyright Marsha Apsley  
Order your copy at: [marshaapsley.com/devotiona](http://marshaapsley.com/devotiona)

*"A man's heart plans his way, but the Lord directs his steps."* Proverbs 16:9

How many times have we tried to do it on our own? Too many for me to count.

How many times have you tried a diet pill that promised quick and lasting results? How many times have you paid for some contraption or program that told you just do this for 10 days, and you'll lose 10 pounds?

Years ago I bought "Hot Pants". The claim was that you wear these to bed and while you sleep, your waist gets

smaller.

Yep, I believed it. I wanted nothing more than to have a flat stomach (I've realized that won't happen in this lifetime!). My Hot Pants are still a joke around the house!

Have you ever thought that the One who made you might have an idea of what would work for you? Have you considered letting Him lead and guide you in your health and fitness?

Your faith and your fitness are not things that need to be separate. He wants to be your guide in ALL areas of your life.

No area should be off limits nor is any area none of His concern. He is concerned about everything and all of you.

Where do you need His leadership? Surrender to Him completely.

**Prayer:** Lord please direct my steps. I have hopes, dreams, and desires in my heart, but I want only what You have for me. I'm pausing to let You step in front of me and lead. I trust You, today and everyday forward. In Jesus' name, Amen.

**Action Step:** Write down your dreams and your goals. They can be big or small. It doesn't matter. Then ask yourself if you are allowing Him to take the lead. Surrender and let Him be your guide.