

STAGE 5- REMAIN

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. ROMANS 15:5

Success is not a destination—it's a journey. It does not end when you achieve your goal or if you stop doing what you're doing. Stopping is part of the journey, and your task is to minimize the periods that you stop.

The reality is, slipping back into old patterns is very subtle. Most of us are not even aware that we are no longer doing the things we used to do when we first started. It starts with a birthday party or a sick day which turns into days, weeks, months, and years if we're not mindful.

No matter how the slippery slope begins, your responsibility is to remain vigilant

The one surefire way to stay on this journey is to remain in God's presence.

WHAT IS THE COST IF YOU DON'T LOSE THE EXCESS WEIGHT?

Share your anchor scripture in the [Private Facebook Group](#).