Describing herself as fat and almost forty, Carole Lewis joined the initial First Place group at First Baptist Church of Houston in 1981. There she learned to give Christ first place in her life. First Place has since become one of the most successful weight reduction programs in the nation, spreading to all 50 states and more than 12,000 churches. Participants have lost 50, 100, even 250 pounds! But First Place is about more than losing weight; its about gaining a life-changing relationship with Almighty God. Readers will learn how this carefully constructed plan for winning the fitness battle will help them to discipline themselves spiritually as well as physically, strengthening both body and soul. Includes many personal testimonies, the nine commitments, exercise basics and food exchange lists.

My Personal Review:
First Place is an absolutely awesome program, offering a balanced and spiritual approach to health and weight loss. In the kit you will find a Members Guide, which contains the essential information about the program, food and exercise plan, etc. There are also four motivating cassette tapes, 13 weekly commitment records, a neat little spiral bound Bible verse memorization book, and a journal in which to write your prayers.
The essence of this Christ-centered program is captured in nine basic commitments. These commitments include daily prayer, Bible study (using one of the First Place Bible Studies, such as Life Under Control or Giving Christ First Place), the memorization of one Bible verse/week, and daily Scripture reading--so it would be best to plan on setting aside some quiet time each day. Other commitments include a well-balanced food plan (similar to the diabetic or old Weight Watchers exchange program), regular exercise, and keeping a Commitment Record of your progress in all of these areas.
What makes the program work, though, is not the well-planned and reasonably priced materials. Its the fact that setting aside quiet time in this
too-busy world to be alone with God will improve your life immeasurably. As you draw closer to Him, you will find that you develop and practice both self-discipline and gentleness with yourself. First Place has a web site that offers the opportunity for support through various bulletin boards. I can attest to the fact that there are wonderful people on these boards, willing to support and encourage your efforts, and even to pray for you. ... There also is an online ministry available, for those who would like to practice the program, but who do not have a local group available. I belong to that, and have found it very helpful. The web address for that is: rhbfirstplace.org

It has been less than 2 months since I first became acquainted with this program. I'm so impressed with the program that I'm planning on starting a local group shortly. My life has changed so much for the better in a very short time. A modest weight loss is just one of many blessings that have come my way.

May God bless your journey towards health and wholeness!

For More 5 Star Customer Reviews and Lowest Price:

First Place: Lose Weight and Keep It Off Forever by W. Terry Whalin - 5 Star Customer Reviews and Lowest Price!