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Subject: An Ounce of Prevention is Worth a Pound of Cure

Posted by [GWB](#) on Thu, 21 May 2009 19:54:56 GMT

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James once talked about eating habits and exercise.

I would like for you, James, to tell me just what your routine is and how you currently "eat."

I know it is not a real popular topic, but once you take the bull by the horns, it is rewarding and you feel better. Staying on track (discipline) is the hardest part for me.

I, personally, want to take steps to have more discipline. I want to get healthy and even begin fasting again. I am not saying it is going to be easy, but it is on my heart.

We have been given an awesome Word and this world is not looking any better. We have a lot to be believing for at this time. This site could be used for prayer, agreement, fasting, etc.

Due to a new grandbaby, it is hard to check in everyday, but I will try.

Blessings,

GWB