

# A FIRST PLACE™ Testimony

The goal of First Place, a Christ-centered weight control program is to help balance the spiritual, mental, emotional and physical areas of a person's life. Learn to be victorious over past eating patterns and commit your mind and body to God through weekly nutritional information, discussion, Bible Study, accountability and prayer.



“First Place works!” says leader, Darcy Aurich. This is her poetic testimony.

*I've always tried to diet,  
I started at age eight.  
I asked my mom in third grade  
How I could lose some weight.*

*By tenth grade I was fasting,  
I lasted as long as a week,  
But even without food at all  
I couldn't attain a thin physique.*

*By the time I was nineteen years old  
I started numerous diets:  
Weight Watchers, SlimFast,  
Dexatrim...  
You name it, I would try it.*

*I had moderate success at times,  
Losing 40-60 pounds.  
But then I'd lose hope and gorge again  
And my weight would always rebound.*

*The last time I tried Weight Watchers,  
I heard God clearly say  
That each time I lost weight before  
I took some of His glory away.*

*When people would say how good  
I looked,  
“How did you lose your weight?”  
I'd smile real big and drone on and on  
About how my efforts were so great.*

*When Weigh Down Workshop started  
I thought I'd found the key  
To integrate my Christian walk  
To diet successfully.*

*But I stayed with Weigh Down  
Workshop  
Throughout a long, third session,  
And constantly was bothered that  
Jesus' name was barely mentioned.*

*So when my friend shared with me  
That First Place soon would start,  
God had already worked within me  
Preparing first my heart.*

*I knew the spiritual dimension  
Was the key that I had needed.  
My weight was caused by my own sin,  
I finally conceded.*

*I used my food for comfort  
When hurt, overwhelmed or lonely,  
Instead of turning first to God  
And resting in Him only.*

*I turned to food to fill the time  
That should've been spent in God's  
Word.  
When I realized my waywardness,  
His gentle voice I heard,*

*“Come to me my child, I love you!  
I created you to be  
A precious daughter, a princess,  
A bride chosen just for Me.”*

*So I'm grateful to First Place  
For giving back my very First Love –  
The precious Lamb, Lord Jesus,  
The One who's seated above.*

*I'm grateful, too, for these classmates  
Who've been here each Monday night  
To cheer on all our successes  
And help us walk in the Light.*

*To Donna, our spiritual leader  
Who leads us before the throne.  
She reminds us that God is our Father,  
That He loves us as His very own.*

*To Carol, our dietician,  
Who answers the practical needs:  
How sugar and bran can affect us;  
How our health improves as we succeed.*

*And then Sheila, our emotional leader,  
Our cheerleader, confidant, friend,  
Who piles us with gifts and with stickers  
Yet hides our true weight till the end.*

*The people in the class are just awesome  
To share insights, recipes, jokes.  
I'm grateful that God is so evident  
In all these God-seeking folks.*

*And finally the gals at our table  
Who encourage and smile and share,  
I know whether I struggle or triumph.  
These five ladies will always be there.*

*So now I'm seeing changes around me,  
Old clothes being replaced by some new.  
I tuck in my shirts, I drink water  
(sometimes!)  
I even exercise too!*

*But the changes that show on  
the outside  
Are not as exciting to me  
As what God is doing on the inside,  
Transforming my heart within me.*

*So this is the end of my poem,  
Though not the end of my story.  
For God is still working through-  
out me,  
But this time HE gets all the glory!*

“SO WHETHER YOU EAT OR DRINK  
OR WHATEVER YOU DO, DO IT ALL  
FOR THE GLORY OF GOD.”  
—I COR. 10:31