

Fit for Life
Bible Study Devotional
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BEGINNING ANEW

Week One

Weekly Memory Verse:

***“For I know the thoughts that I think toward you’,
says the Lord, ‘thoughts of peace and not of evil,
to give you a future and a hope.’”
~Jeremiah 29:11***

Meditations:

Remember that you are not ultimately binding yourself to a program;
but to the Lord. Seek His specific will for you at this time regarding your
health habits. Expect Him to help you. Accept change.

*Make faithfulness to the Lord your goal,
not primarily weight-loss.

Affirmation:

“In Christ, every day, every moment is a new one.”

NEW BEGINNINGS

Day One

“Do not remember the former things,
Nor consider the things of old.
Behold, I will do a new thing,
Now it shall spring forth; shall you not know it?
I will even make a road in the wilderness
and rivers in the desert.”

~Isaiah 43:18-19

A fresh start. How does that phrase sound to you? Like a breath of fresh air?

If you are like most Americans; you are familiar with diets. You may even consider yourself a “chronic” dieter. Counting calories and watching the scale may be familiar routines. Yet here you are... embarking again on a journey of weight-loss. Perhaps you feel like you are in a wilderness destined to be lost. Or perhaps you are hoping to find that “magical key” to open the door out of the wilderness.

Let me surprise you (or not)...Diets do not work for long-term weight-loss. Statistics show that “diets” actually cause people to gain weight. Did you get that? GAIN weight. How many of us enter a diet expecting to gain weight? Not-so-good reward for self-restriction. Initially, a dieter *may* lose weight as long as she follows the diet, but as soon as she eats “normally” the weight returns, usually bringing more with it. Why? One reason is because diets offer a temporary form of behavior. They do not affect the heart that drives so many of us to overeat and make unhealthy choices. So...at the onset I want to say that there is no quick weight-loss method offered in these pages, no magical key, nor some “new revelation”. What I will attempt to do is point you to the One that can help you, the One who has all the answers-Jesus. He is the One who is able and willing to set us free.

Are you ready to lay all aside to seek the Lord? Are you ready to have a FRESH start? Have hope! You can have a clean start, a

fresh beginning in Christ. **“Do not remember the things of old.”** The Lord wants your eyes and mind focused on Him. He wants to do a new work in you. He wants to change your heart.

Read: Philippians 3:13-15

What is the Lord asking you to forget today?

Suggestion: Journal about any apprehensions and desires that you have during this study.

Affirmation: “Today is a new day in Christ.”

Commitment: “Today I will....” _____

Memory Verse:

NEW BEGINNINGS

Day Two

“Lord, to whom shall we go?
You have the words of eternal life?”

~John 6:68

We have spoken about the overwhelming failure of fad diets. What, then, are we who want to lose weight to do? I suggest to you that as in all things, we are to go to the Lord for help. He is the Creator of our bodies, the Healer of our minds, and the Giver of eternal life to our spirits. Shouldn't He then care for this burden as well?

If you have battled with weight loss for any length of time, you are probably accustomed to the anguish of this struggle. Have you ever taken those concerns to the Lord? Perhaps you have felt that as a Christian you should be able to handle it on your own. “It's only food, isn't it?” I know that I would vacillate between trying to win the struggle through *my own* will-power versus crying to the Lord for “self-control”. Do you know what I mean? One day I would get myself all “psyched” to eat right, exercise, practice self-control. My own will-power would not last long enough to show any results, though, just disappointments. Definitely defeated, I pleaded, “Lord, please just let me have self-control!” I would fail again and wonder what happened to that “self-control” that I had prayed for. Didn't God hear me? I had thought that if the Lord would just “zap” me with self-control, I would never be tempted and this battle would be won!

Much time passed before I realized that something was wrong with my prayer, **my** *understanding*. So then I tried to assume that I knew nothing and began to listen to His voice. What did He have to say concerning my weight and efforts to lose the extra pounds? He began to show me and continues through this day that I must daily look to Him and daily obey what He wants me to do. When I have this relationship with Him, then *self-control* is a fruit. This may very well be where he wants to bring you as well....

Simple; yes. Easy; not necessarily. Read that again.... I must daily look to Him and daily obey what He wants me to do. When I have this relationship with Him, then *self-control* is a fruit.

With Him are the words of LIFE!!! Doesn't that refresh your spirit? Trust Him; look to Him. Jesus holds the words of life.

What methods have you tried in the past to lose weight?

Do you believe that God has the answers and power that you are looking for and in such desperate need of?

Suggestion: Write out your heart in prayer today in your journal.

Affirmation: "With Jesus are the words of life!"

Memory Verse:

Commitment:

"Today I will..."

Week One- BEGINNING ANEW

TRANSFORMED

Day Three

“And do not be conformed to this world,
But be transformed by the renewing of your mind,
that you may prove what is that
good and acceptable and perfect will of God.”
-Romans 12:2

The culture that we live in continuously pressures us to be “thin”. Yet, the same television shows that are influential in this way will have commercials with greasy cheeseburgers and dripping fudge sundaes. (Sorry if I am making your mouth water!)

The media also bombards us about the importance of health and nutrition. Yet, much of the information they report is very contradictory. Are we to eat meat or not eat meat? Is milk harmful or healthful? What about eggs? The latest research says they are helpful. Or was it harmful? What is a “layman” in nutrition to believe?

The Lord wants us not to be shaped and molded by the world’s ways of thinking, but by the image of Christ. We must look to Him for instruction and guidance. What are His ways concerning health? He will show you through His Word and by His Spirit. In the areas where the bible is unclear, use discernment, commonsense, and your conscience to decide what is right for you.

There is NO one right “diet” for everyone. Seek out what is right for YOU.

Read Colossians 3:10.

How is your mind renewed?

Suggestion:

1. Purchase a book on natural nutrition. There are books written specifically about what the bible says concerning diet. See your local book store.

2. Begin to consider what activity(s) you would enjoy doing as a regular exercise routine.

Affirmation: “I am learning a new way of healthy living.”

Commitment: “Today I will...” _____

Week One- BEGINNING ANEW

ALL of YOU

Day Four

“Now may the God of peace Himself
sanctify you completely,
and may your whole spirit, soul, and body
be preserved blameless
at the coming of our Lord Jesus Christ.”
~1 Thesalonians 5:23

Have you considered that God cares about your physical body as well as your eternal soul? How about the state of your mind, the health of your emotions?

The Greek word for “salvation” translates, “saved, healed, delivered, and preserved”. This is the great salvation God gives us. It is complete. It is transformative. God’s salvation is a complete transformation, restoring us to that which we were created to be before sin entered the world. Our Father is concerned with every part of us- spirit, soul, and body. He desires that we experience complete healing and wholeness from the destructive effects of sin. His idea of salvation is “sozo” and it sounds good to me!

Read Deuteronomy 30:15-16.

What good things does God place in front of us?

Whose choice is it to obtain those things?

What are the requirements for success?

How can God give you prosperity in your physical body?

*Take a few moments to search your heart.....

How do you really feel about beginning anew?

Do you have confidence in the Lord that He is willing and able to be your help?

Are you ready to do you part to experience life and blessing?

Prayer: “Father, I thank you the You want to bring wholeness and wellness to my entire being. I thank You that I am complete in Jesus. Amen.”

Insights: God desires that my whole being is restored- spirit, soul, and body. He is ready and willing to help. My part is to choose His ways and walk in them.

Memory Verse:

Commitment: “Today I will...” _____

Week One- BEGINNING ANEW

EXPECT BIG THINGS!

Day Five

“Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.”

~Ephesians 3:20-21

Expectation is closely linked to faith. To pray for help or healing and then go on disheartened without expecting change is faithless praying!

Our Lord is the Great “I AM” who has all power and provision in His being. He says that we have not because we ask not. Yet, if we ask, seek, and knock He will be faithful to give us what we ask.

As you begin this lifestyle of change, ask the Lord for BIG things! He is able and willing to do exceedingly and abundantly (what great adverbs!) above all that we can even imagine.

“For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him.”

~2Chronicle 16:9

Take time today to think about your goals for yourself during these 14 weeks. Stretch your expectations by picturing your heart’s desire in the areas of eating, nutrition, and fitness. What will you look like? What will you feel like? How will you be different?

Thoughtfully answer the following.

Long Term Goals

Spiritual-

Mental-

Emotional-

Physical-

Pray over these goals and commit them to the Lord.