



Week 5: Workout

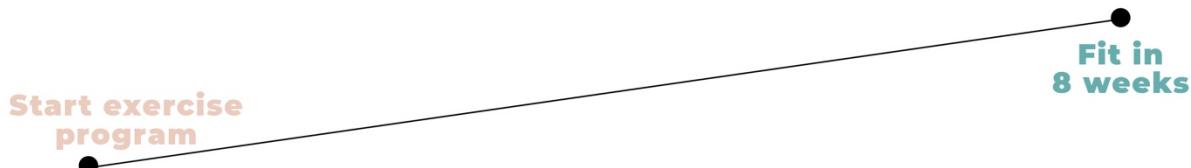
Day 3

Today you are halfway through this study. In most fitness plans and programs, many people have quit by now. This program in particular doesn't fit the mold of a traditional Bible study or fitness program. Our pace is slow, steady, and cultivating consistency.

When I was writing this program, there was a time when I was considering slowing the pace down even more and making this a 12-week study. As we discussed in week one, God's timeline is so much slower than ours is. He wants us to savor every minute of our days, weeks, and months so we can learn, grow, and mature.

Too often, we rush the process of change. We package change into cute little workbooks, tidy 6-week programs, and perfect square boxes with a red bow on top. In God's chronological timeline, change happens slowly through continuous reflection. Change happens when we begin to understand the reasons why we stay stuck, and then take small daily action steps toward a new direction and mindset. Change is never linear overtime. It's messy, muddy, and sometimes heartbreakingly when we look deep into our lives to see all the pain we have been burying under the rug.

What we expect change to be like:



What change is actually like:



We read stories of other successful people's journeys and fantasize that they got their life together overnight, or that one event smacked them into change. We read the

Proverbs 31 passage as if there isn't another story going on in the background of her life. To us, she looks like the "other woman" on Facebook or Instagram who has it all together. We have grand visions of how the "other people" get their workouts in everyday NO MATTER WHAT, eat perfectly, and ALWAYS have a positive attitude. Those thoughts and perceptions aren't true, but for some reason we continue to compare our lives to others.

Action Steps

1. Draw your own timeline on the next page. Make it a NON-linear, up and down, twisty turny, lumpy line. Take some time to really think about your health journey. Chronologically label significant attempts that you've failed in your health journey. Label the times in your life when you were successful at a weight loss program, label fun moments that you remember about your health, label times when you yo-yoed. Basically, label the ups and downs as well as your emotional connections to the successes and failures. You can go back as far as your childhood, teen years, or simply start a few years ago. Take time to pray over your timeline. Give all your failure to Jesus. Today you start fresh, today you are renewed.

Your turn. Be specific, detailed, and raw as you write yours. Tell the truth about your life. Share the story of the insecurities, uncertainties, and fears that are going on in the background of your life as you forge forward each day. Those things are real and need attention too. Go:

Gospel Centered Health *Tracker*

DATE:	WATER (oz):	WORSHIP:
WEIGHT:	WORD:	WORK:
WAKE UP: (time + hrs sleep)	WORKOUT:	WRITE:

TIME: CALORIES:

Breakfast		

Lunch		

Snack		

Dinner		

