



## Week 2: Wake Up

*Come to me, all of you who are weary and burdened, and I will give you rest. Take up my yoke and learn from me, because I am lowly and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.*

*Matthew 11:28–30 (CSB)*

### Day 1

This week, we are focusing on **WAKING UP** early (or earlier), so we can exercise first thing in the morning. To focus on **WAKING UP**, we must first sincerely examine our nightly habits for getting to sleep; our stress levels, which affect our sleep; and the amount of sleep our bodies need to function at their best levels.

For example, I know I need at least seven hours of sleep each night, but I can function on five to six. If I get less than five hours of sleep at night, I am on the struggle bus all day long. Living life on the struggle bus is not fun. Sleep deprivation affects brain functioning, decision making, and motivation. This week, while studying God's word, I hope you will sincerely examine your sleep habits. I believe God desires us to get adequate rest and sleep. Why? Because the Bible says about rest.

In addition to rest, sleep, and **WAKING UP** early, we are going to get started on drinking a lot of water this week, even though we don't study water until next week. In today's lesson, you will figure out the minimum amount of water your body needs daily. It's an easy formula; you need at least half of your body weight (pounds) in ounces of water. For instance, I weigh 175 pounds; therefore, I need about 90 ounces of water each day. Remember to get a special water cup or mug that you carry with you everywhere. For me, it has to be cute; I have a peach-colored Yeti that matches my favorite backpack and holds 30 ounces of water. Finally, we will continue to create a habit of drinking 16 ounces of water as soon as we wake up in the morning.

God designed these bodies of ours; He knows we need rest. He knows we need water to flush out our system and hydrate our organs. **He designed us with limitations because He wants us to rely on Him for all our needs.** He wants us to praise Him with

our bodies through hard work, be tired by the end of the day from serving Him and be responsible with our sleep so we can rise the next morning and repeat it all over again.

Have you ever had a time in your life when you had so many deadlines that you made a conscious decision to sacrifice your sleep to get everything done? Then, once the deadline was complete or the goal was accomplished, you had trained your body to go to sleep at 2 a.m., so when you tried to start going to bed at 10 p.m., your body just couldn't shut down?

Have you ever been so stressed out that, no matter what you did, you woke up and looked at the clock multiple times in the middle of the night? Then, with the built-up stress on top of your poor deep sleep, did you live your days in a total brain fog? Did that lead to an enormous amount of carb eating throughout your day? When your body is depleted of rest, it starves for the fastest energy it can get, and it signals you to grab crackers, bread, and cereal all day long. Is that possibly happening to you right now? It's a vicious cycle, and it can feel almost impossible to break free.

I promise you that God cares about these things. He created your body to walk and move during the day and sleep when the sun goes down at night. Let God help you find your healthy sleep patterns this week. It is crucial that you focus on getting 7–9 hours of sleep every night.

### **Action Steps**

1. Identify and write down three things that are preventing you from getting at least seven hours of sleep each night:
  
  
  
  
  
  
  
  
  
  
2. Do you have a general nightly routine that signals to your body it's bedtime? List that routine here, step by step. If you do not have a nightly routine for the majority of your nights, think about what relaxes you, i.e., hot tea, stretching, reading a book. List your nightly routine here:





## Week 3: Water

### Day 1

This week, as we study **WATER**, we're going to park our hearts, minds, and bodies right in John 4:1–42. I have included it in today's lesson. You can refer back to this day for reading and marking, or you can use your Bible. Either way is perfectly fine.

Remember, this week, we are focusing on and studying the amazing things the Bible has to say about water, but we are also going to continue to try our best to wake up early enough to get a workout in before our days start. Each week, we will be adding more principles to our daily tracker.

### Action Steps

1. Read John 4:1–26.
2. Underline the verses that refer to water (drink, water, well, thirsty...).
3. Write a letter to God, sharing what you are struggling with so far in this study. There is extra space included for you to write on the next pages. Be authentic; He wants to hear from you.
4. Weigh yourself today and record it in your daily tracker along with your food and water intake.
5. Make sure you drink at least 16 ounces of water within the first ten minutes of waking up in the morning.

When Jesus learned that the Pharisees had heard he was making and baptizing more disciples than John <sup>2</sup> (though Jesus himself was not baptizing, but his disciples were), <sup>3</sup> he left Judea and went again to Galilee. <sup>4</sup> He had to travel through Samaria; <sup>5</sup> so he came to a town of Samaria called Sychar near the property that Jacob had given his son Joseph. <sup>6</sup> Jacob's well was there, and Jesus, worn out from his journey, sat down at the well. It was about noon.

<sup>7</sup> A woman of Samaria came to draw water.

"Give me a drink," Jesus said to her, <sup>8</sup> because his disciples had gone into town to buy food.

<sup>9</sup> "How is it that you, a Jew, ask for a drink from me, a Samaritan woman?" she asked him. For Jews do not associate with Samaritans.

<sup>10</sup> Jesus answered, "If you knew the gift of God, and who is saying to you, 'Give me a drink,' you would ask him, and he would give you living water."

<sup>11</sup> "Sir," said the woman, "you don't even have a bucket, and the well is deep. So where do you get this 'living water'?" <sup>12</sup> You aren't greater than our father Jacob, are you? He gave us the well and drank from it himself, as did his sons and livestock."

<sup>13</sup> Jesus said, "Everyone who drinks from this water will get thirsty again. <sup>14</sup> But whoever drinks from the water that I will give him will never get thirsty again. In fact, the water I will give him will become a well of water springing up in him for eternal life."

<sup>15</sup> "Sir," the woman said to him, "give me this water so that I won't get thirsty and come here to draw water."

<sup>16</sup> "Go call your husband," he told her, "and come back here."

<sup>17</sup> "I don't have a husband," she answered.

"You have correctly said, 'I don't have a husband,'" Jesus said. <sup>18</sup> "For you've had five husbands, and the man you now have is not your husband. What you have said is true."

<sup>19</sup> "Sir," the woman replied, "I see that you are a prophet. <sup>20</sup> Our fathers worshiped on this mountain, but you Jews say that the place to worship is in Jerusalem."

<sup>21</sup> Jesus told her, "Believe me, woman, an hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. <sup>22</sup> You Samaritans worship what you do not know. We worship what we do know, because salvation is from the Jews. <sup>23</sup> But an hour is coming, and is now here, when the true worshipers will worship the Father in Spirit and in truth.<sup>[g]</sup> Yes, the Father wants such people to worship him. <sup>24</sup> God is spirit, and those who worship him must worship in Spirit and in truth."

<sup>25</sup> The woman said to him, "I know that the Messiah is coming" (who is called Christ). "When he comes, he will explain everything to us."

<sup>26</sup> Jesus told her, "I, the one speaking to you, am he."

<sup>27</sup> Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, "What do you want?" or "Why are you talking with her?"

<sup>28</sup> Then, leaving her water jar, the woman went back to the town and said to the people, <sup>29</sup> "Come, see a man who told me everything I ever did. Could this be the Messiah?" <sup>30</sup> They came out of the town and made their way toward him.

<sup>31</sup> Meanwhile his disciples urged him, "Rabbi, eat something."

<sup>32</sup> But he said to them, "I have food to eat that you know nothing about."

<sup>33</sup> Then his disciples said to each other, "Could someone have brought him food?"

<sup>34</sup> "My food," said Jesus, "is to do the will of him who sent me and to finish his work. <sup>35</sup> Don't you have a saying, 'It's still four months until harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest. <sup>36</sup> Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together. <sup>37</sup> Thus the saying 'One sows and another reaps' is true. <sup>38</sup> I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labor."

<sup>39</sup> Many of the Samaritans from that town believed in him because of the woman's testimony, "He told me everything I ever did." <sup>40</sup> So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. <sup>41</sup> And because of his words many more became believers.

<sup>42</sup> They said to the woman, "We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Savior of the world."



## Week 4: Word

*In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. All things were created through him, and apart from him not one thing was created that has been created. In him was life, and that life was the light of men. That light shines in the darkness, and yet the darkness did not overcome it.*  
*John 1:1-5*

### Day 1

By now, you might be starting to settle into what Gospel Centered Health looks like. As a review and reminder:

- We have committed to taking this slowly, step by step.
- We have declared that our early morning time of mindful movement is a sacred time.
- We have decided that God's timeline is forever, and we have no need to rush Him as we let Him minister His love over our minds, bodies, and spirits.
- We have focused on being one with Him, minute by minute, dependent on His promises.
- We are no longer on the world's timeline to heal our bodies of dehydration, sleep deprivation, shame cycles, and unhealthy habits.
- We are on God's timeline now, and we have decided His opinion cancels out any and all destructive messages from the fitness industry, other people, and, most of all, ourselves.

This week our focus is the **WORD**. Yes, you guessed it. **GOD'S WORD**.

While we move on to the next daily practice, we still want to continue to wake up earlier than we used to and get 16 ounces of water in our bodies as soon as possible. We also want to begin our day in mindful movement with Jesus before anything gets

the chance to steal this sacred time out from under our noses. Now, let's focus on letting His word penetrate our hearts and minds.

### Action Steps

1. Read John 1:1–5.
2. Now, read Genesis 1.
3. What does verse 26 say?
  - a) Who made man?
  - b) What do you think this means for John 1:3–5?
4. Are you still reading the Bible verse you taped on your wall the first week of the study?
  - a) Have you been reading it every time you step on the scale? I truly hope that you are, because those **WORDS** are true, and you need to let those **WORDS** soak so deeply into yourself (mind, body, and spirit) that you have memorized the message and know your worth in Christ.
  - b) Remember, in this study we do not memorize Bible verses – although there's nothing wrong with memorizing God's **WORD**. Instead, we want to let it penetrate our deepest internal lies, so there is no room left for the destructive and painful stories of the past that swirl around in our heads.
5. Have you been sticking to the meal plans you create each week?
6. Have you continued to leave those 1–3 habits in the past? What were those things? Write them here:

7. Weigh yourself today and record your water and food in your tracker.



## Week 5: Workout

<sup>10</sup> *Who can find a wife of noble character?  
She is far more precious than jewels.*

<sup>11</sup> *The heart of her husband trusts in her,  
and he will not lack anything good.*

<sup>12</sup> *She rewards him with good, not evil,  
all the days of her life.*

<sup>13</sup> *She selects wool and flax  
and works with willing hands.*

<sup>14</sup> *She is like the merchant ships,  
bringing her food from far away.*

<sup>15</sup> *She rises while it is still night  
and provides food for her household  
and portions for her female servants.*

<sup>16</sup> *She evaluates a field and buys it;  
she plants a vineyard with her earnings.*

<sup>17</sup> *She draws on her strength  
and reveals that her arms are strong.*

<sup>18</sup> *She sees that her profits are good,  
and her lamp never goes out at night.*

<sup>19</sup> *She extends her hands to the spinning staff,  
and her hands hold the spindle.*

<sup>20</sup> *Her hands reach out to the poor,  
and she extends her hands to the needy.*

<sup>21</sup> *She is not afraid for her household when it snows,  
for all in her household are doubly clothed.*

<sup>22</sup> *She makes her own bed coverings;  
her clothing is fine linen and purple.*

<sup>23</sup> *Her husband is known at the city gates,  
where he sits among the elders of the land.*

<sup>24</sup> *She makes and sells linen garments;  
she delivers belts to the merchants.*

<sup>25</sup> *Strength and honor are her clothing,  
and she can laugh at the time to come.*

<sup>26</sup> *Her mouth speaks wisdom,  
and loving instruction is on her tongue.*

<sup>27</sup> *She watches over the activities of her household  
and is never idle.*

<sup>28</sup> *Her children rise up and call her blessed;  
her husband also praises her:*

<sup>29</sup> *"Many women have done noble deeds,  
but you surpass them all!"*

<sup>30</sup> *Charm is deceptive, and beauty is fleeting,  
but a woman who fears the Lord will be praised.*

<sup>31</sup> *Give her the reward of her labor,  
and let her works praise her at the city gates.*

*Proverbs 31:10–31*

## Day 1

This week will feel like a bit of a break on reading, underlining, and looking up scripture. We will once again visit Proverbs 31 and camp out there while we do a lot of reflecting on our exercise patterns and workout routines.

I hope by now, you are beginning to formulate a new understanding of what health and fitness truly are through the eyes and heart of Jesus.

Let's recap:

- Week 1: We got organized. Remember, God is a planner, and we have an innate desire to plan. Be a planner, be organized, but also, follow the Holy Spirit's prompts as you plan your workouts, goals, and meals.
- Week 2: We studied rest, the limitations of the human body, and why the proper amount of sleep is critical for being able to wake up early and give our daily best to the work of God. We also looked at how the Proverbs 31 woman successfully got up early and accomplished so many healthy life goals.
- Week 3: We studied the woman at the well and established the significance of Jesus in our daily lives – how He purifies our hearts like water. We also established the significance of the actual location of Jacob's Well. We tracked our daily water intake and have continued that throughout.
- Week 4: We searched the scriptures to find three verses that pertain to our life circumstances. We established that Christ is the living Word in the flesh. We noticed that Jesus was present at the beginning of time; thus, He was aware that our bodies and minds have limitations, temptations, and frustrations. Last, we established that we can put on the armor and the Word of scripture as a protection against any and all self and outside shaming.

### **Action Steps**

1. Today, read Proverbs 31:10–31.
2. After reading it through once, go back and read it a second time. This time, like you did in Week 2, circle all the action verbs. After they are circled, list them in the space provided.

3. Once you have circled and listed the action verbs, list 10 to 20 actions that you do throughout your day that ultimately serve others.

4. Have you been using your daily tracker?

5. Did you weigh in today and record it? When you weigh in, are you reading the Bible verse you printed out and taped to the wall? Remember, we are retraining our brain to know our worth in Christ instead of in that dreaded scale.



## Week 6: Worship

### Day 1

This week, our focus is on how movement can be a daily act of worship and obedience. We will study different points of the Israelites' journey through the wilderness. Pay close attention, because we are going to work backward from Jericho to Mt. Sinai. The details truly matter in this study.

It is very important to NOT take God's word out of context and maintain the integrity of what God is pointing to in every passage. Remember, the people of the Old Testament did not have to go to the gym, make time for exercise, or do online workouts in their living rooms. Their bodies were naturally moving throughout the day; it was just a way of life.

We will look at specific instances when God asked the Israelites to intentionally move their bodies. I truly believe God knows that we learn, grow, and mature in wisdom when we use our bodily movements in a tactile, action-oriented format. Why does God understand this already? Because He created our physical bodies and set us apart from the animals, insects, and micro-organisms. He made us creatures that move across the land and have dominion over the earth.

In God's world, daily physical movement matters. Everything is moving, all the time. The earth moves in a slow circle; the birds fly in the sky. The earth shakes into earthquakes. The grass grows. The clouds shift. The dog wags his tail. Humans walk, run, and jump. By moving our bodies as we work, play, and interact with the world as Jesus did, we are living, breathing, and worshiping all day long.

When I study the Israelites, as a woman who values health and fitness, I notice these two things:

- The continuous storyline that leads to Jesus' physical body being a final sacrifice. He was beaten, bruised, and killed for our sins.
- The many instances of God using physical movement and actions to teach the Israelites how much He loves them or teach them a lesson (which, again, is an act of love).

### Action Steps

1. Read the account of when God's chosen people, the Israelites, finally broke into the land God had promised them. Remember, we are working backward, from this very significant event to their time in the wilderness, feeling lost, frustrated, and downright weary. Below, I have included this significant account from Joshua.
  - a. Read Joshua 6:1–20.
  - b. Underline or circle all the words that indicate they had to move their physical bodies. Specifically, look for these words:
    - i. March, marched
    - ii. Blow, blew, blowing
    - iii. Take
    - iv. Go
    - v. Move
    - vi. Carried

#### *Joshua 6:1–20*

*Now Jericho was strongly fortified because of the Israelites—no one leaving or entering. <sup>2</sup>The Lord said to Joshua, "Look, I have handed Jericho, its king, and its best soldiers over to you. <sup>3</sup>March around the city with all the men of war, circling the city one time. Do this for six days. <sup>4</sup>Have seven priests carry seven ram's-horn trumpets in front of the ark. But on the seventh day, march around the city seven times, while the priests blow the trumpets. <sup>5</sup>When there is a prolonged blast of the horn and you hear its sound, have all the troops give a mighty shout. Then the city wall will collapse, and the troops will advance, each man straight ahead."*

*<sup>6</sup>So Joshua son of Nun summoned the priests and said to them, "Take up the ark of the covenant and have seven priests carry seven trumpets in front of the ark of the Lord." <sup>7</sup>He said to the troops, "Move forward, march around the city, and have the armed men go ahead of the ark of the Lord."*

<sup>8</sup> After Joshua had spoken to the troops, seven priests carrying seven trumpets before the Lord moved forward and blew the trumpets; the ark of the Lord's covenant followed them. <sup>9</sup> While the trumpets were blowing, the armed men went in front of the priests who blew the trumpets, and the rear guard went behind the ark. <sup>10</sup> But Joshua had commanded the troops: "Do not shout or let your voice be heard. Don't let one word come out of your mouth until the time I say, 'Shout!' Then you are to shout." <sup>11</sup> So the ark of the Lord was carried around the city, circling it once. They returned to the camp and spent the night there.<sup>[a]</sup>

<sup>12</sup> Joshua got up early the next morning. The priests took the ark of the Lord, <sup>13</sup> and the seven priests carrying seven trumpets marched in front of the ark of the Lord. While the trumpets were blowing, the armed men went in front of them, and the rear guard went behind the ark of the Lord. <sup>14</sup> On the second day they marched around the city once and returned to the camp. They did this for six days.

<sup>15</sup> Early on the seventh day, they started at dawn and marched around the city seven times in the same way. That was the only day they marched around the city seven times. <sup>16</sup> After the seventh time, the priests blew the trumpets, and Joshua said to the troops, "Shout! For the Lord has given you the city. <sup>17</sup> But the city and everything in it are set apart to the Lord for destruction. Only Rahab the prostitute and everyone with her in the house will live, because she hid the messengers we sent. <sup>18</sup> But keep yourselves from the things set apart, or you will be set apart for destruction. If you<sup>[b]</sup> take any of those things, you will set apart the camp of Israel for destruction and make trouble for it. <sup>19</sup> For all the silver and gold, and the articles of bronze and iron, are dedicated to the Lord and must go into the Lord's treasury."

<sup>20</sup> So the troops shouted, and the trumpets sounded. When they heard the blast of the trumpet, the troops gave a great shout, and the wall collapsed. The troops advanced into the city, each man straight ahead, and they captured the city. <sup>21</sup> They completely destroyed everything in the city with the sword—every man and woman, both young and old, and every ox, sheep, and donkey.

2. Now, think of a time when you felt overwhelmed, trapped, and weary about losing weight. In the space below, write an account of when you finally conquered and accomplished your goal. If you do not have an experience like that from your past, write a new narrative for your future right now.



## Week 7: Work

### Day 1

Before we move any further into studying God's word, it is important to stop and reflect on how far we have come. Last week, we studied worship, and I explained how it brings all of these healthy principles together. Prior to that, we looked at the value of sleep, water, God's word, and exercise.

I hope you have been tracking yourself with your daily principles checklist. Every week, you added principles to dive in further and see yourself through God's eyes instead of the world's. I hope you have found a good rhythm of weighing yourself, eating healthy, reading God's word, and sticking to the workouts you have committed to. Healthy living truly does begin in your heart.

Before we dive into **WORK**, please be honest with yourself and God.

### Action Steps

1. Below, write a list of all the things you have discovered about yourself so far in this study. Some might be positive, and some might be things God is asking you to improve.
  
  
  
  
  
  
  
  
  
  
2. As far as the five principles we have discussed so far, which ones are you finding easiest to complete each day? Why?
  
  
  
  
  
  
  
  
  
  
3. Which ones have you struggled with accomplishing on a daily basis?

4. Let's pretend it was the best day ever, and you went to bed feeling successful and accomplished. Below, write in detail – from start to finish – how that day would look. Include times and details. Be creative; this is your best day ever.



## Week 8: Write

*Dear friend, do what I tell you;  
treasure my careful instructions.  
Do what I say and you'll live well.  
My teaching is as precious as your eyesight—guard it!  
Write it out on the back of your hands;  
etch it on the chambers of your heart.  
Talk to Wisdom as to a sister.  
Treat Insight as your companion.  
Proverbs 7:1–4*

### Day 1

Sometimes, journaling and writing – getting your thoughts down on paper – can be as effective as counseling. Writing is a way to process your pain, jot down tasks that are swirling in your head, plan for your success, or be creative. Writing will help you create a healthier and more positive life in four major ways:

1. When we write down our daily caloric intake, we practice portion control, accountability, and self-awareness.
2. When we take the time to journal our thoughts by writing letters to Jesus, we have an opportunity to be in a relationship with our Lord.
3. I fully believe that God is the master planner. Throughout the Bible, He shows us the best examples of His master plan that led to Jesus' coming. When we write our plans, we create successful strategies and tasks that help us reach our goals.
4. We can **WRITE** (or "etch," as Proverbs 7:3 says) positive words of affirmation, including God's word, all over our lives as a way to remind our brains of what God sees in us.

As it pertains to physical health, the most important principle about writing is keeping track of your daily caloric intake. Programs like Weight Watchers and Slim for Life are successful because both encourage food journaling – writing down every meal and snack – and portion control.

Fifteen years ago, when I first began coaching women in fitness, we used to write down every single food item we put in our mouth. If you're as old as me, you might remember that the most reliable tool for this was a very large book, called *Calorie King*. This book was huge, but we carried it around in our purses, diaper bags, and backpacks. In my personal training sessions, I would jokingly refer to it as the Calorie Bible. That thing worked, though.

Now, technology has led to that allow us to food journal straight from our phones. Thank you, Jesus!

### **Action Steps**

1. For the past seven weeks, you have been writing down your calories and meals like the old days. If you want to switch to an app like My Fitness Pal, go for it!
2. Self-accountability can be hard sometimes. Who can you ask to be your accountability partner in counting your daily caloric intake? Going forward, this will be critical.
3. Do you feel that you have a portion control issue? Do you often take seconds, or do you eat small, slow meals? Ask God to help you feel satisfied when you feel 80% full. Begin to understand what 80% full feels like and pray for the strength to resist the urge to take too much.
4. God's word can and will help remind us of the strength we have in Jesus. Read Proverbs 7:1–4, listed at the beginning of this lesson. What does "etch it on the chambers of your heart" mean to you? In other words, what does "etching it" look like in your life? For me, I have Bible verses and framed art all over my house. I need constant visual reminders. My friend Candace is amazing at memorizing the Bible. She "etches it" on her heart by memory. Write below how you will commit to "etching it" on your heart.