

4^{first place}health

Bible Study Series

walking by
faith

Christin Ditchfield

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Caution: The information contained in this book is intended to be solely for informational and educational purposes. It is assumed that the First Place 4 Health participant will consult a medical or health professional before beginning this or any other weight-loss or physical fitness program.

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foreword

I was introduced to First Place 4 Health in 1993 by my mother-in-law, who had great concern for the welfare of her grandchildren. I was overweight and overwrought! God used that first Bible study to start me on my journey to health, wellness, and a life of balance.

Our desire at First Place 4 Health is for you to begin that same journey. We want you to experience the freedom that comes from an intimate relationship with Jesus Christ and witness His love for you through reading your Bible and through prayer. To this end, we have designed each day's study (which will take about 15 to 20 minutes to complete) to help you discover the deep truths of the Bible. Also included is a weekly Bible memory verse to help you hide God's Word in your heart. As you start focusing on these truths, God will begin a great work in you.

At the beginning of Jesus' ministry, when He was teaching from the book of Isaiah, He said to the people, "The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favor" (Luke 4:18-19). Jesus came to set us free—whether that is from the chains of compulsivity, addiction, gluttony, overeating, undereating or just plain unbelief. It is our prayer that He will bring freedom to your heart so you may experience abundant life.

God bless you as you begin this journey toward a life of liberty.

Vicki Heath, First Place 4 Health National Director



about the author

Christin Ditchfield is an author, conference speaker, and syndicated radio host passionate about calling believers to a deeper life—the life that’s found in a deeper relationship with Jesus Christ. For over 25 years, she’s been encouraging people who love Jesus, teaching them to walk with Him on a daily basis so they can experience a richer, more meaningful relationship with Him.

As a professional freelance writer, Christin has written dozens of bestselling gospel tracts and hundreds of articles, essays, and columns for national and international magazines. She is the author of more than 70 books, including the First Place 4 Health Studies *A New Beginning*, *A Thankful Heart*, and *Living for Christ*.

Christin speaks at conferences, retreats, banquets, and brunches around the country. She hosts her own radio program, *Take It To Heart!*® heard daily on stations across the United States and around the world. She’s also a frequent guest on other radio and television programs such as *Live the Promise with Susie Larson* and *Family Life Today*. She holds a master’s degree in Biblical Theology.

In 2017, Christin married Christian speaker, scholar, and author Andrew Lazo. Together they are stubbornly resisting gaining “the newlywed 20” by going for long walks in their Houston neighborhood and competing in online fitness challenges with their family and friends.

For more information about Christin and her ministry, visit her website at www.ChristinDitchfield.com.



introduction

First Place 4 Health is a Christ-centered health program that emphasizes balance in the physical, mental, emotional and spiritual areas of life. The First Place 4 Health program is meant to be a daily process. As we learn to keep Christ first in our lives, we will find that He is the One who satisfies our hunger and our every need.

This Bible study is designed to be used in conjunction with the First Place 4 Health program but can be beneficial for anyone interested in obtaining a balanced lifestyle. The Bible study has been created in a five-day format, with the last two days reserved for reflection on the material studied. Keep in mind that the ultimate goal of studying the Bible is not only for knowledge but also for application and a changed life. Don't feel anxious if you can't seem to find the *correct* answer. Many times, the Word will speak differently to different people, depending on where they are in their walk with God and the season of life they are experiencing. Be prepared to discuss with your fellow First Place 4 Health members what you learned that week through your study.

There are some additional components included with this study that will be helpful as you pursue the goal of giving Christ first place in every area of your life:

- **Group Prayer Request Form:** This form is at the end of each week's study. You can use this to record any special requests that might be given in class.
- **Leader Discussion Guide:** This discussion guide is provided to help the First Place 4 Health leader guide a group through this Bible study. It includes ideas for facilitating a First Place 4 Health class discussion for each week of the Bible study.
- **Two Weeks of Menu Plans with Recipes:** There are 14 days of meals, and all are interchangeable. Each day totals 1,400 to 1,500 calories and includes snacks. Instructions are given for those who need more calories. An accompanying grocery list includes items needed for each week of meals.

- **First Place 4 Health Member Survey:** Fill this out and bring it to your first meeting. This information will help your leader know your interests and talents.
- **Personal Weight and Measurement Record:** Use this form to keep a record of your weight loss. Record any loss or gain on the chart after the weigh-in at each week's meeting.
- **Weekly Prayer Partner Forms:** Fill out this form before class and place it into a basket during the class meeting. After class, you will draw out a prayer request form, and this will be your prayer partner for the week. Try to call or email the person sometime before the next class meeting to encourage that person.
- **Live It Trackers:** Your Live It Tracker is to be completed at home and turned in to your leader at your weekly First Place 4 Health meeting. The Tracker is designed to help you practice mindfulness and stay accountable with regard to your eating and exercise habits. Also included are step-by-step instructions for how to use the Live It Tracker to your advantage.
- **Let's Count Our Miles!** A worthy goal we encourage is for you to complete 100 miles of exercise during your 12 weeks in First Place 4 Health. There are many activities listed on pages 255-256 that count toward your goal of 100 miles. When you complete a mile of activity, mark off the box listed on the Hundred Mile Club chart located on the inside of the back cover.
- **Scripture Memory Cards:** These cards have been designed so you can use them while exercising. It is suggested that you punch a hole in the upper left corner and place the cards on a ring. You may want to take the cards in the car or to work so you can practice each week's Scripture memory verse throughout the day.
- **Walking by Faith CD:** Listen to Scriptures and Scripture-based prayers set to soothing instrumental worship whenever you need them! Some include instructions for relaxation and gentle stretching; others highlight key verses and themes from this study.

Use each of these important tools found in this study to live a balanced and healthy life.

Week One

welcome to *Walking by Faith*

At your first group meeting for this session of First Place 4 Health, you will meet your fellow members, get an overview of your materials and find out what you can expect at weekly meetings. The majority of your class time will be spent learning about the four-sided person concept, the Live It Food Plan, and how change begins from the inside out. You will also have a chance to ask any questions about how to get the most out of First Place 4 Health. If possible, complete the Member Survey on page 205 before your first group meeting. The information that you give will help your leader tailor the next 12 weeks to the needs of the whole group.

Each weekly meeting begins with a weigh-in for members. This will allow you to track your progress over the 12-week session. Your Week One weigh-in/measurement will establish a baseline of comparison so that you can set healthy goals for this session. If you are apprehensive about weighing in every week, talk with your group leader about your concerns. He or she will have some options for you to consider that will make the weigh-in activity encouraging rather than stressful.

The day after your first meeting, begin Week Two of this Bible study. This session, you and your group will learn to overcome 10 major obstacles to health and wellness, walking by faith in the light of God's truth and the power of His Holy Spirit. As you open yourself to the truth of Scripture and share your hopes and struggles with the members of your group during the next 12 weeks, you'll find yourself becoming the healthy child of God you are designed to be!



Week Two

faith in the power of His provision

SCRIPTURE MEMORY VERSE

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.

2 PETER 1:3

It was a desperate moment. I cried out to God to please help me, rescue me, deliver me! I had fallen into a pit of despair. I felt so discouraged and defeated.

“Lord,” I pleaded, “I just need . . .”

What? What did I need? I couldn’t finish the sentence, because I wasn’t sure. I didn’t know what would “fix” me and my problems.

I was thinking specifically of my health and wellness journey. I so wanted to be fit and strong. I wanted to have energy and confidence. I wanted the self-control and self-discipline to honor God with my body and make wise and healthy choices. I wanted to stop being consumed with the never-ending battle to lose weight. I’d failed and fallen short so many times, gaining and losing the same 20, 50, 80-plus pounds. Over the years, I’d searched for the secret. I’d tried so many strategies without lasting success.

What could finally, once and for all, bring me victory? Was there a diet I hadn’t tried? (I don’t think so.) A special metabolism-boosting supplement? A particular exercise regimen or fitness gadget? (Again, I don’t think so—I’d tried almost all of them!) I was exhausted from the effort. Weary and worn out.

What was the secret—the key? What was I missing?

Flipping through my Bible as I pondered the question, I found myself in 2 Peter. The words of this week's memory verse leapt off the page: "His divine power has given us everything we need."

His power—God is the source. What I need comes from Him . . . it *is* Him.

Has given—meaning, "already." It's a done deal.

Everything—nothing missing or left out.

In my heart, I heard the question, *Do you believe this?*

Did I? I wondered. Did I really believe that God loved me enough to prepare in advance everything I needed to live a life that honors Him? A real, rich, full, and satisfying life—physically, emotionally, mentally, and spiritually (see John 10:10)? I thought of the dozens of other verses in God's Word that promised all the power, strength, grace, wisdom, discipline, and determination I needed to fight this battle and win.

"Lord, I do believe," I wept. In the words of the man in Mark 9:24, I prayed, "Help me overcome my unbelief!"

This week, we'll explore what it means to experience this life-changing truth—to take God at His Word and walk by faith in the power of His provision.

Day
1

WALK IN FAITH

Lord, teach me how to walk by faith in the power of Your provision in every area of my life. Help me to look to You for all I need.

Let's look at this week's memory verse in context. The book of 2 Peter is written to those who have received the gift of faith; in other words, those of us who believe and trust in Jesus for our salvation. It's a gift made possible through God's righteousness, goodness, and mercy—not any effort on our own (see verse 1). Read 2 Peter 1:1–4. What other gifts have we received?



How does Ephesians 1:3–8 describe these gifts?

According to Ephesians 2:1–5, how do we receive these gifts?

What do these gifts empower us to do (see 2 Peter 1:3–4; Ephesians 2:10)?

Lysa TerKeurst writes, “I am made for more than a vicious cycle of eating, gaining, stressing—eating, gaining, stressing. . . . I am made to rise up, do battle with my issues and, using the Lord’s strength in me, defeat them.”¹ Open your heart to a fresh start. Receive God’s mercy, His grace, and His mighty power to work in you and through you.

Thank You, Jesus, for calling me to be a part of Your family, Your church, and Your glorious eternal Kingdom. Help me to live a life that pleases You. Amen.

WALK IN POWER

Day
2

Father, great is Your faithfulness! All I have needed, Your hand has provided. I trust in Your mercy, goodness, and love.

Practice this week’s memory verse by filling in the blanks below:

His _____ power has _____ us _____ we need for a
_____ life through our _____ of him who _____ us by his
own _____ and _____ (2 Peter ____: ____).

In 2 Peter 1:3–4, we learn that God provides everything we need for a “godly” life. According to 2 Peter 1:5–8, what are the characteristics of a godly life? What Christ-like virtues does God want us to cultivate?

Why should we desire to develop these qualities (see verse 8)?

In *The Wellness Journey of a Lifetime*, Vicki Heath notes, “In our own strength we can modify our actions for a time, but we cannot maintain the changes without a deeper transformation.”² That’s why First Place 4 Health is not only about diet or health, but about “developing a relationship with a person—Jesus Christ. He holds the keys to our success. It is through Him that the power of transformation will come.”³

God produces the transformation—the “fruit” that enables us to accomplish all He has called us to do (see Galatians 5:22). He does His part. Our part is to participate in the process, to lean on Him, to learn from Him, and to grow in our wisdom and knowledge of Him. Turn to 1 Peter 2:9–11. What’s the bigger picture when it comes to our calling? What is our motivation?

What must we resist—and why (see verse 11)?

Read Ephesians 3:14–21. Write down the phrases that mention strength or power. Ultimately, where does the power come from—the power to resist sin, experience transformation, and grow in God’s grace?

“Prayer makes the heart large enough until it can contain God’s gift of Himself” (Mother Teresa).

Thank You, God, for loving me unconditionally. Thank You that the same power that raised Jesus from the dead is at work in me. Transform my heart and my life.

WALK IN TRUTH

Day
3

Jesus, I’m so thankful for these moments I get to spend with You. Lord, speak Your truth into my life today—Your servant is listening!

This may be the beginning of your journey to health and wellness, or it may be the next stage or season. The First Place 4 Health plan is designed to be uncomplicated, straightforward, and good for life. It teaches you how to bring your weight to a healthy level by choosing healthy foods in proper portions for your level of lifestyle activity. That’s it.

You’ll need to make some choices about your calorie range, what foods you’ll eat, and how often you’ll exercise. If you’ve tried to lose weight with other programs—or you’re constantly reading headlines about the latest diet trends—you may find yourself wrestling with conflicting ideas about “good foods” versus “bad foods,” the best time of day to eat, or how often to eat certain foods. What encouragement do you find in each of the following verses?

John 8:31–32: _____

Philippians 4:19: _____

James 1:5: _____

These truths apply to every aspect of your life, including your health and wellness journey. God cares about you and about everything that concerns you. Your body is His temple; you bring Him glory by taking good care of your health. You don't have to go in search of the latest and greatest superfoods, follow the most popular fitness gurus, or get more high-tech gear. You can simply trust God to show you what to do. He will guide you on the right path and give you light for the journey.

There were times the first believers struggled to follow through—even after they had received God's truth. What does Colossians 2:6–8 advise as it relates to walking by faith? How might you apply this to your own life and to your health and wellness journey?

Mary England Murphy writes, "Losing weight is not just a battle; it's a war—a lifelong war made up of daily battles. Battles fought not at the refrigerator, the dinner table, or the cookie jar, but in our minds and spirits."⁴ You can't allow yourself to be distracted, discouraged, or dissuaded from walking the path God has shown you. How does 2 Corinthians 10:4–5 say to respond to "arguments" that conflict with God's wisdom?

What battle strategy does Philippians 4:6–9 offer? What does God promise in return?

Lord, Your Word is life and truth, and I receive it with thanksgiving. Help me to be faithful to walk in the truth You have revealed to me this day. Amen.



WALK IN VICTORY **Day 4**

Jesus, You have triumphed over evil, sin, and death. You reign victorious over all the earth. Teach me how to be victorious in my own life today.

Reflecting on what you've learned so far this week, make a list of the things God has promised to provide for you—and all of us—“for life and godliness.”

Think about your health and wellness journey right now. What are some things God has already provided to help you accomplish His plans and purposes? (Think of the people, tools, information, resources, and motivation He has provided—what can you thank Him for today?)

Look up 1 Corinthians 10:13. As your journey continues, what else does God provide?

What encouragement does James 4:7 offer for times of temptation?

Take a few moments to read Psalm 18 (especially verses 1–6, 16–19, and 30–40). Write down key words and phrases that stand out to you in a



journal or in a blank space in this study. What do these verses declare about who God is (see verses 1–6, 30–31)?

What do these verses promise God will do for the righteous—for all who have been made right with God through the righteousness of Christ?

What “enemies” (challenges, obstacles, fears, trials) are you facing in your own life today?

How will you defeat these enemies? Where will you find the strength and the skill? Where does your victory come from (see verses 32–40)?

Lord, today I walk by faith in the power of Your provision. I know that in Christ, I have everything I need for life and godliness through my knowledge of You. Amen.

**Day
5**

WALK IN HOPE

Lord Jesus, guide me in Your truth and teach me to walk in Your ways, for You are God my Savior, and my hope is in You.

What would you like to see God accomplish in your life during this 12-week study? Do you have a particular objective in mind? Any specific

hopes and dreams? Prayerfully ask God to help you set a goal for each of the following areas of your life. (You may have more than one goal, but try to keep them as simple, specific, and focused as possible. Think about these 12 weeks only!)

Physical health: _____

Mental health: _____

Emotional health: _____

Spiritual health: _____

Remember, you're walking by faith—trusting God to accomplish in you and through you those things that only He can do. But it's up to you to do your part—to put in the time and effort, make good choices, and learn to take steps that help you develop the discipline and determination you need to succeed. Even in this, God promises to help if you ask Him. In the space below, list one specific step that you can take toward achieving each of your goals.

Physical health: _____

Mental health: _____

Emotional health: _____

Spiritual health: _____

Looking over these goals, you may feel motivated, energized, and inspired. You may also feel a little anxious, worried, or afraid you won't be able to achieve them. Turn to John 15:16. Write this verse in your own words, making it personal to you and your journey.

“We have accepted Jesus as our Savior; now we must accept Him as our Victor. When we do this, He lives His victorious life in us—He the Vine, we the branches” (Corrie ten Boom).⁵

Father, I commit my hopes, dreams, goals and plans to You. May each step I take on this journey be a step of faith that helps me bring glory and honor to You. Amen.

**Day
6**

REFLECTION AND APPLICATION

Thank You, Father, for teaching me to walk by faith and for providing for me the strength, skills, and resources I need to be successful on this journey.

In Scripture, God's people knew Him by many different names that described aspects of His character or other attributes. One of those names

was *Jehovah-Jireh*, which means “the Lord will provide” or “the Lord my Provider” (see Genesis 22:14). Philippians 4:19 reminds us that sometimes God calls us to do difficult things. He asks us to make sacrifices and give generously for His sake. But when we obey in faith, we experience the power of His provision. Take a few moments to write down some of the ways God has provided for you this week.

Here are a few tips to help you begin walking by faith in the power of God’s provision. Choose one or two to keep you focused this week:

- **Make a “to go bag” for your daily Bible study.** Take a basket, tote bag, or backpack and fill it with everything you need—your Bible, journal, pens, pencils, highlighters, cards to send to people you’re praying for. Keep it by your bedside or favorite chair, or take it with you to the park, the beach, the front porch—wherever you’ll have the time to do it.
- **Mark your calendar** with the dates of your First Place 4 Health group meetings. While you’re at it, schedule time for fitness—make appointments to meet up with a walking buddy, work out at the gym, or pop in your favorite exercise DVD. Make note of your goals as well.
- **Clear out the clutter!** Toss or donate food items that aren’t part of your Live It Plan. Do the same with old exercise gadgets you don’t use, leftover supplements, or “systems” that didn’t work for you. Don’t let memories of past failures discourage or derail you. Start fresh and stay focused!

- **Pass it on!** Give to someone in need as an expression of thanks to God for meeting your needs. Donate your time, expertise, food, clothes, or other household items. Give financially to a church or charity, or contribute a scholarship to someone who might not be able to afford First Place 4 Health member materials (talk to your group leader for more ideas).

“Let us approach these days expecting to see the goodness of the Lord manifest. Let us be strong and of good courage. The Lord will fight for us if we stand in faith” (Francis Frangipane).

Lord, You are my Father, faithful Provider, and mighty Savior. Help me to trust You more and more. I rejoice in what You are already doing in and through me.

Day 7

REFLECTION AND APPLICATION

God, thank You for loving me too much to let me go on living in spiritual poverty. Show me how to access the resources I need—the riches in Christ You have provided.

Every now and then, pop culture gives us a powerful example of a life-transforming spiritual truth. In a recent Star Wars movie, *The Force Awakens*, a scrappy young woman finds herself in a fight against a fearsome and far more powerful opponent. Despite being overmatched, the girl, Rey, makes the battle competitive because she has some serious skills. She’s strong, athletic, coordinated, has lightning-quick reflexes . . . and has fierce determination.

Her initial ability to hold her own against the evil villain is not a surprise to viewers, because she’s shown these qualities in her various adventures all along the way. But in the end, it’s not enough. She begins to falter, and it seems the battle is simply too much for her. That’s when (spoiler alert) she remembers what she’s learned about “the Force”—*a supernatural source of power to which she has access but hasn’t been using.*

All this time, she’s been fighting in her own power, strength, and wisdom. She’s been relying on her natural talent, skills, and experience. But

when she finally reaches the end of herself and relies on the Force, her skills skyrocket. And she finds victory.

This is a great picture of the difference between what Scripture calls “walking in the flesh” (your old ways) and “walking in the Spirit” (in Christ’s power and authority by His Holy Spirit). As Jesus said, “You shall receive power (ability, efficiency, and might) when the Holy Spirit has come upon you” (Acts 1:8, AMPC).

Don’t forget that on your journey to health and wellness, you will *always* need help. When you’re feeling weak *and* when you’re feeling strong, you will always need God’s Holy Spirit to lead you, guide you, teach you, train you, and empower you from on high.

When you and I refuse to act in our own flesh and choose instead to depend on the supply from our Father, heaven invades earth . . . Only through the living, present, indwelling Jesus and the wiring of His Spirit can eternal power flow (Jennifer Kennedy Dean).⁶

Keep looking to Him, reaching for Him, calling on Him every single day. That’s what it means to live “walking by faith.”

Lord, fill me with Your power, strength, wisdom, and grace. Raise me up to be a powerful and effective witness for Your kingdom and Your glory. Amen.

Notes

1. Lysa TerKeurst, *Made to Crave: Satisfying Your Deepest Desire with God, Not Food* (Grand Rapids, MI: Zondervan, 2010), p. 18.
2. Vicki Heath, *The Wellness Journey of a Lifetime* (Houston, TX: First Place 4 Health, 2015), pp. 27, 23.
3. *Ibid*, p. 103.
4. Mary England Murphy, *Winning the Battle of the Bulge: It’s Not Just About the Weight* (Tulsa, OK: Looking Glass Press, 2006), p. xi.
5. Corrie ten Boom, *Not Good If Detached* (Grand Rapids, MI: Fleming H. Revell, 1999), p. 95.
6. Jennifer Kennedy Dean, *Synced: Living Connected to the Heart of Jesus* (Birmingham, AL: New Hope Publishers, 2016), pp. 85–86.

Group Prayer Requests



Today's Date: _____

Name	Request

Results

Walk by Faith leader discussion guide

For the group meetings in this session, be sure to read and consider each week's discussion topics several days before the meeting—some questions and activities require supplies and/or planning to complete. Also, if you are leading a large group, plan to break into smaller groups for discussion and then come together as a large group to share your answers and responses. Make sure to appoint a capable leader for each small group so that discussions stay focused and on track (and be sure each group records their answers!).

week one: welcome to *Walking by Faith*

During this first week, welcome the members to your group, provide a brief overview of the First Place 4 Health program, and explain what is expected of the participants at each of the weekly meetings.

week two: faith in the power of his provision

As you begin to work through the *Walking by Faith* Bible study, be mindful there may be some in your group who have not done a focused Bible study before. Be sure to take some time at the beginning of this week's lesson to explain the importance of daily Bible study as an integral part of First Place 4 Health. Give group members who are new to the discipline the opportunity to ask any questions they may have about the process.

Ask volunteers to take turns reading from 2 Peter 1:3–8. What does “everything we need for a godly life” mean? What are some of the “precious promises” God has given to us in Scripture? How do these verses relate to our health and wellness journey? Can anyone give an example

of a time he or she experienced God's faithful provision in the past? What is the difference between God's part and our part in all of this—and what does it look like in real life?

Talk about the belief (we could call it a fear, hope, lie, or myth) that there's some magical key to weight loss we haven't found yet. How does that belief hinder us or sabotage our efforts?

Invite members to share their thoughts about the difference between trying every new health craze or diet fad and personalizing their plan in ways that work for them. How do we make the best choices for us—and stick to them?

Talk about setting goals. On a whiteboard or flip chart, make a list of key words for goal setting. Explain that our goals should be *specific* and *measurable*. Otherwise, how will we know we've achieved them? Goals should also be *reasonable*. Our expectations regarding weight loss, in particular, can tend to be unrealistic. Yes, we need to depend on God's grace and strength to achieve our goals, but it shouldn't take a miracle on the scale!

With this in mind, invite group members to share one of their specific physical, mental, emotional, and spiritual goals for the next 12 weeks, and one concrete step they plan to take toward achieving it.

Ask volunteers to take turns reading Jeremiah 29:11 and Lamentations 3:21–25 aloud.

As group members prepare to move forward into a new week, encourage them to let go of past failures and regrets, unrealistic expectations for the future, fear (or hope) there's something out there that will “fix” them, and instead fix their eyes on Jesus. Remind them this journey is about developing a relationship with Jesus, who holds the keys to our success.

Close with a prayer thanking God that in His love for us, He has already provided everything we need to accomplish His plans and purposes.

week three: faith in the power of partnership

Welcome the members and invite them to share any progress they've made and/or any positive steps they've taken toward achieving their goals this past week. Recite this week's memory verse together as a group.

First Week Meals and Recipes

DAY 1

Breakfast

½ medium cantaloupe, topped with
 1 cup artificially sweetened pineapple-flavored nonfat yogurt and
 ¼ cup Grape Nuts® cereal

Nutritional Information: 183 calories; 1g fat (4.2% calories from fat); 12g protein; 34g carbohydrate; 3g dietary fiber; 3mg cholesterol; 153mg sodium.

Lunch

Quick and Crunchy Chicken Salad

8 oz. diced cooked chicken breast	½ cup bottled Wish-Bone Citrus Splash Vinaigrette Salad Dressing®
1 16-oz. pkg. shredded cabbage with carrots slaw mix	1 15-oz. Mandarin orange sections, drained
¼ cup sliced red onion	4 cups chopped romaine lettuce
1 3-oz. pkg. ramen noodles, crumbled	

Combine chicken, slaw mix and red onion in a large bowl. Add crumbled ramen (save the seasoning packet for another use). Pour dressing over the top and toss well to coat. Gently stir in Mandarin orange sections. Spoon equal amounts onto each of four 1-cup servings of chopped lettuce. Serve each with 1-ounce breadstick. Serves 4.

Nutritional Information: 516 calories; 22g fat (37.5% calories from fat); 26g protein; 55g carbohydrate; 5g dietary fiber; 48mg cholesterol; 620mg sodium.

Dinner

Steak with Mushroom Sauce

2 2"-thick beef tenderloin steaks (about 1 lb. total), trimmed of fat salt and pepper	8 oz. mushrooms, sliced ¼ cup beef consommé ¼ cup whipping cream
1 tsp. olive oil	2 tsp. Dijon mustard

Season steaks with salt and pepper on both sides and set aside. Preheat olive oil in a large skillet over medium heat, and then add steaks and cook to

desired doneness, turning once (about 10 minutes total for medium-rare and 14 minutes for medium). Transfer steaks to warm platter. Use same skillet to cook mushrooms 4 minutes over medium heat. Stir in consommé, cream and mustard. Cook and stir over medium heat 2 to 3 minutes or until slightly thickened. Add more seasoning to taste, if desired. Slice each steak into 6 pieces and place 3 pieces on each of 4 plates. Top each with 2 tablespoons mushroom sauce. Serve with 1 *Twice Baked Broccoli Potato* and a 1-ounce dinner roll. Serves 4.

Nutritional Information: 610 calories; 38g fat (54.9% calories from fat); 30g protein; 40g carbohydrate; 6g dietary fiber; 104mg cholesterol; 392mg sodium.

Twice-Baked Broccoli Potatoes

2 medium-sized baking potatoes	1 tbsp. light margarine
2 cups frozen broccoli florets	salt and pepper
1 tbsp. light sour cream	1 tbsp. shredded 2% cheddar cheese

Wash potatoes and prick skin several times with fork. Place the potatoes in microwave-safe dish and microwave on high for 5 minutes. Turn the potatoes over and cook for 4 minutes. Let sit for 2 minutes, and then slice in half lengthwise. Scoop out the pulp (being careful not to tear the surrounding skin) into medium bowl. Add broccoli, sour cream, margarine and salt and pepper. Mix well and refill skins with pulp mixture. Top with cheese and microwave for 2 to 3 minutes. Serves 4.

Nutritional Information: 124 calories; 3g fat (17.4% calories from fat); 5g protein; 22g carbohydrate; 4g dietary fiber; 3mg cholesterol; 71mg sodium.

DAY 2

Breakfast

1 cup puffed-rice cereal
 ½ medium banana
 1 cup nonfat milk

Nutritional Information: 194 calories; 1g fat (3.6% calories from fat); 10g protein; 38g carbohydrate; 2g dietary fiber; 4mg cholesterol; 127mg sodium.

Lunch

Taco Pizza

½ lb. extra-lean ground beef	1 11.5-oz. pkg. refrigerated cornbread twists
1 medium green bell pepper, diced	
1 medium red onion, diced	1 cup shredded reduced-fat Mexican-blend cheese
½ cup prepared salsa (any kind)	

Preheat oven to 400° F. In medium nonstick skillet, cook ground beef, bell pepper and onion over medium heat until meat is browned. Drain and set aside. Unroll cornbread-twist dough—*but don't separate into strips*. Press dough onto the bottom of a 12" round pizza pan. Spread salsa evenly over dough, sprinkle with meat mixture, and then top with cheese. Bake for 20 minutes or until crust is browned. Cut into 8 slices. Serve with ½ cup Dole® tropical fruit cocktail in passion-fruit juice. Serves 4.

Nutritional Information: 555 calories; 22g fat (35.5% calories from fat); 24g protein; 65g carbohydrate; 7g dietary fiber; 47mg cholesterol; 1,258mg sodium.

Dinner

Cranberry-Apricot Stuffed Chicken Breasts

4 boneless, skinless chicken breasts (about 1 lb.)	½ cup dried cranberries, divided
1½ cups herb-seasoned stuffing mix	¼ cup light margarine, melted, divided
½ cup apricot all-fruit spread, divided	nonstick cooking spray

Preheat oven to 400° F. Place each chicken breast between 2 pieces of plastic wrap, and then pound lightly until breasts are about ¼" thick. Discard plastic and set chicken aside. In medium bowl, combine stuffing mix, ¼ cup cranberries, 1/3 cup apricot spread and 3 tablespoons margarine. Stir until moistened and then set aside. Combine the remaining cranberries, apricot spread and margarine in small bowl, and then stir well and set aside. Divide the stuffing mixture evenly among the four breasts. Fold the sides of each breast over the stuffing and roll up, securing with a toothpick. Place stuffed breasts in a 3-quart baking dish coated with nonstick cooking spray, and then bake uncovered for 15 minutes. Remove the breasts from the oven and brush cranberry-apricot glaze mixture over the top of each. Bake 10 to 12

minutes more. Serve each breast with 1 serving *Veggie Mash* and 1 whole-grain dinner roll. Serves 4.

Nutritional Information: 509 calories; 15g fat (27.3% calories from fat); 34g protein; 58g carbohydrate; 6g dietary fiber; 71mg cholesterol; 874mg sodium.

Veggie Mash

3 cups sliced carrots (peel before slicing)	½ 8-oz. container prepared French onion dip
2 cups coarsely chopped cauliflower	½ tsp. black pepper
1 cup coarsely chopped broccoli	

Place carrots in large saucepan, and then add water to cover. Bring to a boil and cook for 10 minutes. Add cauliflower and broccoli and cook 3 minutes more. Drain and coarsely mash the vegetables, and then stir in onion dip and black pepper. Serve warm. Serves 4.

Nutritional Information: 124 calories; 6g fat (42.1% calories from fat); 4g protein; 15g carbohydrate; 5g dietary fiber; 5mg cholesterol; 210mg sodium.

DAY 3

Breakfast

Turkey Bacon, Potato and Egg Scramble

2 slices turkey bacon, crisply cooked and crumbled	1 cup water
1/3 lb. small red potatoes (about 2 potatoes), cubed	2 tbsp. nonfat milk
2 medium eggs, slightly beaten (or ½ cup egg substitute)	dash of salt and pepper
	2 tsp. light margarine
	2 tsp. sliced green onions
	1 tsp. diced pimientos

Bring water and potatoes to a boil in a small saucepan. Let the potatoes cook 6 to 8 minutes or until tender, and then drain and set aside. In a small bowl, beat together eggs (or egg substitute), milk, salt and pepper with fork, and then set aside. Preheat a medium skillet over medium-high heat and add margarine. Sauté potatoes 3 to 4 minutes until slightly browned, and then add green onions and pimientos. Cook 1 minute more, stirring constantly. Pour the egg mixture over the potato mixture. As the mixture begins to set, gently stir until the uncooked eggs begin to cook and set. Cook 2 to