

# FASTER WAY

T O F A T L O S S<sup>®</sup>



**WEEK 6 DEVOTIONALS**  
VIP & COMMUNITY



## **MONDAY - Your Body is a Temple**

*Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy. (Exodus 20:8-11)*



Why is REST so important? Why does scripture instruct you to labor for six days, and to REST on the seventh? Have you ever thought that this verse doesn't apply to you and that you don't need rest?

Resting is a form of surrender, and when you yield to rest, it opens a pathway for restoration and healing to manifest in your body, and your life. The Creator of the world who was successful at creating heaven and earth, the sea, and all that is in them in six days also created a day of rest on the seventh day. What does this say about the power of REST? It is saying rest is necessary in order to successfully build and sustain something of value. This day of rest was just as important as all of the other days! You, my friend, your body, which is God's temple, is something of value. And if you think that skipping a day to rest is going to make you stronger, better and faster- think again!

In Isaiah 40:29-31 it says, "He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

God designed rest on purpose and for a purpose. As you rest, God is working. As you rest, God gives you strength so that you can take on new challenges. As you rest, He heals and repairs your body. As you rest, He transforms your mind so you can see the impossible as possible. As you rest, you recenter your body, your mind and your spirit to be ready for the next day! The enemy wants you to believe that the more work you do, the more successful you'll be. He wants you to believe if you work out more you'll reach your weight loss goals quicker. He wants you to believe if you eat perfectly each and every day, then you'll finally fit into those smaller jeans. This is just not true. The truth is that God is a gracious loving God who created you and knows exactly what you need. Rest is not a request, it is a requirement. When you don't rest it affects yourself and those around you and limits what you can do for Him!

So, don't skip REST day! Your temple needs it so God can successfully use you for His kingdom purposes. Embrace rest, trust in Him, and trust the process knowing that He is working all things together for your good.





## TUESDAY - Whole Foods

*But don't be so concerned about perishable things like food. Spend your energy seeking the eternal life that the Son of Man can give you. For God, the Father has given me the seal of his approval.*  
(John 6:27 NLT)



The number on the scale does not define you. It leads you to believe that if the number is going down, only then are you healthy, only then are you valuable, only then you can be happy. It's a trap that many have experienced and become obsessed with. But this is so very far from the truth. The truth is that the number on the scale is just a form of measurement and it does NOT indicate all of the amazing changes taking place inside of your body nor define who you are in Christ!

Many clients come into the FASTER Way obsessing about the scale, about what to eat and what not to eat, about working out, about tracking, about everything having to be perfect, or believing the lie that you just have to work harder and harder to see results. So much time is wasted thinking about food, worrying about avoiding certain foods, overthinking workouts, or the meticulous way of tracking. You get so distracted by being overly "concerned about perishable things" that you miss the calling God has on your life. He wants your energy put towards seeking eternal things!

Matthew 6:25-27 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

When you make a plan and add it to the FASTER Way app, then you can stop worrying about it, and move on with your day! Set it and forget it! Planning ahead allows you to stop using your energy on all of the details of your day, to start trusting God to take care of all of your needs, and to spend the majority of your time, thoughts, and energy seeking to honor Him by doing what He has called you to do!





## **WEDNESDAY** - Strength

*Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. Thus I do not run aimlessly, I do not fight as if I were shadowboxing. No, I drive my body and train it, for fear that, after having preached to others, I myself should be disqualified. (1 Corinthians 9:24-27)*



Do you remember the day you gave your heart to Jesus? That day marks the beginning of your new journey as a believer and your new relationship with Him.

Since that day, your faith has become stronger and more fulfilling as you continue to mature in your relationship with Christ by creating daily disciplines of reading the Bible, praying, worshiping and spending time with other believers.

Now, look back at your health journey from that day when you started as a brand new client in the FASTer Way to Fat Loss. You committed to becoming healthier through daily disciplines of whole food nutrition, intermittent fasting, water intake, macro tracking, exercise and positive mindset. As you have stayed consistent with these habits, you have seen yourself grow stronger and healthier focusing on progress over perfection. Your health journey doesn't end after 6 weeks, 10 weeks, 2 months, a year...it is an ongoing lifelong experience.

Your health journey is your "race." As Paul mentioned, you are an athlete training with purpose and on purpose. As you continue growing stronger with both your spiritual and physical disciplines, you are winning! Winning is not defined by a number on a scale, the size of your clothes, or even if you tracked your macros perfectly. Winning is defined by honoring God with your whole life! This is YOUR race! Run to WIN!





## **THURSDAY - Mindset**

*For you were bought with a price. So glorify God in your body.*  
(1 Corinthians 6:20)



How you think about your physical health can either HURT you or HEAL you!

The FASTer Way gives you a positive plan to follow. Since you started the program, you have been focusing on 30 min workouts, whole food nutrition, accountability through your coach, community with others, and leaning into progress not perfection. The goal of the FASTer Way is to change the mindset of the negative effects of “diet culture” and create a healthy and sustainable lifestyle that helps you walk confidently in your Kingdom Calling.

Correct thinking about your physical health comes from understanding that you don't own your body. God does. He bought them with Jesus's bloodshed on the cross. Now we are God's temple, His dwelling place, and we're responsible to be wise stewards of its care.

Focusing on how you move your body, the healthy choices you make, getting to bed earlier, unplugging from negativity, and PROGRESS over PERFECTION are all POSITIVE mindsets that will get you closer to your goals more than anything.

Since Jesus paid for your body with His own life...you are worth a lot! So take CARE of your body with proper nutrition, exercise and rest! And spending time in GOD'S word will always HEAL your HEALTH. In fact, God cares about your body as well. “They [our bodies] were made for the Lord, and the Lord cares about our bodies.” 1 Corinthians 6:13





## **FRIDAY - Victory**

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8-9)*



Write this verse on your mirror. Put it on a sticky note on your dashboard in your car. Add it as a screensaver for your laptop. Memorize this verse! Why? Because what you choose to think about will make or break your health journey. There will be points in your journey when you may feel discouraged about your progress because your body hasn't responded like you want it to. In these moments, you can choose to allow your thoughts to take either a positive path or a negative path. The positive path focuses on what is true, noble, right, pure, lovely, admirable, excellent and praiseworthy. Choosing positive thoughts is what helps you make opportunities out of obstacles. It is what will keep you going. It is what builds your confidence in who you are regardless of what size clothing you wear. It is what helps you to continue to grow closer to God as you lean into Him to help you with your health goals. In contrast, choosing the negative path is what allows lies to creep back in your mind again, it leads you to giving up, and it leads you to lack of trust in God's perfect plan for you.

According to the Mayo Clinic, focusing on positive thoughts can lead to a longer life, lower rates of depression, lower levels of stress and pain, greater resistance to sickness and disease, better coping skills and better overall mental and physical well-being. God purposely included this verse in His instruction manual for your life because He knew that it would benefit your **WHOLE** self - your body, mind and spirit! He loves you and wants you to choose the positive path in life so that you can make the most of every single day! When you choose the positive path, you can live your life with confidence with your eyes and heart focused on Him! When you choose the negative path, your eyes and heart are diverted because you've lost sight of the most important thing in your life - Him!

So, keep choosing the positive path. Keep looking up. Keep going! As you continue on with your health journey, dwell on things that are positive and uplifting! Celebrate how far you have come with anticipation of all that God has in store for you!

