

FASTER WAY

T O F A T L O S S [®]



PREP WEEK DEVOTIONALS

INTERMITTENT FASTING, WHOLE FOOD
NUTRITION AND WATER INTAKE



MONDAY - Your Body is a Temple

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your bodies.”
(1 Corinthians 6:19-20)



“Our bodies are a temple of the Holy Spirit.” You’ve heard this phrase before, but what does it even mean? What is a temple anyways? In the Old Testament, the temple was a sacred meeting place for the Israelites to worship and make sacrifices to God. King Solomon built the temple sparing no expense, and in fact, it took 7 years to build! It was a pristine, beautiful work of art, but it was also a place of holiness and reverence because God was there. Precise measures were taken to keep it clean and holy. Wow! Can you imagine what that would have been like to walk into the temple with so much awe for God, that you did everything to make sure that you were ready both physically and spiritually?

When Jesus came to the earth to die for your sins and then rose from the dead, He took away the need to have a temple in order to worship Him. Christians became God’s temple by having the Holy Spirit live inside of them when they ask Him to be their Lord and Savior. Because the Holy Spirit lives in you as He did in the Temple, in the same way, your body is to be a place of holiness and reverence. God expects you to present your body to Him as a living and holy sacrifice, pleasing to Him. (Romans 12:1)

How do you do this? You do this by taking care of your body, which is God’s temple that He has given you! This is what the FASTer Way is all about! Just as it was important to God for the Old Testament temple to be taken care of and treated with reverence, since your body is His temple now, He wants the same for your body. Your body is His! He loves you and wants the absolute best for you. You are made in His image. You are His creation. You have the honor and responsibility to be physically and spiritually healthy and love the body that He has given you!



TUESDAY - Fasting

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.” (Matthew 5:6 ESV)



In the FASTER Way Lifestyle, you have the daily invitation to practice intermittent fasting. Intermittent fasting is actually a biblical discipline that offers both physical and spiritual benefits! Isn't God so good that these complement one another? Yes, He is!

What this means for YOU, is that each evening when you hit start on your fasting timer and resist the temptation for your comfort food - for example, a midnight snack after a long, emotional day - you are instead offering surrender to the Lord with biblical fasting.

When you wake up in the morning and continue fasting, that time that you would have been thinking about what to make for breakfast becomes a divine invitation to lean into prayer and worship.

Biblical fasting brings you to a place of humility before the Lord and to a place of deep surrender. And in that surrender, you set aside your fleshly desires to be instead filled with peace that comes with inviting the Lord into the void left behind in that surrender. Physical healing happens when you practice intermittent fasting. But, want to take things to the next level? Allow this time of surrender to be a time to speak to your Good Father and hear what He would have to say to bring you into healing in your heart and soul.

Yes...this is a beautiful divine invitation to say YES every day. Amen!



WEDNESDAY - Whole Foods

“Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never go thirsty.” (John 6:35)



You may have entered the FASTer Way worried that you would be HUNGRY. After all, we have been taught that eating less is how you lose weight. Not here!

You may be quite surprised by how much food - real whole food - you will be eating in our program. In fact, we often hear our clients tell us how FULL they are! By focusing on eating things that “come from the ground or have a mother,” you are eating what GOD designed for you to eat so that you can thrive! People often overcomplicate what’s truly healthy for us to eat, but it really is this simple.

As much as the FASTer Way loves food and wants to create food freedom for you, God’s word tells us that true satisfaction only comes in knowing Him. The FASTer Way also wants you to experience the freedom that only God can provide for you when you are “hungry” for Him and allow Him to fill the void in your life designed for Him. You were created to be in relationship with Him and to rely on Him alone to meet ALL of your needs.

Maybe you struggle with relying on food to fill the void in your life, yet you long for food freedom! Today, the FASTer Way encourages you to allow the whole foods that God has given you to take care of your physical nourishment and to find your satisfaction in God alone!



THURSDAY - Mindset

“Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me His own. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,” (Philippians 3:12-13)



Do you struggle with perfectionism? It can be crippling! It can cause you to give up and quit before even getting started. Here at the FASTER Way, we focus on PROGRESS over PERFECTION. We know that you will learn as you go by staying connected and engaged through our community and to your coach.

In the above scripture, Paul talks about not being PERFECT, but still PRESSING ON! God wants you to strive to be like your Lord Jesus in your words and actions. God also knows that if you ever reached “perfectionism” here on earth, you wouldn’t need Him. The calling of “be Holy because I am Holy” is the standard to which you are called, and the standard to how you measure PROGRESS in your spiritual journey.

How is PROGRESS measured within the FASTER Way? Because God uniquely created each person, everyone’s journey and progress will look different. Counting progress as victory could include choosing water over soda, planning out your meals for the week, tracking your macros consistently, getting more steps in throughout the day, or lifting heavier weights. It’s all PROGRESS and it’s all honoring to your body, to your journey and to the Lord.

This is not an excuse to be complacent on your journey, but a challenge to make small improvements each day.



FRIDAY - Victory

“See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!”

(1 John 3:1)



NOT WORTHY.

Is that what you see when you look at the SCALE?

If you stepped on the scale daily or weekly it would probably continue to say...NOT GOOD ENOUGH. So why is it so many people WORSHIP THE SCALE and look to it to DEFINE what is good enough for them?

The scale is a LIAR. The TRUTH is, your body is a temple and created by God for a purpose. It's your job to take care of it! And we believe that's why you are here. You desire to honor God not only with your actions but with your physical being, as well.

Your worth or value is not found in what the scale says. You are worthy because you are HIS. You are worthy because you are a child of God! As believers we can HONOR Him with how we take care of and treat the body we have. It truly is an act of worship to treat yourself with care and respect and that is what He wants in return from us...WORSHIP.

In the FASTER Way, you will FREE yourself from the number on the scale, in part by rejoicing in your Non-Scale Victories every Friday! This practice will help you create a healthy relationship with food, with yourself, and with your creator. By treating your body as a temple of the Holy Spirit, you will walk in the confidence of who you are and be all you can be! Are you ready to begin?

