

# FASTER WAY

T O F A T L O S S <sup>®</sup>



**WEEK 2 DEVOTIONALS**  
MACROS AND CARB CYCLING



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

*“So, whether you eat or drink, or whatever you do, do all to the glory of God.” (1 Corinthians 10:31 ESV)*



What you choose to eat or drink might not seem like a way to bring glory to God, but as you can see from this verse - it is! Whatever you do should bring glory to God, because all that you have is from God. You learned last week that your body is a Temple of the Holy Spirit, therefore what you put into it and what you do with it carries a great deal of importance. You can bring glory to God by fueling your body with whole foods, as He created them, so that you have the energy to fulfill the purpose He has given you. If you are consuming junk foods, you may end up feeling like junk. When you feel like junk, you are not performing at your best, and therefore aren't glorifying God with your actions.

When your body is fueled with whole foods, you will have a clear mind to focus on what is important and you will have the energy to live out your purpose and thrive as God created you to do! When you have a clear mind and energy you can be sure to show glory to God!

What does it mean to bring glory to God, though? Simply put, it means bringing praise to God. Treating your body (the temple of the Holy Spirit) well by fueling it with whole food nutrition is a way to praise God for the body He has given you! No matter what your body looks like in this current season, or what it is capable of at the moment, you can praise God by honoring Him and consuming the foods He has created for you. God is to be praised in everything you say and do because He alone deserves it.





## TUESDAY - Whole Foods

*“It is a gift from God to be able to eat and drink and experience the good that comes from every kind of hard work.” (Ecclesiastes 3:13)*



As you continue on your FASTER Way journey, you will begin to learn that FOOD is not the enemy. In fact, food is designed to fuel you and give you the energy you need to walk out in your calling and purpose. Everyone has a unique calling on their lives, a job they do and a community they are part of. When you fuel your body with the best choices, you are going to feel your best and be able to give your best to each area of your life.

This week, you are learning all about MACROS (carbs, proteins and fats) and how each one of these food groups are important to fueling your body optimally. Each one plays its own unique role in filling your energy tank! Here's the thing, you need ALL of them! You don't need to eliminate a certain food group from your "diet" to see results, you can enjoy all of them! (And everyone said, AMEN!)

But, the SPECIFIC types of food you are eating do matter! Whole foods full of fiber, protein, healthy carbs and fats are satisfying. Empty foods will only leave you craving more junk. As you continue to grow stronger in this journey and work towards your goals, the food you choose to fuel your body does matter.

Food truly is a gift from God! It is meant to be enjoyed, not to enslave you. As you begin to change your mindset and cravings, let God create a new relationship with food in you so that you may have the energy you need to walk in your true calling!





## **WEDNESDAY - Strength**

*"I have the right to do anything," you say—but not everything is beneficial.  
"I have the right to do anything"—but I will not be mastered by anything.  
(1 Corinthians 6:12 NIV)*



Learning to take control of your health and your cravings is as much of a spiritual journey as it is a physical journey. The more you feed an appetite or craving, the more it will grow. This is true for anything, both healthy and unhealthy appetites related to food, exercise, social media... There are so many opportunities at your fingertips, and God gives you the freedom to choose what becomes part of your life. But with this freedom comes responsibility.

The more the appetite grows, the more your life becomes shaped by these cravings. What you become is a direct result of these cravings. Everyone has experienced losing control and giving in to cravings - sometimes, way overboard. It not only causes physical discomfort, but it also results in a bondage of regret and grief from the fact that you let food (or any other craving) have that much power over you, again. This can be a vicious cycle if you don't learn to control your cravings.

This does not have to be your story ever again. God purposely designed you to crave, but He designed for your number one craving to be for Him and Him alone. He wants you to want Him more than anything else. God wants you to seek Him through your struggles with cravings. He wants you to ask Him for the strength to say no, to submit all of your cravings under His control and to allow Him to help you get through each temptation. As you do this, you will find that you are deepening your relationship with God, which is exactly what He wants and why He designed you with cravings - so that you would learn that only He can fill these cravings!

You are made for more than giving into your cravings. You are made for more than repeating the same old habits and giving into food or your flesh. He wants you to crave Him, take responsibility for the freedom He has given you, and lean into His strength to help you develop the power of discipline in your health journey.





## **THURSDAY - Mindset**

*“For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.” (Romans 7:19-20)*



The STRUGGLE is REAL! Read that again....

The struggle IS real.

In case you thought you were the only one who struggled to do the things they know they should be doing, and to stop doing the things they shouldn't, take heart - you are not alone!

In Romans, Paul writes that he too understands this universal human conflict. And instead of saying, “just try harder,” he reminds everyone that making mistakes is an inevitable part of being human because everyone has a sin nature.

There will be moments in this journey where you may not adhere to every part of the program. There will be days where you may feel like the obstacles in your path are greater than your ability to persevere. The Enemy will take those real struggles and whisper lies like, “What's the point?” “You're never going to do this right.” “Just quit and save yourself the frustration.” When those lies hit your ears, we want you to shout in response, “Progress over Perfection!”

The FASTer Way wants to see you celebrate your non-scale victories such as achieving your intermittent fasting schedule, reaching your macro targets, and developing consistency with your workouts! We know that seeing yourself as strong and capable will motivate you to keep pressing on!

Hold fast to the truth that the God who created is still AT WORK in you. You have a kingdom purpose in this life on earth and who other than the King of Kings to lead you into that purpose by the power of the Holy Spirit!





### **FRIDAY - Victory**

*“No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it.” (1 Corinthians 10:13)*



Did you face some temptations this week? It's likely you did. In your first week, you were so excited and wanted to get everything just right, but at this point, maybe some of the excitement has worn off. Perhaps you are exhausted from the workouts, or you're craving a sip of something other than water. That's ok! In fact, that's normal. It's one of the reasons the FASTER Way focuses on PROGRESS, not PERFECTION, and still includes treats!

You will face temptations in life. Sometimes out of the blue, and sometimes because of choices and situations you find yourself in. God knows this. He knows you would be tempted. He knows the enemy will find your weaknesses and want to keep you defeated. BUT GOD! His Word is true and He tells you that He will provide a way out when you're faced with temptation.

Cravings and temptations create a sense of urgency to satisfy them right away, but that is the lie of temptation. The FASTER Way offers sustainable solutions to temptations you may face. The FASTER Way doesn't deprive you of any food groups, plans treat days, creates a community for support, and educates you so that you can walk in confidence that you are on the right path.

It's easy to forget to ask God for help when faced with temptations. You may think it's a silly prayer or underestimate the power of our God. But know this, God is more powerful than any temptation you face, and He will provide a way out!

