

FASTER WAY

T O F A T L O S S [®]



WEEK 3 DEVOTIONALS
EXERCISE PAIRED WITH
NUTRITION



MONDAY - Your Body is a Temple

“You realize, don’t you, that you are the temple of God, and God himself is present in you? No one will get by with vandalizing God’s temple, you can be sure of that. God’s temple is sacred—and you, remember, are the temple.” 1 Corinthians 3:16-17 (the Message)



This verse sounds harsh, but it’s because God is serious about you taking care of yourself!

When you think about your body, maybe you need a NEW perspective. Do you realize that not only were you designed, thought about and created by the one true living God, but His workmanship is the finest!

When He created you, He made a masterpiece.

King David realized this in Psalm 139:13-14 saying, “You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.”

When you begin to think like this, you realize how wonderful and miraculous your body is. The Creator of the universe made YOU and He knew exactly how to put you together, so that you can live out your life operating in good health. Everything about you was lovingly designed by Him. Friend, because your body is a temple, He also gave you the Helper to take care of it. Who is this Helper? It’s the Holy Spirit!

Your body is a temple of the Holy Spirit (1 Corinthians 6:19-20) and you can partner with Him in taking care of where He resides. This is GREAT NEWS! With this new perspective, you now know that your FASTER Way to Fat Loss journey doesn’t have to be done in your own strength or based on your willpower. You have the Holy Spirit living within you who knows how to take care of the temple and partner with Him in taking good care of it!



TUESDAY - Whole Foods

“The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring.” Isaiah 58:11 (NIV)



Can you remember a time when you were so thirsty or hungry? Maybe you felt weak, lacking energy and unable to focus until you ate or hydrated your body. Once you fueled and hydrated you felt like a new person, ready to go about your day! In the FASTer Way, you're learning the importance of fueling your body with enough of the right macronutrients at the right time. You're learning to eat food in its most natural state; the way God created it! When you do, you feel so much better when your body is properly hydrated and fueled.

It's the same way with your spiritual health... When you spend time with God to refill and refresh yourself, you are like a well-watered garden that creates an environment for growth and abundance! As you continue to invest in your health and take care of your body, you will continue to be productive and do it with strength and energy that God provides!

Recognizing and posturing yourself each day to “drink up” and enjoy time in prayer and in God's Word will give you that spiritual water that you need to keep yourself fueled, strong and energized!



WEDNESDAY - Strength

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness...Ephesians 6:10-18 ESV



There are certain tools that God gives you to fight. In the spiritual, He gives you the armor of God. These tools help you to stand against an enemy who is trying to attack you and get you to believe lies about yourself and move away from a loving God. In the natural, God gives you a tool to help you stand when you feel weak and you want to give up. What is this tool? Relationships.

You see, God did not mean for you to live your life alone. Throughout scripture, you are encouraged to bear one another's burdens (Galatians 6:2), be open and confess our shortcomings with those close to you when you mess up (James 5:16), and to seek wise counsel before you make any significant life plans (Proverbs 15:22). In other words, if you want to stay on the path that God has for you, you need people around you who will walk with you and help you along your journey as you strive to become the person that God has for you.

As you've started your program with FASTer Way, you've set out to do something incredible. You're changing habits, breaking strongholds that food has had on you, and you're allowing God to change how you've seen yourself for years.

That is HARD!

But, you don't have to do it alone (and hopefully you're not!). One of the great things about the FASTer Way is that it is not just a program, it's a community. If you're having a tough day, reach out to your coach and post in the Facebook group to allow the people God has put around you to encourage you to crush your goals!



THURSDAY - Mindset

“Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward in both this life and the next.”

1 Timothy 4:8



The FASTer Way loves fitness! The FASTer Way loves to be strong and capable and ready for life. Taking care of your body is important, it's pleasing to God and it's a God-honoring way to spend your time. While the FASTer Way encourages you to make exercise a part of your daily rhythm for many physical benefits, it also wants to make sure that you know that above all else, it's God's desire for you to have a close relationship with Him.

Each day, you “get to” honor God with your body, His temple, through physical exercise by doing your FASTer Way workouts, going for a walk, playing with your kids, or training for a race. Choosing to focus on what you CAN do to make exercise a part of your lives is a celebration of the body that God has given you. Your physical exercise and your spiritual exercise go together!

Spiritual exercise is anything that will bring you closer to God and strengthens your relationship with Him. These devotions, your daily quiet time in the Word and prayer, and taking time to worship in song or meditation are things that would be considered spiritual exercises and are excellent ways to prioritize your relationship with God. The reward promised when you spiritually exercise is closeness with your Father in this life and eternal life with Him thereafter!

Being healthy involves your whole self. When you strive to be spiritually healthy, it will spur you on to being healthy physically as well because your desire to honor and please Him will grow! As your relationship with God grows, you'll want to take care of what He's given you more, and you'll strive to be healthy in all areas of your life! As you keep Him your #1 priority in your health journey, He'll help you with everything else!



FRIDAY - Victory

"I can do all things through Christ who strengthens me." Philipians 4:13 (NKJV)



Think about how it feels being STRONG! Not only does it feel good physically, but it builds your confidence too! This week, were you able to do something you have not done in awhile? Were you able to work harder at something and that felt rewarding to you? You've been putting in the work from lifting heavy things so you may be noticing you're getting stronger and starting to see your muscles develop. Keep working, friend!

There's more than just becoming physically strong...God also calls you to be spiritually strong! As you read today's scripture, you can get a better context of what Paul meant when he spoke about being able to do all things through Christ who gave him strength. Philipians 4:12-13 says, "I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry. Whether living in plenty or in want. I can do all things through Him who gives me strength."

Here you begin to understand the VALUE and IMPORTANCE of being spiritually strong. There will be days when you have challenges, disappointments and may not feel strong enough to get through your day, but knowing the One who makes you spiritually strong enables you to do ALL things! You can have peace, joy and contentment regardless of your circumstances. If you have Jesus, you have more than enough and you can be strong enough!

