

# FASTER WAY

T O F A T L O S S <sup>®</sup>



**WEEK 5 DEVOTIONALS**

MINDSET



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

*Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. (James 1:2-4)*



When you began your health journey, you may have had a vision of what you wanted to look like or accomplish as you began your FASTER Way journey. Maybe you saw a number on the scale that you wanted to reach (although you've learned that a number on a scale does not measure your changing body composition!!).

Maybe you saw yourself wearing your favorite pair of jeans that you have not worn in a long time, or maybe you saw yourself smiling in a family photo, so proud of the healthier person you've become. Although you may not have reached those goals YET, continue to hold that vision high as you move through your journey. That vision can become cloudy when comparison starts to creep in. Teddy Roosevelt said, "Comparison is the thief of joy." How true that becomes when you look at what others are doing or the results that they are getting. How easy it is to get so distracted by comparing yourself to others that you forget to acknowledge all the great things you've accomplished so far!

All of the little things that you've been challenging yourself with are making a difference. In James it says that the challenges you face in life produce steadfastness and completeness. As you continue to pursue your goals, allow God to help you embrace the challenges, be steadfast, stay the course, hold to the vision you set for yourself when you started, and you will become the healthier version of yourself that you set out to be! TODAY, revisit that vision you set for yourself and let that serve as a reminder of why you came to the FASTER Way! Friend, you are getting closer, just keep going!





## TUESDAY - Whole Foods

*For you have been called to live in freedom, my brothers and sisters. But don't use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love. So I say, let the Holy Spirit guide your lives. But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives. (Galatians 5:13, 16, 22, 25)*



Prioritizing whole foods gives your body the fuel it needs so that you can be your best and live out God's calling in your life. But what about alcohol? Is that a whole food? Does it fit into your health journey? Should it? More importantly, what does the Bible say about it? Is it wrong to drink alcohol?

First, look at what the Bible says about alcohol. In it, you'll see many stories about alcohol being served and enjoyed at dinners, weddings and other occasions. So, the Bible is not inherently against drinking alcohol. BUT, the Bible is very clearly against getting drunk or letting it have control over you. Ephesians 5:18 says, "Do not be drunk with wine, which will ruin you, but be filled with the Spirit." As we read in Galatians, God gives you freedom to make choices. Choosing to have alcohol or not is one of those choices. Even though He gives people freedom, because He loves them He also gives people guidelines as to how to make wise choices that honor and please him. 1 Cor. 10:31 says, "So whether you eat or drink, or whatever you do, do all to the glory of God."

In regards to whether or not alcohol should fit into your health journey, it's important for you to remember your goals. Knowing that when you consume alcohol your body prioritizes metabolizing it over anything else and may slow your progress down, ask yourself whether or not it is best for you right now. Can you have an adult beverage on date night? That is up to you. Ask yourself these questions: Does it fit into my plan for reaching my health goals? Does it fit into my macro plan for the day? Most importantly, is it helping me or keeping me from being led by the spirit and bringing glory to God?





## **WEDNESDAY** - Strength

*“So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you.” (Deuteronomy 31:6)*



Have you heard the phrase “Be Strong and Courageous?” In this passage, Moses was speaking to Joshua prior to his death. He knew his time on earth was coming to an end and he was preparing Joshua for what was ahead. So you see, when Joshua later heard the phrase “be strong and courageous” from God, it was a reminder of what Moses had already told him.

Moses knew that when we look at situations and struggles through the lens of the human eye, it can appear daunting, scary and often impossible. It can be easy to panic, to be anxious and to be afraid. But he also knew that when you stand on the promises of God, you don’t have to be scared or anxious, you simply need to rely on the strength of the One who goes ahead of you and prepares the way. His life was full of examples of how his strength and confidence in God delivered him and the Israelites from danger and starvation and towards God’s promises.

As you are making exercise a habit and building strength in your body, you might look at the moves listed under the workout and start to panic or talk yourself out of doing the hard things. But what if instead, you reminded yourself to “Be strong and courageous” as you pushed play? What if you gave it your all and didn’t let fear and anxiety settle in? Choose to trust in His strength and confidence, choose to challenge yourself, and choose to focus on who you are becoming each and every day that you show up!!





## **THURSDAY - Mindset**

*We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. (Romans 5:3-4 NLT)*



“My problems have a purpose.” Read that again. Say it out loud.

Paul writes this verse, not from a palace or a church, but from a prison cell. He doesn't write this from a place of comfort, but a place where problems and trials were all around him. Paul has an intimate knowledge that the problems in your life are a tool that God uses to grow you into the person that He's created you to be. In fact, he says that:

Problems → Endurance → Strength of Character → Confidence in God

God is working through your problems, too. He is using them to grow endurance in you. Can you feel it? Every time you decide to keep going vs. give up, your character gets stronger. Can you sense it? As your character grows stronger, you are becoming more reliant on the Holy Spirit who is there to help you in your circumstance. Do you feel Him?

This is why Paul says that you can rejoice when you face trials. It's because your trials mean that God is drawing you closer to Him, which is worth rejoicing over!

In your FASTer Way journey, you are faced with challenges having to do with your way of thinking, eating, and living, but you are overcoming them! Your endurance is growing, your character is getting stronger, and you probably feel more like yourself than you have in a long time. This is because God is intently working in you and for you in every circumstance each and every day!

Keep going because: “My problems have a purpose.”





## **FRIDAY - Victory**

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:4-7)*



When you look for ways to celebrate at the end of each week, you may think about victories having to do with tracking your foods, drinking more water or even increasing your weights. All these things are definitely areas to celebrate, but today think about having victory over your thoughts.

Your mind is valuable territory and can truly dictate how you treat yourself and others. The enemy also knows this and will take every opportunity he can to create doubt, fear and anxiety. These crippling thoughts can literally defeat you before you even get started. Maybe you have found yourself in this situation today or in the past. Friends, let's cling to the TRUTH of God's Word and what it tells those who will listen.

You are given action steps in the scripture above on how you can have VICTORY over things that defeat your thoughts.

**REJOICE:** Find ways to honor God with your actions, including what you eat and how you move your body!

**PRAY:** Let God know where you need victory! Lay these worries at His feet and allow Him to work.

**GIVE THANKS:** Thank God daily for what He is doing in your life today and where He is taking you on this journey.

When you let your daily actions include these practices, His Word promises to give you PEACE and to guard your HEART and MIND from the distractions of the world. This is where you can walk in absolute VICTORY throughout your day.

