

HOMEWORK FOR WEEK BEFORE: NONE
SCRIPTURE READING: NONE

ALL IN

WEEK #2: PHYSICAL RESILIENCY

Mark 12:30 - "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

DID YOU KNOW...

55% OF AMERICANS SAY THEY ARE TEMPTED TO OVEREAT.

36% OF ADULTS WHO LIVE IN THE U.S. ARE OBESE.

17% OF CHILDREN AGED 2—19 YEARS ARE OBESE = 12.5 MILLION

\$147 BILLION = THE ESTIMATED MEDICAL COST OF OBESITY IN THE U.S. IN 2008.

BEING "ALL IN" PHYSICALLY MATTERS...

1. ...because who I am is a **God** thing!

a. From the time I was **conceived**.

- Psalm 139:13-16 - *For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body.*
- Ephesians 2:10 - *We are God's workmanship...*

b. From the time I was **reborn**.

- 1 Corinthians 6:19 - *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; 20 you were bought at a price. Therefore honor God with your bodies.*

2. ...because how I live is a **God** thing!

- Romans 12:1,2 - *Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.*

- 1 Corinthians 10:31 - *So whether you eat or drink or whatever you do, do it all for the glory of God.*
- Ephesians 2:10 - *For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

Points to Ponder

- 1) Why is it so important to have the proper motivation for being physically resilient? How will that impact your decisions and plans when it comes to taking care of yourself physically?
- 2) What is the first thing you need to change when it comes to your physical resiliency? Why? What benefits do you believe you will see when you make the change? What are the obstacles that have held you back in the past...what with God's help will you do to overcome them?

Homework: Develop a physical resiliency plan for 2014. Share it with someone who you can discuss it with and who will hold you accountable. Here are some ideas to keep in mind:

- Set 1 to 2 very specific goals and share them! (Ex: Lose 20 pounds by Feb. 28)
- Start simple...workout 3-4 times a week, 30 minutes a day, something you enjoy! Make it regular, but start slow.
- Eat smart - get informed on nutrition, eat more often, eat proper portions, and avoid "bad" foods.