



TOTAL TRANSFORMATION

Step-by-step guide to a life transformed. Spiritually. Nutritionally. Physically.

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Tina Danielson Certified Personal Trainer

1 BODY MINISTRIES

Total Transformation | 4th Edition

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Table of contents

Acknowledgements	i
About the Authors	ii
About 1 Body Ministries.....	iii
Foreword.....	v

Introduction 1

WEEK 1: Tell Your Story 2

DEVOTIONAL - DAY 1..... 2

PHYSICAL – MIND-SET 2

10 Tips to Train SAFE! 4

Exercise Readiness Questionnaire..... 5

Fitness Assessment..... 6

Body Mass Index (BMI)..... 6

DEVOTIONAL - DAY 2..... 7

NUTRITIONAL – HEALTHY MEASUREMENTS 7

How to Measure Healthy Weight Loss..... 8

NUTRITIONAL ACTION PLAN 9

DEVOTIONAL - DAY 3..... 10

PHYSICAL – COMMITMENT 10

DEVOTIONAL - DAY 4 11

NUTRITIONAL – WONDERS OF WATER..... 11

Dehydration..... 11

Benefits of Water..... 11

Timing..... 12

Tap vs Bottled..... 12

Pure Water..... 12

BOTTOM LINE WATER RECOMMENDATIONS..... 13

NUTRITIONAL – ACTION PLAN..... 13

DEVOTIONAL - DAY 5 14

PHYSICAL – SORENESS 14

WEEK 1 GROUP MEETING - TELL YOUR STORY 15

WEEK 2: Tell Jesus' Story 17

DEVOTIONAL - DAY 6 17

PHYSICAL – GOALS 17

WRITE IT DOWN! 18

DEVOTIONAL - DAY 7..... 19

NUTRITIONAL – INTENTIONS GOALS ACTIONS..... 19

SPIRITUAL HEALTH Intention 21

BODY HEALTH Intention 21

NUTRITIONAL – ACTION PLAN..... 22

DEVOTIONAL - DAY 8..... 23

PHYSICAL – NO PAIN NO GAIN 23

DEVOTIONAL - DAY 9 24

NUTRITIONAL – PROMISE TO YOURSELF..... 24

DEVOTIONAL - DAY 10..... 25

SHARING THE BASICS OF THE GOSPEL..... 25

PHYSICAL – PROPER FORM 26

TINA'S DO'S AND DON'TS! 26

Week 2 Group Meeting - Tell Jesus' Story..... 27

WEEK 3: Follow & Fish 28

DEVOTIONAL - DAY 11..... 28

PHYSICAL – DAY OF REST 28

DEVOTIONAL - DAY 12..... 30

NUTRITIONAL – BIO-INDIVIDUALITY 30

NUTRITIONAL – ACTION PLAN..... 31

DEVOTIONAL - DAY 13..... 32

PHYSICAL – FORGIVENESS 32

DEVOTIONAL - DAY 14..... 34

NUTRITIONAL – BREAKFAST EXPERIMENT 34

SHOPPING LIST 37

NUTRITIONAL – ACTION PLAN..... 38

DEVOTIONAL - DAY 15..... 39

PHYSICAL – PROPER FIT 39

Week 3 Group Meeting - Follow & Fish..... 40

WEEK 4: Baptism 41

DEVOTIONAL - DAY 16..... 41

PHYSICAL – TO STRETCH OR NOT TO STRETCH 41

DEVOTIONAL - DAY 17..... 43

NUTRITIONAL – NUTRIENT DENSITY	43
DEVOTIONAL - DAY 18	46
PHYSICAL - BREATHING	46
DEVOTIONAL - DAY 19	48
NUTRITIONAL – GLORIOUS GREENS	48
Nutritional - ACTION PLAN	51
PHYSICAL – DAY OF RECOVERY	52
Week 4 Group Meeting - Baptism	53

WEEK 5: Talk with God 54

DEVOTIONAL - DAY 21	54
PHYSICAL – EVALUATION	54
FITNESS ASSESSMENT (ROUND 2)	55
BODY MASS INDEX (BMI).....	56
DEVOTIONAL - DAY 22	57
NUTRITIONAL – CRAVINGS	57
NEW ACTION STEPS: CRAVINGS:	60
DEVOTIONAL - DAY 23	61
PHYSICAL – HYDRATION	61
DEVOTIONAL - DAY 24	63
NUTRITIONAL – CRAVINGS	64
NATURAL SWEETENERS.....	65
ARTIFICIAL SWEETENERS	66
NEW ACTION STEPS: SUGAR	67
DEVOTIONAL - DAY 25	68
PHYSICAL – EQUIPMENT OPTIONS	68
Week 5 Group Meeting - Talk With God	70

WEEK 6: The Bible 72

DEVOTIONAL - DAY 26	72
PHYSICAL – DON'T WORRY, BE HAPPY	73
DEVOTIONAL - DAY 27	74
NUTRITIONAL – GREAT GRAINS	74
DEVOTIONAL - DAY 28	77
PHYSICAL – DON'T DO NOTHING	78
DEVOTIONAL - DAY 29	79
NUTRITIONAL – GREAT GRAINS	79
NUTRITIONAL – SHOPPING LIST	80
NUTRITIONAL – ACTION PLAN	80
NEW ACTION STEPS: GREAT GRAINS	80

DEVOTIONAL - DAY 30	81
THEMES FOR PRAYER WALKING.....	81
PHYSICAL – TARGET PRACTICE	82
Week 6 Group Meeting - The Bible	83

WEEK 7: Help the Poor/Share the Good News. 84

DEVOTIONAL - DAY 31	84
PHYSICAL – I EAT THEREFORE I RUN	84
DEVOTIONAL - DAY 32	86
WESLEY'S SELF-EXAMINATION QUIZ:.....	86
NUTRITIONAL – POWERFUL PROTEIN	87
DEVOTIONAL - DAY 34	89
PHYSICAL – CARDIO BONUSES	89
DEVOTIONAL - DAY 34	91
NUTRITIONAL – POWERFUL PROTEIN	91
ACTION PLAN RECIPE	93
NUTRITIONAL – SHOPPING LIST	97
NUTRITIONAL – ACTION PLAN.....	97
NEW ACTION STEPS: PROTEIN.....	97
DEVOTIONAL - DAY 35	98
PHYSICAL – STRESS RELIEF	98
Week 7 Group Meeting -	100

WEEK 8: Go Where God Sends 101

DEVOTIONAL - DAY 36	101
PHYSICAL – GET MOTIVATED	101
DEVOTIONAL - DAY 37	103
NUTRITIONAL – FABULOUS FATS	103
DEVOTIONAL - DAY 38	105
PHYSICAL – POST-WORKOUT SNACK	105
DEVOTIONAL - DAY 39	107
NUTRITIONAL – THE DIFFERENT TYPES OF FAT.....	107
BOTTOM LINE FAT RECOMMENDATIONS.....	109
NUTRITIONAL – ACTION PLAN.....	110
NEW ACTION STEPS: HEALTHY FATS.....	110
DEVOTIONAL - DAY 40	111
PHYSICAL – NEW MERCIES EVERYDAY	111
Week 8 Group Meeting - Go Where God Sends	113

WEEK 9: Commit.....	114	APPENDIX.....	146
DEVOTIONAL - DAY 41.....	114	Workouts.....	147
<i>PHYSICAL – REEVALUATION</i>	114	Recipes Breakfast.....	150
<i>FITNESS ASSESSMENT</i>	116	Recipes Glorious Greens.....	155
<i>BODY MASS INDEX (BMI)</i>	116	Recipes Great Grains	159
DEVOTIONAL - DAY 42	117	Recipes Snacks	164
<i>NUTRITIONAL – CONTROL THOSE PORTIONS!</i>	117	Recipes Main Dishes	165
<i>TIPS FOR EATING OUT</i>	119	Recipes Desserts.....	173
DEVOTIONAL - DAY 43	120	Resources Spiritual.....	176
<i>A TIME OF SPIRITUAL PREPARATION</i>	120		
<i>PHYSICAL – BREAKING BAD HABITS</i>	122		
DEVOTIONAL - DAY 44	123		
<i>NUTRITIONAL - HEALTHY PANTRY</i>	123		
<i>THE TOTAL TRANSFORMATION PANTRY</i>	125		
<i>NUTRITIONAL – ACTION PLAN</i>	126		
<i>NEW ACTION STEPS:</i>	126		
DEVOTIONAL - DAY 45	127		
<i>PHYSICAL – EXERCISE AND YOUR BODY</i>	127		
Week 9 Group Meeting.....	129		

WEEK 10: Obey All The Way130

DEVOTIONAL - DAY 46	130
<i>PHYSICAL – EVERYDAY EXERCISES</i>	130
DEVOTIONAL - DAY 47	132
<i>NUTRITIONAL – HEALTHY EATING MADE EASY</i>	132
<i>MENU PLANNING</i>	133
<i>NUTRITIONAL – ACTION PLAN</i>	136
<i>NEW ACTION STEPS: PLAN YOUR MEALS</i>	136
DEVOTIONAL - DAY 48	137
<i>PHYSICAL – YOUR MASK FIRST</i>	137
DEVOTIONAL - DAY 49	139
<i>FORMAT OF A CHAT GROUP</i>	139
<i>ACCOUNTABILITY QUESTIONS</i>	140
<i>EVANGELISTIC PRAYER</i>	140
<i>NUTRITIONAL – THE 12 PRINCIPLES</i>	141
<i>NUTRITIONAL – ACTION PLAN</i>	141
DEVOTIONAL - DAY 50	142
Week 10 Group Meeting - Obey All The Way	144

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ABOUT THE AUTHORS

Lee Wood, Founder and Director

Lee Wood is the Founder and President of 1 Body Ministries. As a merchant seaman at the age of 23, Lee met Jesus Christ aboard a ship and his life was radically transformed forever. He has an outrageous energy level that is contagious to all those around him. His passion for spiritually discipling others for Christ is truly his heart. At the same time he recognizes the significance of nurturing our physical body as a temple of God. Lee provides the spiritual component of 1 Body Ministries.

Lee has experienced success in both the church and business worlds. He has a BA in Church Ministries, has served as a Youth Pastor, Associate Pastor and a Pastor of small groups in both small and large ministries.

In business he was a national sales trainer for a Fortune 10 Company with over 2,500 sales representatives. He was also an Account Executive for that same company earning numerous awards as a team member but also as a consistent individual top producer. Lee transitioned to a privately held Inc 500 Company and achieved numerous awards with that company including multiple million dollar sales awards.

A fitness enthusiast, Lee obtained his certification as a personal trainer and has competed in several fitness events. Lee has personally trained others from all walks of life from athletes to stay at home moms.

Katrina Sequenzia, Registered Nurse and Certified Health Coach

Katrina Sequenzia is a Registered Nurse and Certified Health Coach helping Christians remove the physical burdens from their lives so that they can live the life that God is calling them to live. Using the gifts, talents and resources God has given her, Katrina provides the nutrition curriculum, teaching and support component of 1 Body Ministries.

A Registered Nurse by background, Katrina has always had a love for nutrition. Her interest in nutrition first began while struggling to find answers to her own physical burdens. Her desire for healing sparked an interest in the link between diet and disease – which turned into years of research in holistic health and nutrition. She experienced health and healing as a result of living out what she had learned.

While taking a hiatus from nursing to spend more time with her young children, Katrina worked in ministry at a large church leading, supporting and nurturing small group leaders.

During her time in church ministry, God planted this seed in her heart: Help His people remove the physical burdens from their life so that they can live the life He is calling them to live.

So, she made her passion for nutrition official by becoming a Certified Health Coach and attended the largest nutrition school in the world, Institute for Integrative Nutrition (IIN) out of NYC where she learned over 100 dietary theories and studied under top experts in the field of nutrition. Most of what you will learn and experience through this course is a result of the great teachings of the founder and team of experts at IIN. Their inspiration, tools, and resources are woven throughout the fabric of the nutrition component of this curriculum.

Since receiving her certification, Katrina founded and currently operates a successful Health Coaching practice,

www.KatrinaSequenzia.com, where she works with people one-on-one, in group programs and in workshops guiding them to radically transform their life so that they can experience real health. She shows them the amazing healing benefits of real foods and helps them lose weight and reverse and prevent disease. She would love to connect with you should you need additional nutrition support: Katrina@1bodyministries.com

By God's divine appointment, Katrina's life intersected with what was happening in 1 Body Ministries. She knew that God was watering the seed He had planted to deliver a message of health and healing to His sick and dying church.

Tina Danielson, Certified Personal Trainer

Tina Danielson is a Certified Personal Trainer with a servant's heart. She has worked in fitness for over a decade, not knowing all the while that God was preparing her for working with 1 Body Ministries. She has the gifts of encouragement and mercy, and uses them to help the members of the body of Christ. Tina is married to Josh Danielson, has 3 daughters, 1 cat and a village of friends.

As a former college athlete, Tina has always had a desire to eat right and exercise to excel at athletics. Helping others with their physical health has always been a passion of hers, from friends in track in Jr. High to VP's in Tampa, to now helping those in the church with 1 Body Ministries. She has helped numerous people get fit, have more energy and build confidence by giving them work out programs to fit their needs, whether that requires group workouts, individual training or chair fitness.

Tina works with programs such as high intensity interval training, cardio interval training, boot camps, walking programs, weight lifting and running, to name a few. She can't wait to help the next person looking to totally transform their life spiritually, physically & nutritionally!

CONSULT YOUR PHYSICIAN

Before beginning any exercise program, or change in your daily diet, it is important to consult your physician about your current health status and any issues that could arise during your daily exercise or diet routine. A physician will be able to inform you if your current medical status will allow for physical activity or changes to your diet, along with what to expect through the next few months of this program.

About 1 Body Ministries

THE GREAT COMMANDMENT:

"Love the Lord your God with all your heart and with all your soul and with all your mind."

THE GREAT COMMISSION:

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you."

1 Body Ministries core cause is to train people spiritually and physically to obey the great commandment and the great commission. It was borne out of a tragedy that God used to ignite a passion in me to help others. My wife of 23 years died of pancreatic cancer in 2008. At the time I was 265 lbs. I was on medication for my thyroid, heart and high blood pressure. I wasn't "fit" to do any ministry, let alone take care of my five kids now that Beth was gone.

Using the same principles taught in this book I lost 75 lbs, I'm no longer on any of those medications. Through 1 Body Ministries we are helping others do the same.

At 1 Body, we believe every follower of Jesus can experience the abundant, incredible life that God has for each of us. We aim to work with churches, Christian organizations and individuals around the world to develop passionate followers of Jesus who in turn can spread Total Transformation – spirit, soul and body. We use a custom designed 10 week curriculum called Total Transformation. It focuses on spiritual, nutritional and physical disciplines in conjunction with weekly small group discussion and accountability.

It is our goal to finish the work of the Great Commandment and the Great Commission that we are called to fulfill – as 1 Body!

CONNECT WITH 1 BODY MINISTRIES

To find out more information about 1 Body Ministries please visit our website:

www.1bodyministries.com

FOREWORD

Total Transformation. That sounds like a suspiciously big claim. Lee is someone who has been totally transformed so he is speaking from personal experience. The foundation to this claim is God. He is the one who has created us and everything else in the world. In 2 Corinthians 5:17 the Lord tells us “if anyone is in Christ, the new creation has come. The old has gone, the new is here!” (NIV) Therefore, He is the secret. In this book, Lee explains how we can best steward the gifts God has given us in our lives and bodies.

God is not only concerned for our spirits. He made all of us. In 1 Thessalonians 5:23 Paul prays about that. “May God Himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.” Taking care of every aspect of ourselves helps us live full lives for the glory of God. In the end, however, it all comes down to how well we have come to know God. Do we listen to His voice? Do we follow Him joyfully? As we are told in 1 Timothy 4:8, “Physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.”

I pray that as you work through this booklet, God will begin or continue your Total Transformation in making you who He wants you to be and guiding you where He has prepared for you to go and to do what He has prepared for you to do. Follow Lee on this journey as Lee has been following Christ. This is a life-long journey. This resource can provide patterns that will help you all along that journey. Further up! Further in!

Curtis Sergeant - Lead Trainer, Metacamp

www.metacamp.org

INTRODUCTION

- 1. Do you know what it is to be abandoned and rejected by family and friends?**
- 2. Have you experienced sexual abuse or struggled with addictive behavior?**
- 3. Do you know what it feels like to lose a loved one who you thought died before their time?**
- 4. Have you ever thought you had achieved it all only to realize you felt like you had missed the mark completely?**
- 5. Do you struggle with body image or other health issues?**
- 6. Do you ever wonder why you're missing that perfect someone in your life?**

If you have ever experienced or pondered these questions or ones like them, Total Transformation is for you. Total Transformation is not a course or curriculum, but rather a cause to which we can all make a commitment. It's about transformation from the inside out, and it is definitely a team sport. My name is Lee Wood and Total Transformation has been created to help you discover who you truly are and how to live that out, both spiritually and physically. The format of the book is the unfolding story of my life and others I've encountered in the journey. I think you'll see it all fits together to make a really beautiful picture.

Spiritual

Inside the curriculum are ten weeks of bible study designed for a small-group setting or as few as two people to use. In the small group meeting, the Bible passage is read together and questions are asked to promote discussion. There are no wrong or right answers to these questions. Each week you will see five devotions that are relative to the ten weekly topics. These devotions are many of my own life experiences and are what have helped to shape me into the person I am today.

Physical

Three times per week you will have a physical teaching and workout that may be done with a small group or individually. In the physical component you will learn about different types of exercise and find many short, quality workouts for you to do with minimal or no equipment. The programs will use body weight moves and/or dumbbell exercises. You will also learn exercise-related terminology and how to apply it, like your resting heart rate, BMI, and proper stretching techniques. There are exercise options for the beginner, intermediate and advanced participants, as well as encouraging words to help you with your transformation.

Nutritional

Twice per week the nutritional program will empower you in making the best choices for your life and your health. You will learn how to choose the right foods and change your mentality to truly become the healthiest you. There are multiple experiments, numerous recipes and countless insights into the current culture and why it may be keeping you from your total transformation.

Remember that beautiful picture? Now you are a part of that picture as well and we are on this journey together. Hang on; it's going to be a wild ride, filled with adventure, laughter, and tears, but ultimately, victory and freedom.

Are you ready to be transformed?

WEEK 1: Tell Your Story

Welcome to day one of your total transformation! Remember that the weekly bible study is meant to be done with at least one other person. The critical components of your success spiritually and physically are accountability, vision, practice and goals. Read the devotionals daily, put into practice what you learn nutritionally and follow the physical program three times this week.

In this week's gathering you are going to meet and hear about a guy who was totally transformed by Jesus. The amazing thing is that Jesus immediately sent this guy out on a mission. He gave no further instruction other than to tell the story of what Jesus had done for him. We are supposed to tell the story of our lives before Jesus, how we came to Jesus and how we are different because of Jesus. As you go through the questions in this week's study and every week's afterward, remember this is about obedience to God.

DEVOTIONAL - DAY 1

"I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." -Romans 12:1 (KJV)

In other versions it would say, "This is your spiritual act of worship." It was after midnight, 1981 in Hypha, Israel. I was outside a bar purchasing drugs when the dealer pulled a .45 caliber pistol. I immediately threw both my arms in the air in the universal sign of surrender, offering absolutely no resistance to his will. Jesus does not pull a gun on us and demand surrender; instead he wants us to choose to allow him to transform us, in light of His dying for us on the cross, the sinless one for the sinner. The journey of transformation begins every day with an act of our will, raising our hands in surrender to Jesus from the inside out. Internal surrender and then external obedience to the Lord Jesus is the path to transformation.

PHYSICAL – MIND-SET

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 (NIV)

He does NOT say, "plans for you to kill yourself and then not be able to prosper," does He? So regardless of your current fitness state, I want you to keep in mind who you are working out for: Him. You are working out, eating right and being in the word with Total Transformation to live out the life He is calling you to live. Doesn't that feel better?

So this week, let's make sure we have the right mindset. My first question for you:

Have you worked out consistently before?

The reason I ask if you've worked out before is because too many times we jump in with gusto, only to get super sore or injured, and then we give up. If you have not consistently (3-5 times per week for 3 months or more) worked out in the past 12 months, then PLEASE TAKE THIS SLOW!

I've put together the following information to help you on your journey to Total Transformation. You may already know what kind of activity you want to do. If not, here are some suggestions for you:

- Walking
- Jogging
- Biking
- Swimming
- Workout classes at your local gym
- Martial arts
- DVD/print workouts in a central location, such as your home, clubhouse, gym or outside
- Tennis
- High Intensity Interval Training with 1 Body Ministries

As you can see, the options are unlimited. Pick an activity you will enjoy! Much has been said about High Intensity Interval Training: It offers variety, cardio, resistance training, and you get to work out with me on the 1 Body Ministries video, so of course I highly recommend you start there!

One more thing before we begin... actually, two. Please review the 10 Tips to Train Safe before you start. And make sure you take the Fitness Assessment, along with seeing your doctor prior to starting if necessary.

Attached is Workout 1, your first of many short, quality fat-loss workouts for you to do at home with minimal or no equipment. Also attached is Workout 2, which you will alternate with Workout 1 for the next two weeks. Do either of these workouts at your group meeting and then alternate Workout 2 and 1 for a minimum of two other times per week, preferably not on consecutive days. For example, if your group meets on Monday, your two week schedule will look something like this:

Monday: Workout 1

Wednesday: Workout 2

Saturday: Workout 1

Monday: Workout 2

Wednesday: Workout 1

Friday: Workout 2

The programs use a lot of bodyweight moves and dumbbell exercises, and the workouts change every two weeks because, honestly, boredom is the kill-joy of working out. I also believe variety in the form of muscle confusion is one of the main principles for success when you are trying to change your body in any way.

FYI: You do not need to do the Fit Test and Exercise Readiness Questionnaire as a group. I recommend each participant does both on their own, as well as read over the 10 Tips to Train Safe in the first few days after your meeting.

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 1 in your Appendix.

Low Impact Overview

<http://youtu.be/X2SwtDduvUY>

High Impact Overview

<http://youtu.be/esOX9YhaVB4>

Chair Workout Overview

<http://youtu.be/v7omD10jRL0>

10 Tips to Train SAFE!

(Excerpt with additions from Turbulence Training)

It is very important for all of us to train conservatively and not overdo things.

- Don't do any exercise that you aren't sure how to do. Research online, Google videos or get personal instruction from a certified trainer.
- Don't do anything that hurts or "doesn't feel right." There are plenty of alternative exercises for every movement. I've provided beginner, intermediate and advanced level options.
- Whenever you start a new program, use lighter weights than normal, and only one set per exercise. You should expect extra soreness when starting a new program just because of the new exercises, so don't try to "kill yourself."
- If you need extra recovery within the workout or between workouts, don't hesitate to take it. Safety first.
- Use a spotter if you are training with heavy weights.
- Check your ego at the door and start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises and new styles of movements will cause muscle soreness even from workouts you think "look easy." Just ask my chair only exercise group!
- Do NOT do interval training more than 4 times per week. Even pro athletes don't play hard every day, so why should we?
- Never skip a warm-up. One suggestion: do one set of each move for half the allotted time as a warm-up.
- If you want to start but think you have an injury, get medical attention and have a professional therapist rehabilitate your injury before starting an exercise program.
- Check with your doctor before starting any new exercise or diet program. All together now: "Safety first!"

EXERCISE READINESS QUESTIONNAIRE

Name	Date
Date Of Birth	Age

Regular exercise is associated with many health benefits. Increasing physical activity is safe for most people. However, some individuals should check with a physician before they become more physically active. Completion of this questionnaire is a first step when planning to increase the amount of physical activity in your life. Please read each question carefully and answer every question honestly:

YES	NO	Has a physician ever diagnosed you with a heart condition and indicated you should restrict your physical activity?
YES	NO	When you perform physical activity, do you feel pain in your chest?
YES	NO	When you were not engaging in physical activity, have you experienced chest pain in the past month?
YES	NO	Do you ever faint or get dizzy and lose your balance?
YES	NO	Do you have an injury or orthopedic condition (such as a back, hip, or knee problem) that may worsen due to a change in your physical activity?
YES	NO	Do you have high blood pressure or a heart condition in which a physician is currently prescribing a medication?
YES	NO	Are you pregnant?
YES	NO	Do you have insulin dependent diabetes?
YES	NO	Are you 69 years of age or older and not used to being very active?
YES	NO	Do you know of any other reason you should not exercise or increase your physical activity?

If you answered yes to any of the above questions, talk with your doctor before you become more physically active. Tell your doctor your plan to exercise and to which questions you answer yes.

If you honestly answered no to all questions you can be reasonably certain you can safely increase your level of physical activity gradually.

If your health changes so you then answer yes to any of the above questions, seek guidance from a physician.

FITNESS ASSESSMENT

You probably have some idea of how fit you are. But assessing and recording baseline fitness scores can give you benchmarks against which to measure your progress. To assess your aerobic and muscular fitness, flexibility and body composition, consider recording:

- Your pulse rate before and after you walk/run 1 mile (1.6 kilometers)
- How long it takes you to walk/run 1 mile (1.6 kilometers)
- Blood pressure (at Publix/CVS/etc..., sometime during the week)
- How many push-ups you can do in 2 minutes
- How many sit ups you can do in 2 minutes
- How far you can reach forward while seated on the floor with your legs in front of you
- Your body mass index (see calculation below)

Assess your progress every 4 weeks.

BODY MASS INDEX (BMI)

To calculate BMI, take your weight (in pounds) and divide it by height (in inches). Take the result of that calculation and divide it by height again. Then, multiply that number by 703. Round to the second decimal place.

An example of calculating body mass index using the BMI formula: Weight = 150 lbs, Height = 5'5" (65 inches)

BMI Calculation: $[150 \div (65)^2] \times 703 = 24.96$

BMI Weight Status

Below 18.5	Underweight
18.5 -24.9	Normal
25 - 29.9	Overweight
30 & Above	Obese

DEVOTIONAL - DAY 2

"You also are complete through your union with Christ, who is the head over every ruler and authority." -Colossians 2:10

"Therefore if anyone is in Christ, he is a new creation: old things have passed away; behold, all things have become new." -2 Corinthians 5:17

What do those two verses have in common? Simply put, once we are in Christ, we have the capacity to live out and experience eternal life as a quality of life, not just a quantity of time. In 1982, I was introduced to Jesus by Rod Frenz, my roommate aboard ship. We were merchant seamen working for the Military Sealift Command. Rod would pray over his meals, tell me Jesus loved me and leave his Bible out in plain sight. I despised him. I was a functional alcoholic and drug addict. When Rod got off that ship on October 5, 1982, he gave me a Gideon's New Testament, inscribed "From your best friend, Rod Frenz." I thought, "Good riddance!" And I threw that Bible in my suitcase. It wasn't until several months later that I, like the prodigal son in Luke 15, called on Jesus by saying simply, "I can't! Help me!" I believed He died for me and rose again. I believed He was who He said He was, and right then and there all of those verses became true for me.

NUTRITIONAL – HEALTHY MEASUREMENTS

The nutrition program is designed to "rewire" your Deprived Dieter mind and identify new pathways that create a truly healthy you. You must realize that the scale is a Dieter's tool. Your scale may no longer rule the new Healthy You. Too many people are slaves to their scales, measuring themselves way too often and letting it dictate how they view themselves. Is that you?

Your SCALE is the WORST way to Measure Healthy Weight Loss.

It is easy to get frustrated when working on weight loss. Oftentimes in this program, the scale does not change as quickly as it does on fad diets. It may be tempting along the way to become a little anxious and think things like: "the scale is moving so slowly" or "I'm making so many changes, but I don't see the results on the scale."

The scale can be a helpful tool, yet it is often misleading. Most people do not realize that when we feed our bodies nutrient-dense foods, we build muscle. Because muscle is heavier than fat, the scale could stay the same even when your body's ratio of fat-to-muscle is transforming. In order to achieve healthy weight loss, you must build muscle and reduce fat in your body. Your body then begins to burn more calories daily and the weight will stay off even after you are not being so careful with your foods.

Fad diets do not provide enough nutrients to build muscle, so the weight that you are losing is actually muscle. Eventually, when you stop the diet you will begin to gain the weight back as fat, not muscle, making it even harder to lose again. This is not healthy weight loss and it is way too common in America with our yo-yo dieting mentality.

Only you know if your relationship with your scale is healthy. If you have been on the diet roller coaster, then chances are your relationship with your scale is unhealthy. To those of you who know that it is unhealthy, it is time to sit down and have a talk with your scale. Let it know that it no longer has a place in your new healthy life and is no longer welcome to dictate your self-image, feelings, self-worth and outlook on life. For some of you, we recommend putting your scale up in the closet. For others of you, you need to throw it away. Yes. You heard right; your scale belongs in the trash. It can be very freeing.

HOW TO MEASURE HEALTHY WEIGHT LOSS

Here is how we are going to measure healthy weight loss instead: body measurements.

Using body measurements is a great way to track progress because it doesn't require any fancy equipment and anyone can do it. During the program, you will measure yourself once every two weeks to see your progress in inches lost. This is a much better way to keep motivated when trying to lose over 20 pounds, especially if you have been yo-yoing for years or have just started eating more whole foods and exercising with more regularity.

You will be allowed to record your weight at the beginning of this program and then we ask that you do not weigh yourself more than once per month.

Using an inexpensive cloth measuring tape and taking your measurements at certain areas, will give you an idea of where you are losing fat. This is important because we all lose fat in different areas and in different time frames. Taking your measurements can help reassure you that things are happening, even if you're not losing fat exactly where you want just yet or seeing the scale move as fast as you were hoping.

Here is how to take body measurements:

Start by wearing tight fitting clothing (or no clothing) and make a note of what you are wearing so you know to wear the same clothes the next time you measure.

- Bust (women only): Measure around the chest right at the nipple line, but don't pull the tape too tight.
- Chest: (Women) Measure just under your bust. (Men) Measure at the nipple line.
- Waist: Measure a half-inch above your belly button or at the smallest part of your waist.
- Hips: Place tape measure around the biggest part of your hips.
- Thighs: Measure around the biggest part of each thigh.
- Upper arm: Measure around the largest part of each arm above the elbow.

Use the chart below to record your beginning weight & body measurements.

	DATE:
WEIGHT	
Bust (women)	
Chest	
Waist	
Hips	
Thighs	
Upper Arm	

NUTRITIONAL ACTION PLAN

HEALTHY MEASUREMENTS:

- Weigh yourself. Record on chart. Do not weight yourself more than one time a month.
- Take all body measurements using a cloth/flexible tape measure (or use string and a metal tape measure) and record on chart. It is helpful if someone can take measurements for you. Remember where you measured and be sure to measure in the same spot in the future. You will be taking body measurements every two weeks to track progress.

DEVOTIONAL - DAY 3

"Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment." -1 Peter 2:2.

"We know that we have passed from death to life, because we love the brethren." -1 John 3:14

Like babies who naturally desire milk, the new believer in Jesus will have a spiritual appetite for the Word of God. Immediately after I called on Jesus, I began to devour that New Testament Rod Frenz had given to me. It included the Psalms and Proverbs as well. I began to memorize Scripture, beginning with Philippians 4:13, *"I can do all things through Christ which strengtheneth me."* (KJV) God met with me as I sought Him in prayer and His Word daily, and transformed me from the inside out, just like He will do for you. Months later I got off that ship and enrolled in a Bible college. It was the summer of 1984. While standing outside a class, History of Western Civilization, a fellow student, Jim Payne, now a pastor in Minnesota, said to me, "I love you." This was the first time in my life I ever remembered a man saying "I love you" to me. Before Jesus I would have punched him out! Instead, almost instantaneously 1 John 3:14 popped into my mind, *"We know that we have passed from death to life, because we love the brethren."* And I said honestly and sincerely to him, "I love you, too." We are new creations once we trust Jesus--not reformed, but new.

PHYSICAL – COMMITMENT

"Commit to the Lord whatever you do, and he will establish your plans."- Proverbs 16:3 (NIV)

Next question:

Are you willing to commit to working out three times per week?

The reason for my second question is because without commitment and consistency, you will not experience the results you are looking for, be they more energy, weight loss, better blood test results, toning or better health. You may work out with your group as part of your weekly meeting, but YOU are responsible for doing some physical activity three times per week. If you would like to increase the number of times you work out, please feel free (as long as you're not over-taxing your body. Never work out less than three times per week. If you are going to follow the attached workout program and want to do more, I recommend 30 minutes of low intensity movement (go for a walk, take your kids bike riding, hike a trail) on off days, ALWAYS taking at least ONE day off per week.

*Remember, we are not trying to kill ourselves here, nor do you have to kill yourself to get in great shape!

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 2 in your Appendix.

Low Impact Overview

<http://youtu.be/V8FhvdoP5Ig>

High Impact Overview

<http://youtu.be/JSyv80vX3Po>

Chair Workout Overview

<http://youtu.be/dg3Rk-zcPCQ>

DEVOTIONAL - DAY 4

"If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."

-1 John 1:9

My daughter Brittany was under two years of age in 1991. Whenever I went into her room to pick her up following naptime, she would smile her huge baby smile and say, "Dada!" I loved to pick her up and smother her in kisses. One day I went into her room after her nap and she gave me that huge smile and said, "Dada!" but something was different. Somehow she had gotten her diaper off and it was soiled. She had rolled excrement on her face, crib, arms, legs, etc. In a word, she was dirty. I turned away and went to run bathwater, wishing my wife Beth was home. Brittany, meanwhile, began to cry because I did not pick her up and smother her in my usual kisses. Now we had poop, snot from her nose, and tears running down her cheeks mingled together on one face. Not a pretty picture. I got her bathed and changed and began to hold her close and comfort her. I never stopped loving my daughter while she was dirty, but I could not hold her closely. Our relationship with our Heavenly Father is like that. Sin that is not confessed (admitted and forsaken) keeps us from experiencing the intimacy of relationship that is always ours from the moment we trust Jesus.

NUTRITIONAL – WONDERS OF WATER

We are going to assume that most of you are here because your intention is to create a healthier you. One of the simplest actions you can take to become a healthier you is to drink more pure water.

Why should you drink water for your health? Water is the second most important thing our bodies need to survive, oxygen being the first. The body could survive for some time without food, but deprive it of water and it would only last a few days. Virtually every job the body performs requires water. Your body is 75% water and needs constant replenishment. The body uses approximately 10 - 12 cups of water a day, through such things as breathing, digestion, elimination and sweat. We need to replenish it daily or our bodies will become dehydrated.

DEHYDRATION

The majority of the American population (75%) is dehydrated, which contributes significantly to a poor state of health. Without sufficient water intake, you can't flush out toxins that accumulate in fat cells, muscles, and joints. Regularly flushing out the kidneys and bladder with water ensures that dead cells and other waste products will be expelled before they reach toxic levels.

In most Americans, the thirst mechanism is so weak that it is mistaken for hunger. This one point cannot be emphasized enough – if you wait until you are thirsty, you are already dehydrated and this is affecting every one of your cells.

BENEFITS OF WATER

There are many benefits to drinking pure water. Here are some of them:

- Prevents premature aging, reduces heartburn, eases constipation, lowers high blood pressure, decreases joint and muscle pain, fights fatigue and eliminates brain fog.
- Cravings for sweet foods may actually be signals of dehydration. Drinking water may reduce or eliminate the cravings. If a sweet craving comes, try drinking 8-16 ounces of water and wait 10-15 minutes to let the craving pass.

- Another health benefit of water is its role in aiding fat metabolism. The secret to fat loss is to drink adequate amounts of water! How cool is that! Why? The kidneys need water to filter out waste and toxins from our bodies. If we don't give our body the water it needs, the kidneys "dump" some of their workload on to the liver. One of the liver's jobs is to metabolize fat. But, when the liver is doing some of the kidney's job, the liver can't do its own job of metabolizing fat. Do you have some extra fat you want to metabolize? Drink water!

So, how much water?

Many people are confused about how much water they should drink. They are always told to drink more. What is more? What is the correct quantity of water for your body? Some experts recommend eight glasses a day. Is that enough? Is that too much?

The answer to the question of how much water to drink will come from your own experience. As we explore the term, bio-individuality in the next lesson you will see why the answer will be unique to you. Much will depend on your size. A 100-pound petite female will not need the same amount of water as a 300-pound athlete. The amount of water you should drink daily also depends on your level of physical activity and the climate in which you live.

Drinking half your body weight in fluid ounces is a good place to start. That same 100-pound female would need to drink 50 ounces of water per day. See how you feel. Listen to your body. You will know you are getting enough water if your urine is a clear, pale, yellow color (like lemonade). If your urine is the color of apple juice, then it's time to drink more. Continue to drink more or less water depending on what your body is telling you.

TIMING

Timing is also important in water intake. Upon waking in the morning, it is good to drink one or two glasses of water immediately to hydrate the body. Then hydrate throughout the day. If you notice that you are waking up at night to go to the bathroom, we suggest drinking most of your water in the morning and early afternoon.

TAP VS. BOTTLED

Federal standards for tap water are actually higher than those for bottled water. In addition, plastic water bottles are a huge strain on the environment. Even so, most tap water contains chlorine, fluoride, and other contaminants that sometimes include lead. If you decide to drink tap water, we recommend getting a filter system, otherwise you are the filter. There are a wide variety of filters on the market that vary in price as well as quality. Most people are familiar with the pitcher filters or faucet filters, such as Brita, which are relatively inexpensive. We recommend starting with a Brita filter system, but be sure to change the filter regularly as the manufacturer recommends. Research the different kinds of filtration systems on-line to find one suited for your needs and your budget.

If you choose to drink tap water, a great option is to purchase reusable BPA-free plastic, glass, or stainless steel bottles. Take them when you are on the go or use them around the house to help you keep track of your fluid intake.

PURE WATER

Experts say that water is the only liquid that can hydrate the body. Caffeinated drinks, like coffee, soda and black tea, dehydrate. Herbal tea, soup and juice all help hydrate the body, although not as much as pure water.

Tired of plain water? Here are some ideas to try:

- Seltzer
- Sparkling water
- Add lemon or lime
- Add cucumber slices

- Add sliced strawberries or frozen blueberries
- Add mint or other fresh herbs
- Add a splash of juice
- Add fresh ginger
- Herbal tea, hot or iced
- Pure (100%) coconut water. "ONE Coconut Water" is a favorite brand

BOTTOM LINE WATER RECOMMENDATIONS

- Drinking half your body weight in fluid ounces is a good place to start. Adjust up or down according to urine color and how you feel. (If your doctor has recommended fluid restrictions due to cardiac, kidney disease, etc. please disregard this recommendation.)
- Filtering your tap water is a must. Otherwise you are the filter. Start with a Brita filter system. Change filter frequently. Research other filtrations system options to find what is best for you.
- Reduce or eliminate your use of commercial bottled water. It is unhealthy for you and bad for the environment.
- Don't drink zero calorie, flavored water. They are full of harmful artificial sweeteners and flavors.
- Don't drink your calories. Reduce or eliminate fruit juices (eat whole fruit!), commercial sports drinks (make your own) and most other bottled drinks at the store.
- Invest in a reusable BPA-free, plastic bottle, stainless steel or glass water bottle. You may use at home to track fluid intake and take it with you on the go.
- Drink 8-16 ounces of water upon waking in the morning. This helps to flush out the toxins your body eliminated over night while you were asleep. It also wakes up your GI system and helps turn on your thirst mechanism...you will actually crave water during the day.

NUTRITIONAL – ACTION PLAN

HYDRATION:

- Drink 8-16oz of water upon waking. Before you get in the shower and before you make your coffee.
- Practice drinking more water; the goal is to drink half your body weight in ounces. Adjust up or down based upon activity level, outside temp/ humidity, urine color and how you feel. Try one of the flavoring suggestions to keep things interesting.

DEVOTIONAL - DAY 5

"Jesus said unto him, "You must love the Lord your God with all your heart, all your soul and all your mind. This is the first and greatest commandment. A second is equally important, love your neighbor as yourself. The entire law and all the demands of the prophets are based on these two commandments." -Matthew 22:37-40

What does, "love your neighbor" look like? When Beth, my wife of 22 years, was diagnosed with stage 4 pancreatic cancer in November of 2007, our family of seven was devastated. Brittany, Stephen, Wesley, Benjamin, Brooke and I listened in tears and amazement as Beth told us, "We love each other and this will make us love each other more." She was right. We fought cancer with everything we had, but Beth went to Heaven on December 5, 2008. She was 45. In those 13 months our family experienced the love of neighbors. Cory and Lindsey, Mark and Kendra, Eugene and Glenda, Tim and Stephanie and Nicole and Tom began to love our family. Kids were picked up from school and practice; meals were brought in. During trips out of the country seeking alternative treatment, the household still ran. They were there for us. They even did a home-makeover without being intrusive. They were present but not pests. They were on a mission and they were committed and intentional. Simply put, they were and have been Jesus to us. I think that's what love looks like.

PHYSICAL – SORENESS

"We are in this struggle together. You have seen my struggle in the past, and you know that I am still in the midst of it." -Philippians 1:30

Last question:

Do you understand there may be some discomfort, soreness and general aches involved?

I say "may be" with a smirk because, in all likelihood, there will be soreness. Just as there is growth and pain spiritually when you take Bible study classes, just like there are stomach pains nutritionally when you make changes to your diet, so too when your muscles begin to grow and stretch and work hard, they will be sore. I recommend light stretching, continued movement and baths with Epsom salts – plus a strong mental mind-set. And when the rubber hits the road, know that you have your group members to motivate you and 1 Body Ministries to encourage you! Again, if you want to include some steady state cardio on off days, feel free, but make it something YOU ENJOY! And ALWAYS remember at least ONE DAY off per week!

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 1 in your Appendix.

Low Impact Overview

<http://youtu.be/X2SwtDduvUY>

High Impact Overview

<http://youtu.be/esOX9YhaVB4>

Chair Workout Overview

<http://youtu.be/v7omD10jRL0>

WEEK 1 GROUP MEETING - TELL YOUR STORY

VISION (NEVER SKIP)

Share a story from the Bible, a personal story, an inspiring slogan or song to encourage one another to share Jesus with others, to start new groups, and to help others do the same. You can use one of the following Bible passages to get started: *Matthew 28:18-20, Luke 10:1-11, Acts 1:8, Luke 19:1-10, Matthew 13:1-23*

LOOK UP (1/3 OF TIME)

TALK WITH GOD SIMPLY AND BRIEFLY.

Read Mark 5:1-20, pay particular attention to verses 18-20.

1. What did you like about this passage?
2. What did you find difficult about it?

Reread the passages.

3. What does this passage teach about people?
4. What does it teach about God?

LOOK FORWARD (1/3 OF TIME)

5. How will you obey this week's message?
6. Who will you train with this information?
7. With whom will you share your story of the lesson or the story of God?

PRACTICE (NEVER SKIP)

Have everyone practice telling Jesus' story using one of the three simple methods included in this week's study. Tell your story and Jesus' story to three people this week.

PRACTICE

Practice telling your story. You will need to prepare your story and be prepared to share it with people when you tell them about Jesus. Here is how you can tell your story:

- Talk about your life before following Jesus – describe your feelings (pain, loneliness), questions or struggles you had before following Jesus.
- Talk about how you became a follower of Jesus – tell them about Jesus! The essential story of Jesus is: We have all offended God with our sins. We will die because of our sins. But we are saved from death when we put our faith in Jesus, who died for our sins, was buried, and raised from the dead.
- Talk about your life after following Jesus – Tell them about how Jesus changed your life. Tell of the joy, peace and forgiveness Jesus gave.
- Invite a response- your story should ask for a response. End with a questions that will help you discover the person's level of spiritual interest. Ask something like: "Would you like to know how you can be forgiven?" or "Would you like God to change your life?"
- Keep it brief (3 minutes or less) – your story should be short and interesting. Do not be boring and do not talk so long that the listener loses interest.
- Practice telling your story with someone in your group.
- Choose 3 people to tell. Pray. Ask God to show you which 3 people you know to whom He wants you to tell your story this week.

WEEK 2: Tell Jesus' Story

Last week we learned how to tell our stories. We were challenged to share the story of our life before Jesus, how we met Jesus and how our lives changed because of Jesus. Did you obey what you learned? With whom did you share your story? Remember, the keys to your successful transformation are accountability, vision, practice and goals. Paul says in 1 Corinthians 15 that he passed on the most important thing: all that had been passed on to him about Jesus' story. This week you will learn how to share Jesus' story. I want you to try to share your story and Jesus' story with at least three people. Remember to ask them if they would like to follow Jesus.

DEVOTIONAL - DAY 6

"And we know all things work together for good to those who love God, to those who are called according to His purpose." Romans 8:28.

"That I may know Him, and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death." -Philippians 3:10

What does it look like to be made like Jesus? God will use suffering, hardship and persecution to make us like Jesus. I can't begin to explain the sovereignty of God, but I do know He performs all things according to the counsel of His own will and for the good of those who love Him. I can illustrate it from my own life. My first childhood memory is being abandoned at the age of 4 or 5 by my dad at the orphanage. My dad remarried when I was in 2nd grade and brought me home to a blended family. My seven-year-old stepbrother began to sexually abuse me when I was in 3rd grade. To fit in with his peer group I began to drink in 6th grade and was an IV drug user by the age of 16. My stepmother threw me out of the house and I was homeless, sleeping in abandoned cars; all of this before trusting Jesus at 23. Following salvation, I was damaged by the church, and my wife of 23 years died at age 45. Not such a great life, right?

Yet in all of these things, I know He has never left me or forsaken me and has a divine purpose for my life. Jesus is faithful and true and loves me and loves you, too. We all have a destiny that can bring glory to God and can be used to help others. With God, all things are possible. We might not understand the reason why in the moments, weeks or years of adversity. Even Jesus asked, "My God, my God, why hast Thou forsaken me?" However, we can trust and know that He will use everything, even the tragedies in our lives, for our ultimate good. As I write this book, I know He has worked all the preceding seemingly negative things out for my good and to help others!

PHYSICAL – GOALS

"The Lord will work out his plans for my life— for your faithful love, O Lord, endures forever. Don't abandon me, for you made me." -Psalms 138:8

Now comes the tough part. What exactly is it that you are looking for? Is it to lose ten pounds? 30 pounds? Is it to lower your cholesterol to a healthy level? Is it to gain five pounds of muscle? Maybe you want to fit into your high school prom dress or have fewer stomach issues. Whatever it is, write it down. I'm sure you've heard of this Harvard study, but I'm going to reiterate it anyway.

In the book *What They Don't Teach You in the Harvard Business School*, Mark McCormack tells about a study conducted on students in the 1979 Harvard MBA program. In that year, the students were asked, "Have you set clear,

written goals for your future and made plans to accomplish them?" Only three percent of the graduates had written goals and plans; 13 percent had goals, but they were not in writing; and a whopping 84 percent had no specific goals at all.

Ten years later, the members of the class were interviewed again, and the findings, while somewhat predictable, were nonetheless astonishing. The 13 percent of the class who had goals were earning, on average, twice as much as the 84 percent who had no goals at all. And what about the three percent who had clear, written goals? They were earning, on average, ten times as much as the other 97 percent put together.

Write it down!

Be realistic. If you just got off the couch, you're not going to be running a marathon in two weeks. If you're not sure what's realistic as to weight loss or health concerns, make sure to ask your doctor, a health professional, or a personal trainer in your area.

Track it. It's easy to get sideswiped with other things. Life gets in the way. Work gets busy. By having a way to track your progress you make sure you goals are always in front of you.

Be accountable. Get a workout partner. If you know someone will be at the gym waiting for you, you're much more likely to get off the couch and go. Or, hire a personal trainer. Or, tell a close friend or relative like your Mom, she'll make sure you're keeping it up!

Be flexible. Maybe you ran that first mile sooner than you thought you'd be able to, maybe you didn't. Maybe you got relocated to Iowa and the closest gym is 30 miles away. Things happen. Life changes. Be willing to adapt and update your goals.

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 2 in your Appendix.

Low Impact Overview

<http://youtu.be/V8FhvdoP5lg>

High Impact Overview

<http://youtu.be/JSyv80vX3Po>

Chair Workout Overview

<http://youtu.be/dg3Rk-zcPCQ>

DEVOTIONAL - DAY 7

*"So we are Christ's ambassadors; God is making his appeal through us. We speak for Christ when we plead,
"Come back to God." -2 Corinthians 5:20*

*"But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and
in all Judea and Samaria, and to the end of the earth." -Acts 1:8*

Everyone can share their own story and the story of Jesus. The first person I ever led to Jesus was a 60-something-year-old man named Raoul. After I had called on Jesus, my external behavior changed dramatically. I began to obey and to put into practice what I was reading in the New Testament, Psalms and Proverbs bible that Rod Frenz had given to me. I no longer came back to the ship drunk; my language changed. I actually began to do the things that Rod Frenz had done like pray over my meals, etc. I also started a Bible study aboard ship. My former friends took delight in mocking me. One day Raoul approached me and said, "You're very different. What has happened to you?" I had that New Testament in my shirt pocket. I opened it and showed him John 3:16, *"For God so loved the world, that He gave His only begotten son, that whosoever believeth in Him should not perish, but have everlasting life."*(KJV) And I told him about Jesus. I asked him if he would like to call on Him like I had. He bowed his head and Raoul called on Jesus, just like I had a few months earlier. *"For whosoever shall call upon the name of the Lord, shall be saved."* Romans 10:13 (KJV) It really is that simple. Share your story, or the story of Jesus, with someone every day.

NUTRITIONAL – INTENTIONS. GOALS. ACTIONS.

No matter what choices you have made in the past, you are always capable of new choices that will allow you to experience better health and more happiness.

Intentions

It all begins with intention. Most people think intentions are goals to be achieved. We intend for you to shift your perspective from focusing on goal setting, to creating intentions. Setting intentions involves aligning yourself with your priorities by remembering what is important to you. Intentions speak to the quality of life you desire when you reach your goal; the "goal of the goal".

Intention is the "creative energy" that is going to bridge the gap between where you are now and where you want to be. By creating your intention, you will discover how to make goals that will move you into action without becoming attached to the outcome of those goals. That takes a lot of pressure off!

You have probably been setting goals your entire life with successes and failures in achieving your goals. Most dieters are driven, determined super-achievers when they start. Have you ever said; "It is my intention to stick with this diet no matter what?" We all know the story. What happens when determination starts to slide a little bit? You end up where you started and perhaps a little bit worse. You may think it would have been better if you had never dieted in the first place. Creating intentions is NOT the same as goal-setting. Creating an intention will give you IMMEDIATE RESULTS.

Here are some examples of intentions:

- It is my intention to live my life on purpose.
- It is my intention to make taking care of myself a priority.
- It is my intention to move my body in ways that bring health, enjoyment, strength, confidence, improved self-image and self-worth.

- It is my intention to be happy, free and joyous, and to live a life doing the creative work I love.
- It is my intention to focus on the positive and forget about the negative.
- It is my intention to choose gratitude over complaining.

Do you see the difference?

Goals

After mindfully creating your intention, you will discover how to make goals that move you into action without becoming attached to the outcome.

Effective and powerful goals are specific and measurable. It is important to be able to track your progress and know whether you are reaching your goals or not. This doesn't have to be a competition (with others or yourself) nor does it have to be filled with stress, pressure, shame or guilt. Having specific and measurable goals makes them clear and more likely to be achieved. The paradox you need to remember when setting and working on your goals is that you can't be attached to the outcome. It will make you crazy and take you off course from your real intentions. Goals simply take your intentions and help you to focus on tangible outcomes.

You may create goals simply by adding the word "by" to the end of your intention statement. Let's take one of the above intentions, for example: "It is my intention to put taking care of myself at the top of my priority list." Now add the word "by" at the end. It now reads: "It is my intention to put taking care of myself at the top of my priority list, by making time to care for my body, eating foods that nourish and energize me and making time in my schedule for quiet time."

The goals for your intention would be:

- Making time in schedule for quiet time
- Making time for self-care
- Eating foods that nourish and energize

Actions

Now that you have created goals, what specific actions must be taken to reach them? Actions that can be taken to reach the goals are:

- Get up 30 minutes earlier, spend time in God's Word and pray
- Shower and get dressed first thing in the morning
- Start the day with a nourishing breakfast of oatmeal and a green smoothie

If you put action steps on your "To Do List" without first having defined your intentions, you may not get to them. When you create your intentions, these action steps are important and you are more likely to accomplish them because they are attached to your priorities.

Determining action plans that inspire you, connecting to the goals you're working on and fulfilling your intentions is vital to the program. This is where the hard work begins and is often the place where things break down. The breakdown of actions usually occurs due to lack of support and accountability (which then allows you to let life take over and lose your focus) rather than failure or weakness on your part. This is why we want you to be in a small group or work with at least one other person. 1 Body Ministries model provides accountability and support necessary for success.

So, now it is your turn.

INTENTIONS. GOALS. ACTION. EXERCISE:

Please take 30 to 60 minutes, find a quiet place to sit and thoughtfully walk through the Creating Intentions, Goals and Actions exercise below.

Create intentions for your Spiritual Health and Body Health. This exercise is designed to give you guidance as you define your intentions: The goal of the goal.

SPIRITUAL HEALTH INTENTION

What will life be like when you experience true Spiritual Health? What will you be doing or will be able to do? How will you feel? Think BIG - how will the changes affect your happiness, your personal growth, your relationships, your career... etc.?

Intentions: Based on your answer(s) to the first question, write your statement(s) of intent for your spiritual health:

Goals: Attach the word "by" after your intention statement written above. Now create 1 - 3 goals you want to address. Create both short term and long term SMART goals. SMART Goals are: Specific, Measurable, Achievable (realistic!), Relevant and Time-specific.

Actions: Write down one small step you will take today toward the fulfillment of your intention. Tomorrow, take one more step. By committing to regular, consistent action you will tap into unexpected momentum.

BODY HEALTH INTENTION

What will your life be like when you experience true Body Health? How will you look and how will you feel? What will you be doing or will be able to do? THINK BIG - how will the changes affect your happiness, your personal growth, your relationships, your career... etc.?

Intentions: Based on your answer(s) to the first question, write your statement(s) of intent for your body health:

Goals: Attach the word "by" after your intention statement written above. Now create 1 - 3 goals you want to address. Create both short term and long term SMART goals. SMART Goals are: Specific, Measurable, Achievable (realistic!), Relevant and Time-specific.

Actions: Write down one small step you will take today toward the fulfillment of your intention. Tomorrow, take one more step. By committing to regular, consistent action you will tap into unexpected momentum.

After completing the exercise, write both your spiritual and body intention statements on a separate piece of paper and post the statements where you can see them daily (bathroom mirror, for example). State your intention out loud at least once per day.

Commit to taking regular, consistent action. Create new action steps daily. Creating daily action steps will bring you one step closer to the life you desire. Be sure to revisit this exercise monthly, quarterly and yearly in order to evaluate your progress. Revise and adjust as necessary and stay on track.

NUTRITIONAL – ACTION PLAN

INTENTIONS. GOALS. ACTION. EXERCISE:

Set aside 30-60 minutes this week to read and complete the exercise: Intentions. Goals. Action. Exercise. Write your Spiritual Health and Body Health intention statements on a separate piece of paper. Post this paper where you can see it daily and state your intentions out loud at least once daily. The more the better.

HYDRATION:

- Drink 8-16oz of water upon waking. Before you get in the shower and before you make your coffee.
- Practice drinking more water; ½ Half your body weight in ounces is the goal. Adjust up or down based upon activity level, outside temp/ humidity, urine color and how you feel. Try one of the flavoring suggestions to keep things interesting.

DEVOTIONAL - DAY 8

"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up, and let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion, who initiates and perfects our faith. Because of the joy awaiting Him, He endured the cross, disregarding its shame. Now He is seated in the place of honor, beside God's throne."
-Hebrews 12:1-2

Life is an adventure with God and you never know what's going to happen. Listen to the words of the prophet Forest Gump, "Life is like a box of chocolates; you never know what you're going to get." We can all become discouraged by circumstances if we do not maintain intimacy in our relationship with Jesus. I was in Bible college in the mid-80's. I was struggling financially, working several jobs and engaged in a ministry at the Youth Crisis Center. Runaway kids and at-risk teens were placed at the center for a few weeks before being placed in a new home. Every weekend I and some other students from Bible college would go in and play foosball, share our stories and listen. I had actually started this ministry and loved it. One Sunday I was sitting in the youth service at church and there was a kid sitting next to me who had ridden the bus to church. I didn't feel like talking to him because I was feeling sorry for myself. I asked him if he knew Jesus. He told me he did. I asked him to tell me his story. He told me he was in foster care and had just been placed in a new home from the Youth Crisis Center. He said a group of students had come in and shared Jesus with him and the other kids at the center and he had trusted Jesus. I asked him who had led him to Christ and he said, "You did." Wow! Right then I heard Jesus say, "Don't quit. Keep going. I will use you, even when you don't know it." Remember, the Christian life is a marathon, not a 100-yard dash.

PHYSICAL – NO PAIN NO GAIN

2 Timothy 1:7 "For God did not give us a spirit of timidity, but of power, of love and of self-discipline." Whatever workout you've chosen; know that you WILL have soreness, yes, but don't confuse it with pain. The two are very, very different. Soreness is more of a dull, slightly uncomfortable ache in your muscle, while pain is a very uncomfortable and sometimes sharp sensation in your bones, joints, or muscles. When people say "no pain, no gain" in the gym, the pain is actually the burn you feel in your muscles when you really push into and past fatigue. This burn can be an unpleasant but normal sign you're working out!

While muscle soreness is normal, pain is not. If you feel pain at any point during your workout, it is essential you STOP what you are doing. If you experience sudden pain, severe pain, swelling, extreme tenderness, extreme weakness in a limb, inability to place weight on arms or legs, or inability to move a joint through its full range of motion, you should see your health care professional right away.

I've worked with too many people who did that one last rep or pushed their body that one extra mile and then found themselves injured and out of ANY physical activity for weeks or even months. I had a client who pushed through the "no pain, no gain" with a previous trainer and ended up in knee rehabilitation for six months! BE CAREFUL! I don't want that for you, so please be extra mindful of form and energy levels this week. Push yourself, yes, but push so hard you hurt yourself, no.

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 1 in your Appendix.

Low Impact Overview

<http://youtu.be/X2SwtDduvUY>

High Impact Overview

<http://youtu.be/esOX9YhaVB4>

Chair Workout Overview

<http://youtu.be/v7omD10jRL0>

DEVOTIONAL - DAY 9

"My sheep listen to My voice and I know them and they follow Me. I give them eternal life and they will never perish. No one can snatch them away from Me." -John 10:27-28

Henry Blackaby, in the book *Experiencing God*, says "God speaks by His Spirit, through His Word, prayer, circumstances and His church, to reveal Himself, His purposes and His ways." I was taking a group of guys through this study some time after my wife passed away. I was at the gym in the sauna before 6 a.m. one day, praying for God to speak. I hungered and thirsted after Jesus, to know Him, not to just know about Him. I looked over to my left (I had had my eyes closed) and there was a man kneeling in prayer. Like the genius I am, I astutely asked him, "Are you praying?" Hopefully everyone reading this realizes you do not see 300-lb. guys praying in the sauna before 6 a.m. every day. The guy looked at me, somewhat annoyed and said, "Yes." I told him I was a Christian and would like to pray with him. I got down on my knees in the sauna and we prayed. He told me his name was PJ and his mother-in-law in Chicago was dying of cancer. His wife was on her way to see her mom that day, most likely for the last time. I shared my story about losing my wife and he began to cry and told me, "I will never forget this."

You see? God is speaking every day. Are we listening?

NUTRITIONAL – PROMISE TO YOURSELF

Make a Promise to Yourself. Since most of this program occurs outside the sessions, while you are living and eating in your daily life, ultimately the results depend on YOU. What you put in, you will get out. Please read and sign the following:

Dearest body of mine,

After careful thought and consideration, I hereby promise to:

Honor you as the temple of the Holy Spirit of God.

Offer you healthy foods and drinks.

Realize that you deserve to be healthy.

Overcome the addictions that hurt you.

Love and appreciate you for what you do.

Accept that I have the power to heal you.

Adorn you with nice, comfortable clothes and shoes.

Realize that laughter, play and rest help you feel good.

Exercise regularly and appropriately for my body type.

Listen to messages you are sending me when you are hurt or sick.

Understand that my unexpressed emotions and thoughts affect you.

Accept you and be grateful for you just the way you are.

(List additional promises)_____

I love you so much,

[Sign Here]

DEVOTIONAL - DAY 10

"For I am not ashamed of this Good News about Christ. It is the power of God at work, saving everyone who believes—the Jew first and also the Gentile. This Good News tells us how God makes us right in His sight. This is accomplished from start to finish by faith. As the Scriptures say, "It is through faith that a righteous person has life."-Romans 1:16-17

SHARING THE BASICS OF THE GOSPEL

This can be done many different ways. There is one example below that uses verses from Romans. I recommend spending an extended period of time studying the background of the gospel in the early chapters of Genesis that will help you as you share with others. Consider using a basic sketch such as the one below these steps.

Use your Bible if possible and allow the person to whom you are witnessing to read it for themselves if they can. Have them explain each verse in their own words and make sure they understand each verse before proceeding to the next one.

1. Romans 1:18-20, 28-32 – God's identity and role
 - Who is God?
 - What angers God?
2. Romans 3:23 – Man's need for salvation
 - What is man's spiritual problem?
 - Who has sinned?
 - What is sin?
3. Romans 6:23 – The results of sin
 - What is the wage/penalty for sin?
 - Who will receive this wage/penalty?
 - What is God's plan for man's salvation?
4. Romans 5:6-10 – Christ died to pay the penalty for sin and rose again to give new life.
 - When did God love us?
 - How did He pay for our sin?
 - How did he save us and give us new life?
5. Romans 10:9-10 – How can a person receive this salvation God offers?
 - What two things must a person do to be saved?
 - What does it mean to believe?
 - What does it mean to call Jesus your Lord?
 - Ask them if they would like to become a follower of Jesus. Pray with them to accept the gift of life and commit their new life to God.
6. Romans 10:13 – Assurance of salvation.
 - What does this verse promise?
 - What did you just do?
 - What did God do for you?

See appendix for 3 additional ways of sharing the basics of the gospel.

PHYSICAL – PROPER FORM

"As the body without the spirit is dead, so faith without deeds is dead."-James 2:26 (NIV)

Learn to do each exercise correctly. The better your form, the better your results – and the less likely you are to hurt yourself. Remember, proper form can mean the difference between injury and increased strength. If you are only able to use five pounds with perfect form, DON'T upgrade to thirty pounds to impress others or speed up your program. Using light weights is not a failure, it is a stepping stone to increasing your weight or time. Cut yourself some slack. This is a transformation, and it takes time.

Key points to remember are to always keep your knees bent and aligned with your toes to protect your back, and keep your core tight (stomach muscles). Your head should be in a neutral position during most moves so as not to stress your spine. Whenever you're doing a squat or lunge move, make sure your knees don't go in front of your toes. This is BIG! Take larger steps than you think necessary for lunges to protect knees. Sometimes, if it feels weird, it's right! Make sure you don't lock joints during moves; it puts way too much pressure on the joint and stops the effect on the muscle you're trying to work.

TINA'S DO'S AND DON'TS!**Do**

- Relax. Tight shoulders will not help you in your workouts.
- Keep your head up when doing squats and lunges. This will ensure your shoulders are back where they should be.
- Stick your bottom out in squats and dead lifts. Yes, it will feel weird. Pretend you are in a Port O Potty and do not want to sit on the toilet!
- Imagine a string pulling the top of your head up to the ceiling for lunges and squats.
- Tighten your abs. Keeping your core tight will help with balance for every exercise.
- Keep your legs slightly bent.
- Make sure you are feeling the contraction (burn) in the muscle you are working.
- Stay controlled. You should have full control of the weight at all points in the exercise.
- Complete the full range of movement.
- Focus on one spot to stay balanced.
- Keep a neutral spine.

Don't

- Let your knees go in front of your toes in a squat or lunge.
- Lock your knees.
- Lift more weight if you have to sacrifice form.
- Swing back and forth excessively.
- Hold your breath!
- Exercise when fatigued.
- Ignore pain in any part of your body that you are not working.
- Tighten your jaw.

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 2 in your Appendix.

Low Impact Overview

<http://youtu.be/V8FhvdoP5Ig>

High Impact Overview

<http://youtu.be/JSyv80vX3Po>

Chair Workout Overview

<http://youtu.be/dg3Rk-zcPCQ>

WEEK 2 GROUP MEETING - TELL JESUS' STORY

LOOK BACK (1/3 OF TIME)

CARE Share a meal, a refreshment, a story from this week, or an answer to prayer. How has everyone's personal relationship with God been? If anyone is struggling, pray for him/her and stay after to care for that person.

CHECK-UP (NEVER SKIP)

1. How have you obeyed what you learned this week spiritually, nutritionally and physically?
2. Who have you trained in what you learned?
3. With whom have you shared your story?

VISION (NEVER SKIP)

Share a story from the Bible, a personal story, an inspiring slogan or song to encourage one another to share Jesus with others, to start new groups, and to help others do the same. You can use one of the following Bible passages to get started: *Matthew 28:18-20, Luke 10:1-11, Acts 1:8, Luke 19:1-10, Matthew 13:1-23*

LOOK UP (1/3 OF TIME)

Talk with God simply and briefly.

Read 1 Corinthians 15:1-8, Romans 3:23 and Romans 6:23.

4. What did you like about this passage?
5. What did you find difficult about it?

Reread the passages.

6. What does this passage teach about people?
7. What does it teach about God?
8. Look forward (1/3 of time)
9. How will you obey this week's message?
10. Who will you train with this information?
11. With whom will you share your story of the lesson or the story of God?

PRACTICE (NEVER SKIP)

Have everyone practice telling Jesus' story using one of the three simple methods included in this week's study. Tell your story and Jesus' story to three people this week.

WEEK 3: Follow & Fish

Ok team, we are riding the bike now! I am sure we have had both some victories and some crashes. Keep it up and remember the vision and the mission! We are Jesus' ambassadors here on earth and we are in it to win it! You have been equipped and challenged to share your story and Jesus story with at least three people each week. Who does God want you to share your story and the story of Jesus with this week? Ask Him. He will prompt you who those people are. This week's lesson is follow and fish, and you will learn a proactive way to identify where to fish.

DEVOTIONAL - DAY 11

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." -3 John 1:2

In 2005 I weighed 265 pounds. My overall health was horrible. My bad cholesterol was bad, my good cholesterol was bad, I was diabetic, I had high blood pressure and thyroid issues as well. I took daily medication for all of these issues. The funny thing is, I would have been considered extremely successful from a monetary perspective and I was in church every Sunday. I don't believe I was an isolated case. I believe our churches are filled with people today that are just like I was then.

As of this writing I weigh 190 pounds and am completely medication free and have been for years. What changed? I began to walk with God again by beginning to attend a small group of men studying the Bible on Thursday mornings (community). I began to work out again (initially all I could do was walk on the treadmill before moving on to strength training 3 times per week). I made changes in my nutrition by beginning to drink more water in conjunction with a drastic reduction in sugar. The key to lasting change was the synergy of the three areas. I was being strengthened by God in my inner man and because of this was able to carry through on behavioral changes nutritionally and physically. Remember, from faith to faith, the just shall live by faith. Life is a journey, not a destination.

PHYSICAL – DAY OF REST

"When you lie down, you will not be afraid; when you lie down, your sleep will be sweet." -Proverbs 3:24 (NIV)

I love this verse and have used it many times; when I was single and living alone, when my daughters have bad dreams, and any time insomnia strikes.

There is little more important than rest and sleep. A recent survey found that more people are sleeping less than six hours a night, and sleep difficulties visit 75 percent of us at least a few nights per week. A Harvard study suggests six reasons to get enough sleep: (Note number 2!)

1. Learning and memory: Sleep helps the brain commit new information to memory through a process called memory consolidation. In studies, people who'd slept after learning a task did better on tests later.
2. Metabolism and weight: Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates and by altering levels of hormones that affect our appetite.
3. Safety: Sleep debt contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.

4. Mood: Sleep loss may result in irritability, impatience, inability to concentrate and moodiness. Too little sleep can also leave you too tired to do the things you like to do.
5. Cardiovascular health: Serious sleep disorders have been linked to hypertension, increased stress hormone levels and irregular heartbeat.
6. Disease: Sleep deprivation alters immune function, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer.

Most of this you probably already know, but you might need a reminder as to the importance of it. If you're trying to lose weight, lack of sleep is your enemy. And if you're trying to get healthier, more sleep is your friend. Get at least seven to eight hours each night. And then get up and work out!

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 3 in your Appendix.

Low Impact Overview

<http://youtu.be/4D3W9AfrWKc>

High Impact Overview

<http://youtu.be/lpONgiur96o>

Chair Workout Overview

<http://youtu.be/1-Th6VRmpk0>

DEVOTIONAL - DAY 12

"The thief's purpose is to steal, kill and destroy, my purpose is to give them a rich and satisfying life." John 10:10. God's church is ravished with obesity and disease at the same rate as outside the church. The statistics in America are staggering.

- 60% are obese or overweight
- 1 in 3 is at risk for diabetes
- 80 million people have heart disease; 1 million will die this year.
- 1 million will have a heart attack this year, half million will die from it.
- 11 million have cancer, 1.2 million will receive that diagnosis this year, and 500,000 will die.

We have an enemy! Many if not all of these diseases are preventable and most are reversible. We can defeat the enemy and live the rich and satisfying life Jesus died to give us. That's what Total Transformation is all about.

NUTRITIONAL – BIO-INDIVIDUALITY

To successfully learn how to be the healthiest you, we are going to introduce you to a term called bio-individuality. The concept of bio-individuality is that each person has unique food and lifestyle needs. One person's food is another person's poison. What works for me, doesn't work for you. We are too different from each other to eat the same exact food.

Factors that shape your bio-individuality are YOUR personal ancestry, blood type and metabolism.

The first factor is ancestry. Ask yourself, what is your ancestry? What did your great-grandparents eat? What did your family eat 100 years ago before the influence of modern food entered the scene? Consider getting back to your roots.

Your blood type also influences your bio-individuality. There are four blood types – A, B, AB, O. These four types can be traced to a certain period of human history with distinct differences in diet.

Dr. Peter D'Adamo, author of "Eat Right 4 Your Type", has discovered that each blood type reacts differently when exposed to the same food. Each blood type has developed particular strengths and limitations and knowing them can influence your health. These preferences are based on a chemical reaction that occurs between the foods you eat and your blood. Depending on the blood type, some foods cause cells to clump together and thicken the blood. This could eventually lead to health problems.

In your Action Plan this week, there are tools to help you learn more about your blood type.

The third factor in bio-individuality is metabolism: The rate at which food is converted into energy. Knowing your personal metabolic rate is useful when gauging the quantity of food your digestive system can process. Depending on your metabolic rate, your body may quickly convert calories to energy or it may store the extra calories. There are many resources available online for calculating your metabolic rate.

One example is: www.bmi-calculator.net/mbr-calculator

If this all seems too confusing and complicated, don't worry; just observe how your own body responds to the food you give it. People are different and getting to know your own body is an essential first step in discovering how to stay healthy.

Your body is a sophisticated bio-computer designed by God. By learning to become aware of what you are eating, slow down when you eat, and then listen to your body, you will develop an understanding of which foods your body needs and when it needs these foods and you will discover what is best for your body.

NUTRITIONAL – ACTION PLAN

BLOOD TYPE:

Learn more about the Blood Type Diet and how it relates to bio-individuality. If you know your blood type, visit <http://www.dadamo.com/>. On the website, find your blood type and read about what makes your type unique and what diet and lifestyle recommendations work best for your type. Consider experimenting according to your Type's recommendations.

If you don't know your blood type, you can order a home test kit for \$9.95 here: <http://www.4yourtype.com/prodinfo.asp?number=YTE001>

DEVOTIONAL - DAY 13

Jesus said he came that we might have life and have it more abundantly. The following four keys to success are not original with me, they're actually from a secular book Think and Grow Rich by Napoleon Hill. However, I believe they are full of Biblical truth when focused on the proper purpose. Look up the verses and allow God to speak to your heart.

1. A definite purpose backed by a burning desire – Matthew 28:19-20, John 10:10, John 17:21-23
2. A specific plan expressed in continuous action – John 14:21, James 2:14-26, 2 Peter 1:5
3. A mind tightly closed to negative influences (avoid, at all cost “stinking thinking”) – 2 Corinthians 10:5, Philippians 4:13, Philippians 4:6-9
4. A mastermind alliance of two or more in complete harmony with regard to purpose and plan – Hebrews 10:24-25, Matthew 18:20, Romans 16:5, Colossians 4:15.

I truly believe if we will unite our hearts, minds, and actions together, we will experience abundant life and will change the world – John 17:21-23.

PHYSICAL – FORGIVENESS

“The son said to him, ‘Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.’” -Luke 15:21 (NIV)

Ok, so a slip up in your diet or workout is not a sin according to the Bible, but I know many who feel just as strongly about it! I really want to encourage you here. There may be any number of reasons for a slip-up: addictions, bad day, lack of energy and self-sabotage issues. Whatever the reason, forgive yourself and move on! It happened. Tomorrow is a new day. Get back on the wagon.

I hear your thoughts:

*I'm a loser.
I'll never lose this weight.
I have to do two-a-day workouts the rest of the week!
How could I be so weak?
What is wrong with me?
Why can't I stick with it?*

NOTHING IS WRONG WITH YOU! YOU'RE NOT WEAK! IT HAPPENS! TO THE BEST OF US!

Go back to your goals and intentions; go back to your letter to yourself. Use these affirmations instead of those thoughts:

*I forgive you.
I love you.
I will remember that with God, all things are possible.*

Then, forgive yourself. You only have to ask Jesus one time to forgive you, why should you have to ask yourself more?

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 3 in your Appendix.

Low Impact Overview

<http://youtu.be/5NNZ6jkgnUs>

High Impact Overview

<http://youtu.be/BjJFCfcmHZg>

Chair Workout Overview

http://youtu.be/pF4CVuM4_vA

DEVOTIONAL - DAY 14

"I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death so that one way or another; I will experience the resurrection from the dead. I don't mean to say that I have already achieved these things or that I have already reached perfection, but I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing; forgetting the past and looking forward to what lies ahead. I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus is calling us." -Philippians 3:10-14

None of us are our scale weight, our past mistakes, our bank accounts (no matter what the balance, great or small), our cars, or our houses. Two of my favorite quotes are as follows. "The biggest room in the world is the room for improvement." and "There is no limit on better." Today, forget the past and press on to know Jesus in community, in His Word, in prayer and on mission. Take massive action, behaviorally, toward honoring him with your temple (your body) by making healthy choices. Whether you eat or drink or whatsoever you do, do all to the glory of God.

NUTRITIONAL – BREAKFAST EXPERIMENT

As a way of tuning into your body and learning how to listen to its messages, you will explore eating a different breakfast meal every day for a week.

This experiment is not meant to tell you what to have for breakfast specifically, although that is a side benefit. This experiment is intended to tell us which foods work best for your body in general and to help you really learn to tune into your body's needs and to bring awareness to your eating experience. This easy experiment will reveal the widely differing effects each food has on your well being.

Breakfast Experiment Directions:

Eat one of these meals each morning for breakfast. You don't have to eat them in this order, but try to eat each meal at least once.

Your Breakfast Meals:

	THEME	EXAMPLES
DAY 1	Fresh Fruit	Fruit salad, apple, banana, fruit-only smoothie
DAY 2	Oatmeal or any grain product	Rolled (not instant) oats w/ nuts; muesli recipe (see recipe)
DAY 3	Boxed breakfast cereal	Feel free to add fruit on top
DAY 4	Eggs	Scrambled eggs. Or omelet with veggies (ex. Tomatoes, spinach, mushrooms)
DAY 5	Smoothie	Make your own, or see Smoothie Recipes
DAY 6	Toast with nut butter	Ezekiel bread or whole grain bread; peanut butter or almond butter
DAY 7	Your typical breakfast	Enjoy your typical breakfast

- If you already know from past experience that one of these meals won't work well for you, eliminate that breakfast from your list!
- If desired, use the Grocery List and Recipes on the following pages to complete the experiment.
- Use the Breakfast Experiment Diary to document your meals and discoveries.
- After you complete the meals for the week, take a moment to notice which foods worked best for you. The results of this experiment will help you identify your body's unique needs not just for breakfast, but as a guide for all of your meals.

A side benefit of this experiment is that you should now have a better idea of what type of breakfast works best for you. You may decide to combine parts of different breakfasts (eggs & fresh fruit for example) to create the ideal breakfast meal for yourself.

Breakfast Experiment Recipes

*These recipes are optional. You are welcome to try them during the experiment or you can have freedom to do your own thing as long as you keep in line with the examples for that day's theme.

Grain Day Option:

MUESLI

- ½ cup rolled oats
 - 1 cup milk or milk alternative (almond, rice, hemp, coconut) Any alternative milk should be unsweetened. Almond and coconut milk work best for all body types and are a good alternative to cow's milk)
 - 2-3 dates, chopped (optional)
 - ¼ cup sunflower seeds
1. Soak all ingredients overnight, covered and it will be ready by the morning. You can heat it on the stove if you prefer it hot.
 2. If desired, you can add cut up fruit (chopped apples, blueberries, banana slices) and/or a sweetener (Stevia, honey or maple syrup).
 3. If you forget to soak the oats overnight, you can cook the oats on the, stove according to package instructions, and then add in your fruit and seeds/nuts.

Smoothie Day Option:

BERRY BEST SMOOTHIE

- ½ - 1 cup Frozen fruit (recommend: organic and/or wild berries)
- 8 oz Liquid (water; whole, organic milk or milk alternative: unsweet coconut, almond or hemp milk)
- 1 Serving Vegetarian protein powder OR ½ Cup plain, full-fat yogurt
- 3 – 6 Ice cubes
- Optional sweeteners: stevia, ¼ banana, 1-2 tsp raw honey

Place all ingredients in blender and blend well. Add more water and/or ice depending on desired thickness.

Notes: If you have protein powder on hand, use that. Don't go and buy special protein powder at this point. We will cover the best protein powders during a later session. If you don't have any protein powder on hand, use ½ cup plain yogurt (Greek or regular) to boost protein content.

The healthy fat from the milk combined with the protein helps to prevent a sudden spike and a precipitous fall in your blood sugar, keeping you satisfied longer and your metabolism engaged.

BREAKFAST EXPERIMENT:

- Read the instructions on the Breakfast Experiment. Buy grocery list items as soon as possible, giving you enough time to complete the seven-day experiment before your next group meeting (if applicable).
- Complete the experiment this week, eating a different breakfast each day. Notice how you feel. Journal your findings in the Food Diary.

Breakfast Experiment Diary

Using the diary below, document what you eat. Then sit quietly after you eat, and reflect. Document how your energy level, moods, and physical symptoms respond to this food throughout the morning.

TIME / MEAL	FOOD / BEVERAGE Include approximate amounts of each food (ex: 1 cup cereal with ½ cup milk)	ASSESSMENT (1-2 HRS AFTER) ▪ How is your: Satisfaction, Energy, Mood, Cravings? ▪ Did you need a snack before next meal?
Breakfast Day 1		
Breakfast Day 2		
Breakfast Day 3		
Breakfast Day 4		

Breakfast Day 5		
Breakfast Day 6		
Breakfast Day 7		

SHOPPING LIST

Breakfast Experiment Ingredients:

Includes items from suggested recipes. If you will not be using the Grain Recipe or the Smoothie Recipe above, omit those grocery items below and insert your own.

Serves 1

FRUIT DAY:

1-2 C Fruit of choice (melon, berries, apple, etc.)

GRAIN DAY (using Muesli recipe):

- ½ C Rolled Oats
- ¼ C Sunflower seeds
- 2-3 Dates (optional) OR you can top with chopped fruit before eating
- 1 Carton (32oz) of Milk Alternative (could use cow's milk, but try alternative!) almond, hemp or coconut.
-

Select the unsweetened beverage in either type in refrigerated milk section, or non-refrigerated milk section with almond milk and soy milk, etc. Will also be used for: 1) smoothie day, 2) Cereal day

CEREAL DAY:

1 C Serving of Boxed Cereal

EGG DAY:

2 Eggs

Optional: omelet veggies if you would like omelet vs. scrambled eggs

SMOOTHIE DAY (using Berry Best smoothie recipe):

- ½ C Frozen berries (ideally organic and/or wild berries)
- 1 Banana OR Stevia OR 1-2 tsp Raw Honey (Used to sweeten smoothie)

Choose:

- 1 Scoop Vegetarian Protein Powder, OR
- 6oz plain yogurt (if you don't have protein powder on hand- see recipes)

TOAST DAY:

- 2 Slices Ezekiel bread OR whole grain bread
- 2 T Peanut butter OR Almond butter

NORMAL BREAKFAST DAY:

- Serving of your typical breakfast on hand
- What did you learn from this experiment?

NUTRITIONAL – ACTION PLAN

BREAKFAST EXPERIMENT:

- Read the instructions on the Breakfast Experiment. Buy grocery list items as soon as possible, giving you enough time to complete the seven day experiment before your next group meeting (if applicable).
- Complete the experiment this week, eating a different breakfast each day. Notice how you feel. Journal your findings on the Food Diary.

DEVOTIONAL - DAY 15

"I can do all things through Christ, which strengtheneth me." Philippians 4:13 (KJV)

I believe those 10 words are the most powerful words in the Bible. That is the first Bible verse I ever memorized, after reading Norman Vincent Peal's book "The Power of Positive Thinking". My chief value is truth. Jesus said that He was the way, the truth and the life. He says His Word, the Bible, is truth and that if we continue in His Word, we will know the truth and the truth will set us free – John 8:31-32. So the truth we know is that feelings will come and go. We have an enemy who wants to destroy and kill us physically and for us to be ineffective, both physically and spiritually. Truth is, even though we struggle with making better choices nutritionally and with exercising regularly, we absolutely can do it based on the truth of God's word. Choice, not chance will determine our destiny. Make choices based on God's word and take action toward those choices daily. We can do all things through Christ, not some things or most things, All things. He said it, and that settles it.

PHYSICAL – PROPER FIT

"Do not love this world nor the things it offers you, for when you love the world, you do not have the love of the Father in you. For the world offers only a craving for physical pleasure, a craving for everything we see, and pride in our achievements and possessions. These are not from the Father, but are from this world." -1 John 2:15-16 (NLT)

You wouldn't go to work without the proper uniform on, would you? Construction workers wear hard hats for a reason. Doctors wear surgical clothing for a reason. So, too, should you wear clothes that fit your activity.

Some things to keep in mind:

- Protection. If you're going to be outside in the heat of the day, make sure to wear a hat, sunscreen and light-colored clothing. In cold weather, wear layers.
- Activity specific. Make sure your shoes are sport specific. Cross trainers, running shoes, etc. are made to withstand the movement each sport requires. For the proper fit, go to FITniche stores (fitniche.com). They have a 10 minute process of testing your gait, arch, width and weight distribution to ensure the right shoe for you.
- Material. Look for wicking ability, stay away from cotton. Cotton traps perspiration and can cause blisters on your feet. Fabrics made out of lycra or polyester blends or that mention Dri Fit keep moisture away from your body to help regulate your temperature.
- Fit. You might prefer to wear loose clothing, but not only can it get caught on machines, it can also inhibit your movements. Form fitting clothing helps you check your form and also makes it easy to track weight loss! (for women, your sports bra needs to be your best friend. For more information, go to www.sparkpeople.com/resource/fitness_articles.asp?id=1290).
- Comfort. Above all, be comfortable. Take into consideration all of the above, but when it comes down to it, wear something that makes you want to work out!

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 3 in your Appendix.

Low Impact Overview

<http://youtu.be/4D3W9AfrWKc>

High Impact Overview

<http://youtu.be/lpONgiur96o>

Chair Workout Overview

<http://youtu.be/1-Th6VRmpk0>

Week 3 Group Meeting - Follow & Fish

LOOK BACK (1/3 OF TIME)

CARE Share a meal, a refreshment, a story from this week, or an answer to prayer. How has everyone's personal relationship with God been? If anyone is struggling, pray for him/her and stay after to care for that person.

CHECK-UP (NEVER SKIP)

1. How have you obeyed what you learned this week spiritually, nutritionally and physically?
2. Who have you trained in what you learned?
3. With whom have you shared your story?

VISION (NEVER SKIP)

Share a story from the Bible, a personal story, an inspiring slogan or song to encourage one another to share Jesus with others, to start new groups, and to help others do the same. You can use one of the following Bible passages to get started: *Matthew 28:18-20, Luke 10:1-11, Acts 1:8, Luke 19:1-10, Matthew 13:1-23*

LOOK UP (1/3 OF TIME)

Talk with God simply and briefly.

Read Mark 1:16-20

4. What did you like about this passage?
5. What did you find difficult about it?

Reread the passages.

6. What does this passage teach about people?
7. What does it teach about God?

LOOK FORWARD (1/3 OF TIME)

8. How will you obey this week's message?
9. Who will you train with this information?
10. With whom will you share your story of the lesson or the story of God?

PRACTICE (NEVER SKIP)

Make a list. Get a blank piece of paper or use the Relational Network Steward Sheet in the Appendix and write the names of 100 people that you know (family, friends, co-workers or school mates) who need to hear about Jesus. Tell your story and Jesus' story to 3 people this week.

WEEK 4: Baptism

Way to go!! You have arrived at week four of your Total Transformation journey! Together we have learned to tell our story and Jesus' story and learned how to create a resource to help us know who to share with. As people respond and follow Jesus it is important that we understand the commandment is to go and make disciples. How? By going, baptizing and teaching them to do the very thing you have been doing.

DEVOTIONAL - DAY 16

"And on some have compassion, making a difference." -Jude 1:22

Every person can be a difference maker! My third son, Ben, who is now 17 years of age, was only 13 when his mom passed away. Ben is not, by nature, an affectionate kid from a physical perspective, to put it mildly. I, on the other hand, am affectionately known as "the Hugger". It was 2 days after Beth had passed away and I was emotionally a basket case, crying and just heartbroken. We had fought cancer with everything we had and she was gone. All 5 kids were still at home. On this day I was in our bedroom, sitting on the bed where all of us were when Beth passed away, weeping almost uncontrollably. Ben walks in and I stand up and he holds me, hugging me really tightly and patting me on the back, over and over. After a while, this 13-year-old young man says to me, "We are going to get through this, Dad." My son was a difference maker right then, showing compassion to his dad, even while he was crushed over the loss of his mom. Ben might not have known that verse, but he was living it out as a young follower of Jesus and I will never forget it. Make a difference in somebody's life today!

PHYSICAL – TO STRETCH OR NOT TO STRETCH

"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body." -1 Corinthians 6:19, 20

To stretch, or not to stretch, you might be surprised...

Recommendations to stretch or not to stretch change from year to year and from expert to expert. Stretching has long been promoted as an essential part of a fitness program to decrease the risk of injury, prevent soreness and improve performance. And let's face it: It FEELS good! While researchers continue to look at the benefits and pitfalls of stretching, there is some limited (and conflicting) evidence to consider.

Plentiful recent research shows that stretching as we know it – the kind of typical static stretching the average person does at the gym, or even the kind of stretching most athletes do – is mostly a waste of time. (An example of static stretching is reaching for your toes and holding it for 10 seconds.) Studies indicate these stretches may not only be a waste of precious time, but can actually be counterproductive and reduce athletic performance. As to injury and soreness, studies have indicated static stretching has no apparent effect on risk of injury or on post-exercise muscle soreness.

Warm-up exercises, however, are essential to any workout. Preparing the muscles and joints for more intense activity helps prevent injury and promotes circulation. Warm-up exercises increase the temperature of the body, making the muscles more flexible and receptive to strenuous activity. Warming up should slightly increase the heart rate but not to the level experienced during your workout.

Here are some examples of warm-up activities:

- To warm up or cool down for a brisk walk, walk slowly for a few minutes.
- For a run, walk briskly for a few minutes.
- For High Intensity Interval Training, do 10 repetitions of each exercise.
- For soccer, do slow, soccer-specific running drills.
- For swimming, swim slowly at first and then pick up the tempo as you're able.

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 4 in your Appendix.

Low Impact Overview

<http://youtu.be/5NNZ6jkgnUs>

High Impact Overview

<http://youtu.be/BjJFCfcmHZg>

Chair Workout Overview

http://youtu.be/pF4CVuM4_vA

DEVOTIONAL - DAY 17

"As Jesus approached Jericho a blind beggar was sitting beside the road. When he heard the noise of a crowd going past, he asked what was happening. They told him that Jesus the Nazarene was going by, so he began shouting "Jesus, son of David, have mercy on me." "Be quiet!" the people in front yelled at him, but he only shouted louder, "Son of David, have mercy on me." When Jesus heard him he stopped and ordered the man be brought to him. As the man came near, Jesus asked him, "What do you want me to do for you?" "Lord," he said "I want to see." And Jesus said, "Alright, receive your sight, your faith has healed you." Instantly, the man could see and he followed Jesus, praising God and all who saw it praised God too." -Luke 18:35-43

The story told in today's passage is about a blind man who had heard about Jesus. He believed Jesus could heal him and pleaded loudly and persistently for Jesus to have mercy upon him, even when he was told to keep quiet. Do we really want to be healed as much as this blind man? Are we influenced by others to be quiet and go the way of the crowd? Jesus heard him crying out and ordered the man to be brought to Him. He then asked him, "What do you want me to do for you?" The man asked Jesus specifically, "Lord, I want to see." Jesus spoke the word, "Receive your sight, your faith has healed you." And immediately the man could see and followed Jesus.

I believe God can and does, miraculously deliver people from disease, addictions, etc. today! I have not done a shot of cocaine or heroin from the day that I called on Jesus over 30 years ago. I was miraculously set free from bondage to those things. In my life, that was as big a miracle as the blind man being healed. I am not saying I have not struggled since then with other issues; overeating, pride, anger, ambition to name a few. I am saying Jesus can and still does heal instantaneously and that we can and should cry out and not keep silent.

I further believe we actually are set free, cleansed, made holy, set apart, the moment we trust Jesus. Afterwards we often choose to live lives far below what is a reality, by caving in to our feelings and thoughts that are contrary to the truth of God. God has united you with Christ Jesus. For our benefit, God made Jesus to be wisdom itself. Christ made us right with God, He made us pure and holy and He freed us from sin. Therefore, as the scriptures say, *"If you want to boast, boast only about the Lord"* 1 Corinthians 1:30-31 NLT.

We are new creatures and can live that way in this world, for his glory and other's good, just the way the blind man did when he was instantaneously healed. We don't have to wait for it or make excuses for being less than what the Bible says. Live and love like who we already are in Christ. Miracles are for today, not just 2000 years ago.

NUTRITIONAL – NUTRIENT DENSITY

Healthy food is determined by the amount of nutrients delivered to your body. This will be a strange concept for many of you, because we are accustomed to judging whether or not a food is healthy by analyzing how many calories, fat grams, carbohydrates or points it has. It's time to wipe out those ingrained ideas and make a shift in your mindset to focus instead on the nutrient density of your food.

There are two kinds of nutrients: macronutrients and micronutrients.

- Macronutrients are proteins, carbohydrates and fats. They contain calories.
- Micronutrients are vitamins, minerals and phytochemicals. They are calorie free.

For ideal health, we need to consume both kinds of nutrients; however most of our diets contain too many macronutrients and not enough micronutrients. A micronutrient-heavy (nutrient dense) diet will supply our bodies with 14 different vitamins, 25 different minerals and more than 10,000 phytochemicals.

What are phytochemicals? Pronounced "FIGHT-oh-CHEM-icals", they are natural compounds found in fruit, vegetables and other plants. There are well over a thousand known phytochemicals and thousands more waiting to be discovered.

Phytochemicals are plants' self-protection program; they help shield young buds and sprouts from predators, pollution, the elements, etc. When we eat fruits and vegetables containing phytochemicals, they pass along to us many of these protective benefits.

Phytochemicals have a profound effect on human cell function and our immune system. Known phytochemicals have a broad range of protective benefits - from reducing inflammation, to speeding the healing process, to preventing infection or to curbing cancer.

Our bodies were designed to make use of thousands of plant compounds. When these necessary compounds are missing, we might survive only because our bodies are adaptable. Without them though, we lose our powerful potential for wellness. Chronic diseases often develop and we are robbed of living our life to our fullest potential.

Ultimately, we are what we eat. What we eat becomes the raw materials that our bodies use to create our cells, our blood and our tissues.

If we eat entirely too many low-nutrient foods, we get excessive calories without enough nutrients. Our nutrient-deprived body then craves more food. If our diet only consists of milk, meats, cheese, pasta, bread, processed foods, fried foods and sugar-filled snacks and drinks, then we are laying groundwork for obesity, cancer, heart disease, diabetes, digestive disorders and autoimmune illnesses.

If we eat an assortment of whole foods that are micronutrient-rich, we can access these compounds and protect ourselves from the common diseases that afflict many Americans.

For those that desire to lose weight, the key to success will be to eat more nutrient dense foods and less high-calorie, low-nutrient foods. When more high-nutrient foods are consumed, the desire for low-nutrient foods is diminished. You will actually eat less!

The most effective way to reduce food cravings is to eat a diet of high-nutrient foods. As the level of micronutrients in the body increases, your appetite will naturally decrease. The result is that you are healthier now; you will look and feel young well into your later years. There is no reason for anyone to develop heart disease, strokes, or dementia.

Your health is dependent on the nutrient-per-calorie density of your diet:

The Health Equation: $H = N/C$

Your Health equals Nutrient consumption divided by Calories

By choosing foods and designing our diet with this equation in mind, we realize we must seek out and consume more foods with a high nutrient-per-calorie density and fewer foods with a low nutrient-per-calorie density.

ANDI: Aggregate Nutrient Density Index

So how do you know which foods have the highest nutrient density?

In order to measure nutrient density, Eat Right America created rankings of many common foods according to the nutrients they pack using the Aggregate Nutrient Density Index, or ANDI. This concept is explained further in Dr. Fuhrman's book, "Eat to Live and Eat for Health."

This ANDI index assigns a score to a variety of foods based on the number of nutrients per calorie they deliver to

your body when consumed. Each of the foods score is out of a possible 1,000 based on the nutrients per calorie equation. It is really meant to encourage you to eat more foods that have a high ANDI index because the higher the number along with the greater percentage of those foods in your diet will result in better health.

As you probably expected... green vegetables walk away with the gold medal. Picking the top ANDI scorers from each category is key to good health. . The list on the next page will help you to know which foods pack the biggest nutrients per category.

Resources to learn more about nutrient density:

“Eat to Live,” by Joel Fuhrman, M.D.

<http://www.drfuhrman.com/library/article17.aspx>

www.dole.com/phytochemicals

www.eatrightamerica.com

Top Nutrient Dense Foods in Each Category

If you can learn to make your recipes and meals mostly from the top scorers in each category, you will be maximizing the nutrient density of your diet.

Green Vegetables: Greens–Mustard/Turnip/Collards/Beet/Dandelion, Kale, Watercress, Bok Choy, Spinach, Broccoli Rabe, Napa Cabbage, Brussels Sprouts, Swiss Chard, Arugula, Romaine

Non-Green Vegetables: Radish, Bean Sprouts, Red Pepper, Radicchio, Carrot, Cauliflower, Artichoke, Tomato, Butternut Squash, Beets, Onion, Zucchini, Celery, Cucumber

Starchy Vegetables: New potatoes, Parsnips, Pumpkin, Squash, Sweet Potatoes, Turnips, Yams

Fruit: All Berries, Plums, Papaya, Orange, Kiwi, Cantaloupe, Watermelon, Peach, Apple, Cherries, Pineapple, Apricot, Bananas, Dates, Grapes, Pears, Pomegranates, Mangos

Beans: Lentils, Red Kidney, Great Northern, Adzuki, Black, Black-Eyed Peas, Pinto, Edamame, Split Peas, Garbanzo

Grains: Rolled Oats, Barley, Wild Brown Rice, Brown Rice, Wheat Berries, Amaranth, Buckwheat, Quinoa

Nuts & Seeds: Sunflower, Sesame, Flax, Hemp, Pumpkin, Pistachios, Pecans, Almonds, Walnuts, Hazelnuts, Cashews, Sesame, Macadamia

Oils: Coconut Oil, Extra-Virgin Olive Oil, Flaxseed Oil, Hemp Oil, Pumpkin Seed Oil, Ghee

Sweeteners: Raw Honey, 100% Maple Syrup, Stevia, Brown Rice Syrup, Molasses, Sucanat

High-Quality, Organic, grass-fed, free roaming meat: Beef, Chicken, Turkey, Pork, Eggs, Dairy

Wild Caught Fish: Flounder, Sole, Salmon, Mahi Mahi, Shrimp, Trout, Snapper, Haddock

DIRTY Dozen

Highest in Pesticides, Buy Organic

- apples
- grapes
- celery
- spinach
- sweet bell peppers
- lettuce
- peaches
- cucumbers
- strawberries
- blueberries (domestic)
- nectarines (imported)
- potato

DEVOTIONAL - DAY 18

"He heals the broken-hearted and bandages their wounds." -Psalm 147:3

I've heard it said that God never wastes a hurt. My first childhood memory of being abandoned at the orphanage when I was only 3 or 4 years old taught me what it is like to be abandoned. I was abandoned by my earthly father, not my Heavenly Father. I was homeless and abandoned by my step-mother at 16, but Jesus says to us, "When father and mother forsake you, the Lord will lift you up. I know what it is to be rejected by your closest companions and fellow ministry leaders, yet Jesus actually called his betrayer, Judas, "Friend". Is it really possible not to merely practice religion, but to be made like Jesus through the pain of abandonment and rejection? Yes! God is a healer and He heals us to bring Himself glory and to help us help others. Paul said his greatest desire was to know Jesus, the power of His resurrection and the fellowship (companionship) of His suffering, being made conformable to the image of His death.

It is not as a result of the mountaintop experiences that we will be made like Jesus. It will be the way of the cross, when we enter into intimacy in suffering and are made like Him. Then we will actually be Jesus to others. Oh, that we might be made perfect through suffering, just the same way our Lord and master, Jesus was, for his glory and the good of others!

Lord Jesus I pray that You will be shaped in us and that we might be counted worthy to suffer for You. Lord, may our desire and prayer be to know You, the power of Your resurrection and the fellowship of Your suffering, to be made like You at Your death. Thank you for being obedient unto death for us Lord. Teach us Your ways, show us Your paths and grant that we might be vessels of honor, set apart to fulfill Your will. Father hear our prayer and help us to understand that Your will was to use persecution to usher in your kingdom on earth. In Jesus name, amen.

"Yes, and all who desire to live godly in Christ Jesus will suffer persecution" - 2 Timothy 3:12

PHYSICAL - BREATHING

"The Spirit of God has made me, and the breath of the Almighty gives me life." -Job 33:4

You might think breathing is a silly topic, everyone knows how to breathe! But for some reason, when exercising, we tend to a) forget to breathe, or b) not breathe in a way to make our efforts more productive.

I have clients who are rigid in their breathing while doing cardio: Step, step, step, breathe out 1, 2, 3, step, step, step, breathe in 1, 2, 3. In through the nose, out through the mouth. Repeat. While this works for them, it really is a personal preference. Most find that mouth breathing gives the best oxygen intake, but truly, it's up to you. And most of the time your breathing does not need to line up with your movement; don't force it to. Just be conscious that you are breathing!

During strength moves, however, your breathing should absolutely line up with your movements. Inhale on the easier phase; exhale during your exertion. For example, during a bicep curl, inhale when the weights relax down; exhale as you curl up. This will help with your rhythm and also remind you to breathe! People have a tendency to hold their breath during strenuous activity. But this can limit oxygen and cause dizziness, fainting or spikes in blood pressure. Studies have shown that at rest, people use just 10%-15% of their actual lung capacity. Breathe deeply and allow your belly to rise and fall, not your chest.

Doesn't sound so silly now, does it?

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 3 in your Appendix.

Low Impact Overview

<http://youtu.be/4D3W9AfrWKc>

High Impact Overview

<http://youtu.be/lpONgiur96o>

Chair Workout Overview

<http://youtu.be/1-Th6VRmpk0>

DEVOTIONAL - DAY 19

"For we are God's masterpiece. He has created us anew in Christ Jesus so we can do the good things he planned for us long ago." -Ephesians 2:10

We are created in Christ Jesus, unto good works. I love the title of a book by Mark Nyswander, No More Spectators. We were created to be on a mission for Jesus, together!

I was serving in a local church in a small town in Tennessee in 1990. My wife Beth and I had met and married in Bible college in 1986 and had one child at this time, Brittany; there would be four more to follow. Our greatest desire was to see others come to know Jesus and to function as a community of believers, just like we read about in the book of Acts (particularly chapters 2 and 4). On a Saturday afternoon I was prompted by the Holy Spirit to stop at a certain house and go and knock on the door. Incredibly, I didn't rationalize or put it off, but actually obeyed and knocked on the door. I met two teenagers, one a senior in high school, another a 10th grade dropout. Jeff and Tim were both still hung over from partying the previous night. I was able to introduce myself, tell my story to them, and unbelievably they both accepted Jesus. Tim was a high school dropout whose parents were divorced and his mom was living with another man while Tim and his younger sister lived by themselves. The home they were staying in was filthy, to put it mildly.

I had the privilege of leading both these young men, their family members and their girlfriends to Christ and seeing scores of them follow the Lord in baptism. I began early every morning, to meet with Tim and teach him how to pray from Matthew 6. Tim learned how to read the Bible and began immediately to share Jesus with others. Tim is still following Jesus to this day and being obedient to make disciples who make disciples. This is God's game-plan, it's so simple. No more spectators. Get in the game through community. Radical, costly, immediate obedience together, will transform the world. This is the same way Jesus did it. Model, assist, watch and leave. I don't get to talk to Tim that frequently any more, but I know we are still on mission with Jesus, together.

NUTRITIONAL – GLORIOUS GREENS

Obviously, if leafy green vegetables get the gold medal for nutrient density, then eating more greens should be your goal.

Green vegetables are the foods mostly missing in modern diets. Learning to cook and eat greens is essential to creating optimal health. When you nourish yourself with greens, you will naturally crowd out the foods that make you sick. Greens help build your internal rain forest and strengthen the blood and respiratory systems. They are especially good for city people who rarely see fields of green in open countryside. Green is associated with spring, the time of renewal, refreshment and vital energy. In Asian medicine, green is related to the liver, emotional stability and creativity.

Nutritionally, greens are very high in calcium, magnesium, iron, potassium, phosphorous, zinc and vitamins A, C, E and K. They are crammed with fiber, folic acid, chlorophyll and many other micronutrients and phyto-chemicals. Whenever possible, choose organic. However, eating non-organic greens is much better than not eating any greens at all!

Some of the benefits from eating dark leafy greens are:

- Blood purification
- Cancer prevention
- Improved circulation
- Strengthened immune system
- Promotion of healthy intestinal flora
- Lifted mood and elimination of depression
- Improved liver, gall bladder and kidney function
- Cleared congestion, especially in lungs by reducing mucus

Types of Glorious Greens

There are so many green vegetables to choose from. Find greens that you love and eat them often. When you get bored with your favorites, be adventurous and try greens that you have never heard of before.

- Broccoli is very popular among adults and children.
- Rotate between bok choy, napa cabbage, kale (curly, red, dinosaur, lacinato), collards, watercress, mustard greens, broccoli rabe, dandelion and other leafy greens.
- Green cabbage is great in the form of sauerkraut or raw. Red and Napa Cabbage, too.
- Arugula, endive, chicory, lettuce and wild greens are generally eaten raw, but can be used to prepare a variety of delicious recipes.
- Spinach, Swiss chard and beet greens are best eaten in moderation because they are high in oxalic acid, which depletes calcium from bones and teeth, and may lead to osteoporosis. But don't worry, they are still fabulous foods! Cook these vegetables with something rich like seeds, nuts, beans, butter, animal products or oil. This will balance the effect of the oxalic acid reduction.

Eating and Cooking Greens:

Try a variety of preparation methods, like:

- Raw: Raw salad is a wonderful preparation for greens. It's refreshing, cooling and supplies live enzymes.
- Steaming: makes greens more fibrous and tight, which is great for people who are trying to lose weight.
- Boiling: makes greens plump and relaxed. Boil for under a minute so that the nutrients in the greens do not get lost in the water. You can also drink the cooking water as a health-giving broth or tea if you are using organic greens.
- Sautéing in oil: coconut oil is a high temperature oil and ideal to use.
- Water sautéing: Yes! You can actually cook without oil. Just add a little oil after cooking, if desired.
- Waterless cooking: Try it! Feel free to add a little olive oil after cooking.
- Soups: Add greens to your favorite soup recipe for an instant boost. Adding them in during the last 3-5 minutes of cooking will ensure they do not lose nutrients.
- Blend them: Green smoothies are delicious! Even adding a handful of leafy greens to your smoothies is a great way to boost the nutrient content of your smoothie and an easy way to get your greens in; you can hardly taste them.
- Supplements: In the form of a Greens Powder. A super simple way to add greens to your diet when you are traveling or simply have a busy day and don't get a chance to eat your greens otherwise.

Be sure to eat a wide variety of greens and prepare them in a variety of ways. To radically improve your health, eat at least one serving of dark, leafy green vegetables every day (preferably 2 times daily).

Eat RAW Greens Daily

So now that you understand the "why" to eating more green vegetables, here is the practical application for easily incorporating this missing ingredient into your healthy diet. The simplest way to add glorious greens to your diet is to eat a salad every day. We are going to give you a super simple way to do this.

Action Plan Recipe

You will be making this salad this week as part of your Action Plan. In this session's grocery list, you received the ingredients to build a salad. It included enough ingredients for you to make a big batch to last you all week. Making a salad makes a big mess. Why would you want to deal with that every day? You don't have time. So make a big mess once and then enjoy the benefits all week.

Super Foods Rx Salad

ONE SERVING	BIG BATCH	INGREDIENTS
1 Cup	5-10 oz bag	Romaine, chopped
1 Cup	5-10 oz bag	Spinach
¼ Cup	¼ to ½ Head	Red or Green Cabbage, shredded
½ Cup	2 Cups	Carrots, grated
½ Cup	1 each	Red, Orange or Yellow Bell Pepper
Sm handful	1 pint	Cherry or Grape Tomatoes
¼ Cup	15 oz can	Chickpeas (garbanzo beans) - optional
1 TBSP	¼ - ½ Cup	Pumpkin Seeds or Sunflower Seeds

DIRECTIONS:

- FOR ONE SERVING: Combine everything in a bowl in order given. Top with dressing.
- FOR BIG BATCH: In a big food storage container, mix together romaine, spinach, cabbage and carrots. Top mixture with pepper and tomatoes. Store salad in the fridge in a covered container. Put chickpeas in a separate, small, covered container in fridge. Put seeds in a separate, small, covered container in fridge. To serve, grab a large handful of salad out of the container and put into a salad bowl. Top with ¼ cup beans, 1 TBSP seeds and dressing (your favorite dressing or recipe below). Should make about 5-8 servings, give or take.
- TIP: To save time, buy pre-washed, chopped and shredded veggies!

SALAD DRESSINGS

*Directions for all: mix together via whisk, salad dressing shaker or blender.

Oil & Vinegar (serves 1)

- 2 tbsp Olive Oil
- 1 tsp Balsamic vinegar
- 1 tsp Lemon (optional)

Lemon Honey Dressing

- 2 lemons, juice only
- 1/2 C Olive Oil
- 1/3 C Honey
- 2 tsp Oregano, dried
- 2 tsp Garlic, minced
- ½ tsp Black pepper
- Salt to Taste
- Ranch Dressing
- ½ C Mayo (olive oil, safflower)
- ½ C Plain, full-fat yogurt
- ¼ tsp Garlic powder
- ½ tsp Onion powder
- 1 tsp Parsley

Balsamic Honey

- ¼ C Balsamic vinegar
- 3 tbsp Shallots, thinly sliced (opt)
- 1 tbsp Honey
- 1/3 C Extra-virgin Olive Oil

Eat COOKED Greens Daily

In Glorious Greens section of the Appendix are three quick, simple and delicious methods to cook greens—sauté, boil and steam.

Nutritional – ACTION PLAN

- Using the ingredients from the grocery list, make the Big Batch Super Salad that you can eat from all week (should be about 5-8 servings worth). Store in the refrigerator in a large, covered container. Eat one serving of salad each day before lunch or before dinner. Preferably before dinner.
- Cook and eat a glorious green at least two times this week. Use recipes provided in the appendix.

DEVOTIONAL - DAY 20

"For where two or three gather together as my followers, I am there among them." -Matthew 18:20

Jesus spent time with a small group of men on purpose. Thought: what is small grows. My friend Curtis Sergeant (www.metacamp.com and E3 partners) has a saying, "Obey GC2," which stands for Obey the Great Commandment and the Great Commission, simultaneously. I've seen in my own life how the kingdom has been advanced out of my personal relationship with Jesus and others. From my friend Tim, to Clay, to Ali, to a host of others for whom I am incapable of connecting all the dots, their lives and the lives of their families and communities have been touched and changed by Jesus.

I'm not against large-group gatherings that include music in all of its forms, from traditional to contemporary. Nor am I against a message being preached, again from traditional to contemporary. But that is only a small part of our Lord's greater vision for His body. Jesus is the head of His one body and His will is for us to enter into relational intimacy with Him and others in community (small groups). Through His Spirit, we become engaged together in a great cause. Time will pass, seasons will change and what that looks like will not always be clear, but since Jesus came, this is the way that He has and will continue to build His church.

PHYSICAL – DAY OF RECOVERY

"Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." -Mark 6:31 (NIV)

Your body absolutely REQUIRES adequate recovery time. Rest days are when your body repairs and strengthens itself. If you don't take a day off, you are over-training and taxing your muscles to the point that something will most likely give. And then you'll have many days off while you recover.

In brief, when you exercise, you are actually creating tears in the muscle. New muscle proteins repair the tears during your rest time, helping you adapt to heavier weights or more intense workouts in the future. If there's no rest time, there's no repairing.

Despite this knowledge, many people still over-train – some out of guilt for taking time off, some to get fitter, faster, some to impress the ladies. This can increase risk of injury, as well as lead to feelings of general malaise, staleness, depression and decreased sports performance. I don't want that for you, and I don't think you do, either. Whatever your goals, be kind to your body.

Remember, even God took time to rest!

"By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work." -Genesis 2:2 (NIV)

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 4 in your Appendix.

Low Impact Overview

<http://youtu.be/5NNZ6jkgnUs>

High Impact Overview

<http://youtu.be/BjJFCfcmHZg>

Chair Workout Overview

http://youtu.be/pF4CVuM4_vA

Week 4 Group Meeting - Baptism

LOOK BACK (1/3 OF TIME)

CARE Share a meal, a refreshment, a story from this week, or an answer to prayer. How has everyone's personal relationship with God been? If anyone is struggling, pray for him/her and stay after to care for that person.

Check-up (NEVER SKIP)

1. How have you obeyed what you learned this week spiritually, nutritionally and physically?
2. Who have you trained in what you learned?
3. With whom have you shared your story?

VISION (NEVER SKIP)

Share a story from the Bible, a personal story, an inspiring slogan or song to encourage one another to share Jesus with others, to start new groups, and to help others do the same. You can use one of the following Bible passages to get started: *Matthew 28:18-20, Luke 10:1-11, Acts 1:8, Luke 19:1-10, Matthew 13:1-23*

LOOK UP (1/3 OF TIME)

Talk with God simply and briefly.

Read Romans 6:3-4; Acts 8:26-40

4. What did you like about this passage?
5. What did you find difficult about it?

Reread the passages.

6. What does this passage teach about people?
7. What does it teach about God?

LOOK FORWARD (1/3 OF TIME)

8. How will you obey this week's message?
9. Who will you train with this information?
10. With whom will you share your story of the lesson or the story of God?

PRACTICE (NEVER SKIP)

Find nearby water (bathtub, pool, river, lake) and baptize all new believers. Continue to immediately baptize people as they become believers. To learn more about baptism, see *Acts 2:37-41, 8:5-13, 8:36-39, 9:10-19, 10:47-48, 16:13-15, 16:27-34, 18:5-9, 19:1-5, 22:14-17 and 1 Corinthians 1:10-17.* day 26

Tell your story and Jesus' story to 3 people this week.

WEEK 5: Talk with God

Jesus asked his disciples, couldn't you continue in prayer 1 hour? An hour seems like an awfully long time, however it is easier than you think. In this week's lesson you will learn a practical way just using your hand as a resource to pray the way Jesus taught us to pray. In his book *Experiencing God*, Henry Blackaby said, "God speaks by His Spirit through His word, prayer, circumstances and His church to reveal Himself, His purposes and his ways." This week obey by telling your story and Jesus story to at least three people but also by practicing his presence in prayer. Work it out!

DEVOTIONAL - DAY 21

"You must love the Lord your God with all your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." -Matthew 22:37-40

"All authority in Heaven and on earth has been given to me, therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." -Matthew 28:18-20 (NIV)

Love God; love people; make disciples; repeat. These three commands sum up the Christian life. Together the Great Commandment and the Great Commission form a circle. The Great Commandment teaches us that we are to love God and people. The Great Commission teaches us that we are to make disciples, disciples who obey all that Jesus commanded. Obedient disciples multiply, because they continue to love God, love people, and make more disciples. This cycle is the reason Christianity has expanded over the last 2000 years. This cycle is why you and I are followers of Jesus today. There's a simple test to determine whether you are obeying the Great Commission. Look behind you.

Do you see (following you as you followed Jesus) a chain of disciples who are making disciples, who are making disciples?

PHYSICAL – EVALUATION

*"And may the Lord our God show us his approval and make our efforts successful. Yes, make our efforts successful!"
-Psalm 90:17*

It takes four weeks for you to see your body changing.

It takes eight weeks for friends and family

It takes 12 weeks for the rest of the world.

It's been four weeks and it's time to evaluate your progress. I have included the Fitness Assessment Form from Chapter 1 for you to complete again now. The best way to see how far you've come is to see where you started. After you complete your form, pull out your original form and compare it to your new results.

Happy? You've made changes nutritionally and incorporated physical activity and you're feeling noticeably different. YAY for you! Keep up the great work! Consider stepping up a level by increasing your interval times, weights or rounds to keep seeing the results you want.

Not happy? Consider your commitment level. Are you working out three times per week? Are you incorporating Katrina's nutrition information? Maybe you started out great but have fallen off the wagon. Don't get disheartened! This is a transformation you're making. It didn't take you four weeks to learn all the habits you want to change, and it will take more than four weeks to fix them! Now is the time to adjust. Recommit. Remember your goals and intentions. I know you can do this. And remember, you're not alone. We at 1 Body Ministries are here for you, and so is your Savior. Continue to pray for the Holy Spirit to give you strength and direction.

"God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams! He does it not by pushing us around but by working within us, his Spirit deeply and gently within us. Glory to God in the church! Glory to God in the Messiah, in Jesus! Glory down all the generations! Glory through all millennia! Oh, yes!"
 -Ephesians 3:20-21 (MSG)

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 5 in your Appendix.

Low Impact Overview

<http://youtu.be/Si3p133UPUo>

High Impact Overview

<http://youtu.be/9LjnCuetlQU>

Chair Workout Overview

<http://youtu.be/IHJAdSOcJPU>

Use the chart below to record your current weight & body measurements. For instructions and to compare to your beginning chart look at Day 2 on page ????.

	DATE:
WEIGHT	
Bust (women)	
Chest	
Waist	
Hips	
Thighs	
Upper Arm	

FITNESS ASSESSMENT (ROUND 2)

To assess your aerobic and muscular fitness, flexibility and body composition, consider recording:

- Your pulse rate before and after you walk/run 1 mile (1.6 kilometers)
- How long it takes you to walk/run 1 mile (1.6 kilometers)
- Blood pressure (at Publix/CVS/etc... sometime during the week)

- How many push-ups you can do in 2 minutes
- How many sit-ups you can do in 2 minutes
- How far you can reach forward while seated on the floor with your legs in front of you
- Your body mass index (see calculation below)

Assess your progress every 4 weeks.

BODY MASS INDEX (BMI)

To calculate BMI, take your weight (in pounds) and divide it by height (in inches). Take the result of that calculation and divide it by height again. Then, multiply that number by 703. Round to the second decimal place.

An example of calculating body mass index using the BMI formula: Weight = 150 lbs, Height = 5'5" (65 inches)

BMI Calculation: $[150 \div (65)^2] \times 703 = 24.96$

BMI Weight Status

Below 18.5	Underweight
18.5 -24.9	Normal
25 - 29.9	Overweight
30 & Above	Obese

DEVOTIONAL - DAY 22

"Then He came to the disciples and found them sleeping, and said to Peter, "What! Could you not watch with me one hour?" -Matthew 26:40

Spending an hour with God in prayer is easier than you think. Somebody once asked the question, "How do you eat an elephant?" Answer: "One bite at a time." Break it up in five-minute blocks and focus on the following during each five-minute segment.

1. Praise – Start your prayer hour by praising the Lord. Praise Him for things that are on your mind right now. Praise Him for one special thing He has done in your life for the past week. Praise Him for His goodness to your family.
2. Waiting – Spend this time waiting on the Lord. Let Him pull together reflections for you. Think about the hour before you and the things you want the Lord to do in your life.
3. Confession – Ask the Holy Spirit to show you anything in your life that might be displeasing to Him. Ask Him to point out attitudes that are wrong as well as specific acts for which you have not yet made a prayer of confession. Now confess it to the Lord and claim 1 John 1:9 so you might be cleansed.
4. Read the Word – Spend time reading promises of God in the Psalms. Look up passages on prayer in your concordance.
5. Petition – This is a general request for others, praying through the prayer lists, the prayer cards or personal prayer interest on behalf of yourself and others.
6. Intercession – Specific prayer on behalf of others. Pray specifically for those requests of which you are aware.
7. Pray the Word – Now take the Scriptures and start praying the Scriptures. Certain sections of Psalm 119 lend themselves beautifully to prayer expression. (Psalm 119:38-46)
8. Thanksgiving – Spend these minutes giving thanks to the Lord for things in your life, things on behalf of the church, things on behalf of your family. (Philippians 4:6)
9. Singing – Take your hymnal or other book and sing a prayer song, sing a praise song, sing a song regarding soul winning or witnessing. Let it be a time of praise. (Psalm 59:17)
10. Meditate – Ask the Lord to speak back to you and keep a paper and pen handy, ready to take down the impressions that He makes upon your life.
11. Spend time merging the things you have heard from the Word, the things you have prayed, the things you have thanked the Lord for, the things that you have been singing and see how the Lord brings them all together to speak to you.
12. End with praise – Praise the Lord for the time you've had to spend with Him. Praise Him for the impressions that He has given you. Praise Him for the prayer requests He has raised in your mind.

Practice this exercise of spending an hour of prayer with God, each week, at least one time.

NUTRITIONAL – CRAVINGS

It really doesn't matter what you crave. The important thing is to understand why you crave what you crave. Most people believe cravings are a problem, but we are going to offer you a different perspective. In a previous session we talked about the body being a sophisticated bio-computer. The body never makes mistakes. It is important that we know that cravings are critical pieces of information that help us to understand what our body needs.

Cravings can be a result of low blood sugar and they can also be the body's solutions to underlying imbalances, and food becomes a kind of medicine to regulate our current inner state. For example, if we don't sleep enough, or well enough, and wake up feeling lethargic, we often crave coffee to boost our energy and clear our minds. If we experience loneliness or mild depression, we often reach for chocolate or some other sweet food to boost our mood. After a stressful day, many of us want to eat something sweet or drink an alcoholic beverage to release tension. It's a vicious cycle that leaves our minds, bodies and spirits drained of energy with no apparent way out.

There are many root causes of cravings. Here is a list of the top reasons for cravings and solutions to deal with each:

8 Primary Causes of Cravings

1. **Water:** The body doesn't send the message "thirsty" until it's on the verge of dehydration; instead, a lack of water often occurs as mild hunger, so first thing to do when you get a strange craving is to drink a full glass of water.
2. **Lack of Primary Food:** If you are dissatisfied with your relationships, or you have an inappropriate exercise routine (either too much, too little, the wrong type), or you are bored, too stressed, uninspired by your job, or you lack a spiritual practice that gives you a greater sense of well-being, you may experience emotional eating or eating for entertainment to fill the void of the lack of primary food in your life. Primary Food is about more than just what is on your plate. Healthy relationships, regular physical activity, a fulfilling career, spiritual truth in Jesus can fill your soul and satisfy your hunger for life. Those elements of our lives are considered Primary Food. When primary food is balanced and satisfying, your life feeds you, making what you eat secondary.
3. **Food Type Imbalance:** Certain foods have more expanding qualities while other foods have more contracting qualities. If you are eating foods that are either extremely expanding or extremely contracting, you'll crave the opposite to obtain balance. For example, if you are eating a diet too rich in sugar (expansive), you may be craving meat (contracting) or vice versa. If you are eating too many raw foods (expansive), you may be craving extremely cooked (dehydrated) foods or vice versa. If you are eating too much bread, you may be craving lots of coffee.
4. **Back to roots:** Sometimes you will crave something you have eaten in the past, either foods similar to what your ancestors ate, foods that you ate as a child, or something you recently ate. A good way to re-construct these cravings is to either eat a healthier version of your ancestral or childhood foods, eat just a small amount of them, or use a tongue scraper.
5. **Seasonal:** Often the body craves foods, which balance out the elements of the season. For example, often in the spring people crave detoxifying foods like leafy greens or citrus foods. In the summer people crave cooling foods such as; fruit, raw food and ice cream. In the fall people crave grounding foods such as squash, onions and nuts. And in the winter people crave hot foods and heat producing foods such as meat, oil and fat. People will also crave foods associated with holidays such as turkey, eggnog, sweets, etc. Between seasons the body often discharges toxins by getting colds or allergies.
6. **Lack of nutrients:** If the body has inadequate nutrients it will produce odd cravings. For example, inadequate minerals produce salt cravings. General inadequate nutritional distribution produces cravings for non-nutritional forms of energy like caffeine.
7. **Hormonal:** When the body experiences menstruation, pregnancy or menopause, its fluctuating testosterone and estrogen levels will often cause strange cravings.
8. **Self-Sabotage:** When things are going a little too well, sometimes we sabotage ourselves by craving foods that throw us off thus creating more cravings to balance ourselves. This often happens with low blood sugar and strong mood swings.

Sugar Cravings

Let's talk specifically about sugar cravings, because nearly everyone craves sugar. We are programmed to desire sweet-tasting foods. Long before food processing, the only source of sweet tastes were plant foods such as squash, roots, grains and fruit. In order to get the desired sweet taste, people had to eat plants. But these foods are also great sources of nutrients, energy and fiber—everything we need to maintain our health. Now we have an abundant of processed choices such as candy, chocolate bars, cake, cookies, or muffins. We no longer turn to foods the body really craves.

A sugar craving is oftentimes the body asking for energy. When sugar is digested, it becomes glucose. Glucose is fuel for all of the body's cells. When you eat sugar, it enters the bloodstream and is converted into glucose at different rates, depending on the type of sugar you consume. All carbohydrates contain sugar, but depending on their chemical structures—simple or complex—they are processed at different rates.

Eating true whole grain, with complex carbohydrates for breakfast; like one of the grains that we just talked about, will likely give you energy throughout the morning, and then you will experience a mild dip around noon, just in time for lunch. Eating a donut, a bowl of cereal or toasted white bread—all simple carbs—causes the bloodstream to suddenly be flooded with sugars, providing a quick burst of energy. But shortly after, the blood sugar levels will drop and you will be hungry again. The body is smart and wants and needs to maintain balanced blood sugar levels, so it is telling you to eat something to bring your blood sugar level back up. Most people go for more sugar, and this experience of sugar ups and downs continues throughout the day.

Blood sugar levels often drop around 3pm, a few hours after lunch—the time when most people seek sugar or caffeine to get them through the rest of the afternoon. When blood sugar levels are low, you are vulnerable to cravings because your body urgently needs something to spike its glucose. There are many healthy alternatives that can help us alleviate sweet cravings.

Adapted from *Get the Sugar Out: 501 Simple Ways to Cut the Sugar Out of Any Diet* by Ann Louise Gittleman, here are some ways to deal with your sugar cravings.

Steps for Dealing with Sugar Cravings

1. Reduce or eliminate caffeine. The ups and downs of caffeine include dehydration and blood sugar swings, causing sugar cravings to be more frequent.
2. Drink water. Sometimes sweet cravings are a sign of dehydration. Before you go for the sugar, have a glass of water and then wait a few minutes to see what happens. Caution: soft drinks are now America's number one source of added sugar.
3. Eat more nutrient dense foods. If you fill your body with healthy nutrient- rich foods, it's only natural that cravings for unhealthy foods will lessen substantially. You are giving your body what it truly needs. Eat and drink foods that are good for you earlier in the day; it will naturally leave you less room and desire for unhealthy foods.
4. Eat sweet vegetables. They are sweet, healthy and delicious. The more you eat, the less you'll crave sugar. Certain vegetables have a deep, sweet flavor when cooked—like corn, carrots, onions, beets, winter squash, sweet potatoes and yams. Other semi-sweet vegetables are turnips, parsnips and rutabagas. Easy way to incorporate sweet vegetables into your daily diet include eating raw carrots, baking sweet potato fries, roasting squash, making soup with corn and onions or roasting beets to put on top of your salad.
5. Use gentle sweets. Avoid chemically developed artificial sweeteners and foods with added sugar. Use gentle sweeteners like maple syrup, brown rice syrup, dried fruit, stevia and raw honey.
6. Upgrade your snacks. Sometimes we just need to upgrade the snacks that we grab for when we are hungry [There are snack ideas in the recipe section.]. To make it easy for you to make new selections, the snacks

are listed by craving... if you are craving sweet, use the list of ideas for sweet snacks. If you are craving salty, check out the salty snack ideas there for you. Be sure to fill your pantry with healthy yummy treats!

7. Try the rice cake & rice syrup treat. Instead of reaching for processed, sweet foods, try the Rice Cake and Rice Syrup combo. Take a brown rice cake and spread a bit of rice syrup on one side. Then, sit and enjoy it. And then, drink a glass of water.
8. Get physically active. Start with simple activities, like walking or yoga. Start with ten minutes a day and gradually increase. It will help balance your blood sugar levels, boost your energy, and reduce tension without medicating yourself with sugar!
9. Get more sleep, rest and relaxation. When you are tired or stressed, your body will crave energy—in the form of sugar. These cravings are often a result of being sleep-deprived, going to bed late or waking up early, sometimes for months and years on end.
10. Evaluate the amount of animal food you eat. Eating too much or too little can lead to cravings for sweets. Experiment. Respect your body's individuality.
11. Eliminate fat-free or low-fat packaged snack-foods. These foods contain high quantities of sugar to compensate for lack of flavor and fat, which will send you on a roller-coaster ride of sugar highs and lows.
12. Experiment with spices. Coriander, cinnamon, nutmeg, cloves and cardamom will naturally sweeten your foods and reduce cravings.
13. Slow down and find sweetness in non-food ways! Your body does not biologically need sugar, but it does long for hugs, time with friends, outside time, workouts, massages, etc. When life becomes sweet enough itself, no additives are needed!

NEW ACTION STEPS: CRAVINGS:

- Whenever your body is craving something, pause for a moment and think, "What's really going on here?"
- Use some of the recommendations from the session to prevent and curb cravings.

DEVOTIONAL - DAY 23

The Bible tells us that David was a man after God's own heart. With regard to prayer, David modeled, in Psalm 51, confession as a component of his prayer life. Matthew 6:9-13 is called "The Lord's Prayer", but Jesus actually gives us a pattern to follow in prayer. Today I'd like for us to look at confession specifically and offer you two examples of a prayer of confession.

Heavenly Father, You made my body to serve You and my soul to follow hard after You. With sorrow and contrition of heart, I admit before You my faults and my failures. My failure to be true, even to my own accepted standards, my self-deception in the face of temptation, my choosing the worse when I know the better, O Lord, forgive. My silence when You would have me speak and my speech when You would have me keep silent, my actions when You would have me wait on You and my hesitation when You would have me act, my complacency toward wrongs that do not affect me, and my over-sensitivity to those that do, O Lord, forgive. My lack of Your compassion in showing mercy for the down-trodden and the lost, my pride in considering my own comfort and convenience above the needs of others, my blindness to the suffering of others and my slowness to be taught by my own, O Lord, forgive. My failure to apply to myself the standards of conduct I demand of others, my slowness to see the good in others and to see the evil in myself, my hardness of heart towards my neighbor's faults and my readiness to make allowance for my own, O Lord, forgive. My unwillingness to recognize that You have called me to small work and my brother to a great one, my ingratitude and grumbling when You place a great opportunity before me to display your grace, and my failure to recognize Your loving hand in all that touches me, O Lord, forgive.

The preceding was an example of a prayer of confession that I was given when I attended Meta-camp. The following is my own effort and I would encourage you to practice writing out a prayer of confession at least once a week and practice confession itself, daily, in prayer.

Heavenly Father, You created me in Christ Jesus unto good works and have made the Lord Jesus to be made to me wisdom, sanctification and redemption and have given me all things that pertain to life and godliness. I confess and ask You to forgive and cleanse me for doubting and being fearful, for frequently acting too quickly and for not taking massive action by faith at other times. Forgive me for resting on my intellectual knowledge of your Word and not pressing on to know You, according to truth in my heart, through revelation by You. For failing to multiply disciples Lord, for living in fear, not by faith, O God, hear my prayer and forgive me. Cleanse me and grant that I might be spirit, soul and body, a temple fit for Your habitation, that brings You glory.

PHYSICAL – HYDRATION

"But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life." -John 4:14

Hydration is essential to maintaining your stamina and performance during a workout. Being even a little dehydrated can cause dizziness, muscle cramps, and fatigue - far from optimal conditions for getting a great work out!

Dehydration means you have lost more than 2 percent of your body weight from water deficit. Signs you are dehydrated, aside from your thirst, include:

- Dry or sticky mouth
- Low or no urine output
- Very dark colored, concentrated urine
- Not producing tears
- Weakness
- Skin may “tent” when pinched (doesn’t bounce back quickly when released).

So how much liquid do you need? By weighing yourself before and after exercise, you can estimate the volume of fluid your body requires to remain hydrated during exercise.

For each pound lost during activity, drink an additional 16 ounces of fluid. For example, if you drank 8 ounces while exercising for 60 minutes and lost one pound, your goal is to drink an additional 16 ounces during your next workout. So, you would need to drink a total of 24 ounces to ensure proper hydration. This would equate to 6 ounces of fluid every 15 minutes.

What’s the best drink for during and after a workout? Gatorade or Powerade? Chocolate milk? Water? Your body is more than half water, so it goes without saying that water wins! Unless you’re exercising at a high intensity for an hour or more, sports drinks are really not necessary. And that post-exercise protein shake probably has more sugar than protein. Again, this is not necessary.

Strive for half your body weight in ounces daily, remembering to replace any additional fluid loss during exercise.

GO GET IT!

If you are following 1 Body Ministries plan, today’s workout is Workout 6 in your Appendix.

Low Impact Overview

<http://youtu.be/b5-UWsDyIRA>

High Impact Overview

<http://youtu.be/O1eENIXbx08>

Chair Workout Overview

<http://youtu.be/mrK47WK07B0>

DEVOTIONAL - DAY 24

The powerful practice of transparent honesty!

"We proclaim to you the one who existed from the beginning, whom we have heard and seen. We saw him with our own eyes and touched him with our own hands. He is the Word of life. This one who is life itself was revealed to us, and we have seen him. And now we testify and proclaim to you that he is the one who is eternal life. He was with the Father, and then he was revealed to us. We proclaim to you what we ourselves have actually seen and heard so that you may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. We are writing these things so that you may fully share our joy. This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in Him at all. So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin. If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that His word has no place in our hearts." -1 John 1:1-10

A Personal Story from my friend Al Henson:

"I remember when I first committed my life to walk deeply with God 40 years ago at the age of 21. I yearned to experience God at a deeper level, both individually as well as with others. I had noticed on certain occasions that when a small group of brothers and sisters would open up and share their hearts need in humility with each other the experience of the presence of God would be extremely heightened. Love flowed! We were knowing each other and being known to one another at a deeper level. The sense of life was amazing. Spiritual hunger was heightened. The joy of being together encouraged us to come together more often. Gathering as Saints became something we hungered for, not just something we had to do by command. There was an unseen mystery taking place.

I remember in these experiences of brothers and sisters becoming safe enough with one another that they would open up the deepest area of their hearts. People would be moved to lay hands on one another and pray one for another. Sometimes worship in song and words of praise would break out voluntarily. The meetings seem to ebb and flow as being orchestrated by a greater power than ourselves. Now I know this was the guiding leading hand of the Holy Spirit. One day as I was reading first John chapter one, I realized what we were experiencing was what the apostle John spoke of in the holy Scriptures. We were experiencing a spiritual fellowship that was higher than just natural human fellowship. We were experiencing the fellowship of soul and spirit with one another and God himself. (Vs3) In this spiritual environment, people were being healed of inner wounds and being set free from bondages within. This was occurring in an unbelievable miraculous way. For those who were participating, their love for God and each other was growing stronger and purer.

This was happening because The Lord was freely able to manifest himself among these precious believers. It was because of their level of faith and humility. This produced an environment where brothers and sisters could walk in the light with one another. I like to call this walking in transparent honesty."

NUTRITIONAL – CRAVINGS

“Like heroin, cocaine and caffeine, sugar, is an addictive, destructive drug, yet we consume it daily in everything from cigarettes to bread.” – William Dufty, author of Sugar Blues.

The United States is the largest consumer of sweeteners and one of the largest global sugar importers. We started in 1689 when the first sugar refinery was built in New York City. Colonists soon began to sweeten their breakfast porridge with refined sugar, and within ten years individual consumption had reached four pounds a year. The average American now consumes more than 100 pounds of sugar and sweeteners per year. In contrast, Americans consume an average of about eight pounds of broccoli. The USDA recommends we get no more than ten teaspoons per day, yet most Americans eat about 30 teaspoons per day—that’s three times the liberal recommended daily value.

Humans love sweet things. Even before we started refining sugar, we sought out foods with sweet tastes. Sugar is a simple carbohydrate that occurs naturally in foods such as grains, beans, vegetables and fruit. When unprocessed, sugar contains a variety of vitamins, minerals, enzymes and proteins. When brown rice or other whole grains are cooked, chewed and digested, the natural carbohydrates break down uniformly into separate glucose molecules. These molecules enter the bloodstream, where they are burned smoothly and evenly, allowing your body to absorb all the good stuff.

Refined table sugar, also called sucrose, is very different. Extracted from either sugar cane or beets, it lacks vitamins, minerals and fiber, and thus requires extra effort from the body to digest. The body must deplete its own store of minerals and enzymes to absorb sucrose properly. Therefore, instead of providing the body with nutrition, it creates deficiency. It enters swiftly into the bloodstream and wreaks havoc on the blood sugar level, first pushing it sky-high—causing excitability, nervous tension and hyperactivity—and then dropping it extremely low—causing fatigue, depression, weariness and exhaustion. Health-conscious people are aware that their blood sugar levels fluctuate wildly on a sugar-induced high, but they often don’t realize the emotional roller-coaster ride that accompanies this high. We feel happy and energetic for a while and then suddenly, unexplainably, we find ourselves arguing with a friend or loved one.

Sugar qualifies as an addictive substance for two reasons:

1. Eating even a small amount creates a desire for more.
2. Suddenly quitting causes withdrawal symptoms such as headaches, mood swings, cravings and fatigue.

Today, sugar is found in many of the usual suspects, like cakes, cookies and candy. But you will also find it in canned vegetables, baby food, cereals, peanut butter, bread and tomato sauce. It is often disguised in fancy language, labeled as corn syrup, dextrose, maltose, glucose or fructose.

Even some so-called healthy foods contain sugar. A lemon poppy seed Cliff Bar has 21 grams of sugar, or five teaspoons. Compare that to a chocolate-glazed cake donut from Dunkin’ Donuts, which has 14 grams of sugar, or three teaspoons. You may think your afternoon cup of coffee only has a little sugar, but a 16-ounce Starbucks Frappuccino actually contains 44 grams of sugar, or ten teaspoons—that’s like eating three donuts! Over-consumption of refined sweets and added sugars found in everyday foods has led to an explosion of hypoglycemia and type II diabetes. (Written by Joshua Rosenthal, Integrative Nutrition, 2008)

NATURAL SWEETENERS

Here you will find information on some of the most popular natural sweeteners, all of which are gentler than the refined white stuff, easier on the body's blood sugar, and available in most health food stores. (Even though these sweeteners are less refined than white sugar, it is still recommended that they be used in moderation).

Agave Nectar: A natural liquid sweetener made from the juice of the agave cactus, it is 1.4 times sweeter than refined sugar, but does not create a sugar rush, and is much less disturbing to the body's blood sugar levels than white sugar. However, agave is high in fructose, higher than that of high-fructose corn syrup, and some research suggests that fructose does not shut off appetite hormones, and may decrease glucose tolerance, so you may end up overeating. Agave syrup naturally contains quantities of iron, calcium, potassium and magnesium. When baking with agave, reduce oven heat by 25 degrees.

Birch Sugar (Xylitol): This natural sugar substitute can be made from tree fiber or corncobs, and occurs naturally in many fruits and mushrooms. Birch sugar is sweet, yet low on the glycemic index, and can be used by those with diabetes and hypoglycemia. It has 40% fewer calories than sugar, prevents tooth decay, and repairs tooth enamel. As with most sugar alcohols, consumption may result in bloating, diarrhea, and gas.

Brown Rice Syrup: This product consists of brown rice that has been ground and cooked, converting the starches to maltose. Brown rice syrup tastes like moderately sweet butterscotch and is quite delicious. In recipes, replace each cup of white sugar with $\frac{1}{4}$ cup brown rice syrup, and reduce the amount of other liquids. Brown rice syrup is made of 50% complex carbohydrates, 45% maltose, and 3% glucose. The small amount of glucose is absorbed into the bloodstream immediately, but the complex carbohydrates and maltose are much more slowly absorbed, providing a steady supply of energy. There is some glucose in rice syrup so diabetics should avoid using this sweetener.

Date Sugar: Made of finely ground, dehydrated dates, utilizing this fruit's vitamin, mineral and fiber content. If you like the taste of dates, this will definitely appeal to you. Date sugar can be used as a direct replacement for sugar and comes in a granulated form; however, it can clump, and doesn't dissolve, making it an impractical substitution for certain baked goods and beverages.

Erythritol: This sugar alcohol is a sweetener available in a powdered form. It is one of the closest natural sweeteners to sugar, with zero calories. With a 1-to-1 ratio with sugar, it is easy to measure and use. It is formed from the breaking down, fermenting, and filtering of sugar cane or cornstarch. It has a cool taste that works well in coffee and tea. Erythritol doesn't affect your blood sugar or cause tooth decay. The cons of this sweetener are it may cause gas, bloating and diarrhea if consumed in excess. A great brand is Lakanto, which combines erythritol with an exotic Chinese fruit to create a delicious no calorie, sugar alternative. Lakanto is processed in a way that eliminates the gas and bloating issues.

Honey: One of the oldest natural sweeteners, honey is sweeter than sugar. Depending on the plant source, honey can have a range of flavors, from dark and strongly flavored, to light and mildly flavored. Be sure to buy raw honey, as it contains small amounts of enzymes, minerals and vitamins. Some vegans choose not to eat honey, as it is a byproduct of bees.

Maple Syrup: Made from boiled-down maple tree sap and contains many minerals. 40 gallons of sap are needed to make one gallon of maple syrup. It adds a pleasant flavor to foods and is great for baking. Be sure to buy 100% pure maple syrup and not maple-flavored corn syrup. Grade B is stronger in flavor and said to have more minerals than Grade A.

Molasses: Organic molasses is probably the most nutritious sweetener derived from sugar cane or sugar beet, and is made by a process of clarifying and blending the extracted juices. The longer the juice is boiled, the less sweet, more nutritious and darker the product is. Molasses imparts a very distinct flavor to food. Blackstrap molasses, the most nutritious variety, is a good source of iron, calcium, magnesium and potassium.

Rapadura: This brand-name product is made from a process of extracting juice from the sugarcane plant, evaporating the water from the juice, and then grinding the results into a fine powdery texture. Rapadura is organic, rich in vitamins and minerals, especially iron, and unrefined.

Stevia: This leafy herb has been used for centuries by native South Americans. The extract from stevia is 100 to 300 times sweeter than white sugar. It can be used in cooking, baking and beverages, does not affect blood sugar levels, and has zero calories. Stevia is available in a powder or liquid form, but be sure to get the green or brown liquids or powders, because the white and clear versions are highly refined.

Sucanat: Short for Sugar Cane Natural, this brand-name product consists of evaporated organic cane juice made through a mechanical rather than a chemical process, and thus less refined, retaining many of the sugarcane's original vitamins and minerals. It has a grainy texture and can be used in place of white sugar.

Turbinado (Raw Sugar): Turbinado sugar, also known as demerera, is crystallized sugar made from sugar cane extract. It is similar to brown sugar, although paler with larger crystals, and may be used interchangeably. It comes from the initial pressing of sugar cane, where white sugar is further refined. It is often sold in the United States as Sugar in the Raw. Though it is slightly less processed than white sugar, it still has the same negative health effects as white sugar.

ARTIFICIAL SWEETENERS

Artificial sweeteners, also called sugar substitutes, are substances that are used instead of sucrose (table sugar) to sweeten foods and beverages. Artificial sweeteners are regulated by the U.S. Food and Drug Administration (FDA). The Food Additives Amendment to the Food, Drug, and Cosmetic Act, which was passed by Congress in 1958, requires the FDA to approve food additives, including artificial sweeteners, before they can be made available for sale in the United States.

Currently, five artificial sweeteners are approved by the FDA. They are:

3. Aspartame, sold under the brand names NutraSweet® and Equal®
4. Saccharin, sold under the brand name Sweet' N Low®
5. Sucralose, sold under the brand name Splenda®
6. Acesulfame K (or acesulfame potassium), produced by Hoechst, a German chemical company; widely used in foods, beverages and pharmaceutical products around the world
7. Neotame, produced by the NutraSweet Company; the most recent addition to FDA's list of approved artificial sweeteners, neotame is used in diet soft drinks and low-calorie foods

According to the National Cancer Institute, there is no clear evidence that artificial sweeteners on the market in the United States are related to cancer risk in humans. However, numerous studies performed on laboratory rats link aspartame and saccharin to cancer, including a recent seven-year study conducted by a major nonprofit oncology lab in Italy.

The Center for Science in the Public Interest (CSPI), on the other hand, cautions consumers to avoid aspartame, saccharin and acesulfame K. They are unsafe for consumption and are very poor. The CSPI lists neotame and sucralose as safe.

Aspartame is of particular concern because it contains phenylalanine (50%), aspartic acid (40%), and methanol (10%), three well-recognized neurotoxins. The following symptoms have been associated with the consumption of aspartame:

Headaches	Nausea	dizziness
Hearing loss	tinnitus	insomnia
Blurred vision	Eye problems	hallucinations
Memory loss	Slurred speech	Mild to suicidal depression
Personality changes	Violent episodes	Mood changes
Anxiety attacks	hyperactivity	Heart arrhythmia
Edema or swelling	Gastrointestinal disorders	seizures
Skin lesions	Muscle cramps	Joint pains
fatigue	PMS	Menstrual irregularities

It is time to remove these artificial sweeteners from our diets. Read labels. Know the chemical name and the brand name so that you can identify them in the ingredients. Switching to one of the zero-calorie Natural Sweeteners (like stevia) listed above is a much better alternative.

NEW ACTION STEPS: SUGAR

- Reduce sugar. Read labels and track sugar consumption. Daily goal is no more than 25 grams of sugar/day.
- Try natural sweeteners – RAW honey, 100% maple syrup, stevia, etc
- Eliminate artificial sweeteners.

DEVOTIONAL - DAY 25

"We proclaim to you the one who existed from the beginning, whom we have heard and seen. We saw him with our own eyes and touched him with our own hands. He is the Word of life. This one who is life itself was revealed to us, and we have seen him. And now we testify and proclaim to you that he is the one who is eternal life. He was with the Father, and then he was revealed to us. We proclaim to you what we ourselves have actually seen and heard so that you may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ. We are writing these things so that you may fully share our joy. This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in Him at all. So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin. If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that His word has no place in our hearts." -1 John 1:1-10

The apostle John, in the letter of First John, talks about walking in fellowship with God and one another. Out of this, comes the fullness of joy. (v4) John states this in another way by saying to walk in this kind of intimacy is to walk in the light with one another.

Practically speaking, this is like opening up your chest and exposing your heart and soul with its inner feelings, passions, dreams, desires, hurt, pain and yes, even some pretty significant ugliness. You will learn to trust and expose it to other trustworthy loving Grace- filled people. The power of this is truly beyond words.

It is a fearful thing and extremely challenging to the heart of a person to make a decision of faith to walk in transparent honesty. Because of this, many never enter into such a lifestyle of walking in the light. So they never experience the joy in which the apostle John speaks about in verse four. When he says " the fullness of joy ". John knows such joy personally and that the same joy will come to those who commune in spiritual intimacy of the soul. Walking in the light from the inside out is tough. They're afraid of being known. The fear is that if they are known, those who know them will see them as inwardly ugly, insignificant and unlovable. Thus the fear of rejection drives them to want to hide and close themselves up, to live as a hidden one, within high walls. We build these walls ourselves, almost unknowingly. Our souls quietly build them to protect ourselves. To live such a life is to destine oneself to live in loneliness and separation from others. They will never know the joy that we were created to experience through having intimacy with God and one another. But praise the Lord! Through the person Jesus Christ these walls can be brought down, we can live and walk reconcilable to God and one another and experience. To never be known or truly seen is a sad way to live. Yet so many live in this kind of loneliness and isolation. They may be in a crowd, a large family or in a large church yet alone, unknown and unseen.

The truth is that each of us is a beautiful creation, a priceless treasure in the eyes of God. This reality can be experienced when walking in transparent honesty with the appropriate people, at the appropriate time and in the appropriate place.

PHYSICAL – EQUIPMENT OPTIONS

"Whatever you do, do well. For when you go to the grave, there will be no work or planning or knowledge or wisdom." -Ecclesiastes 9:10

First, a word of warning from the Facebook page of Craig Ballantyne, owner of Turbulence Training and well-respected trainer:

On Monday I received a disturbing comment on my Facebook page from longtime reader, Christine B. (I've removed the name of the brand, but this goes for all of your equipment.)

“Craig, please warn your readers about the ‘___ Pull up bars. Used mine for 2 yrs with no problems, then Friday it fell out of the doorway while I was using it. I have two fractured vertebrae. The paramedic told me on the way to the hospital that he’s responded to many, many accidents caused by these pull up bars falling.”

YIKES!

So please be very, very, very careful with your equipment and how you set things up.

Speaking of equipment: As you’ve probably noticed, my workouts include weights. Believe me! You can get a GREAT workout without weights. But, if you want to increase the level of resistance and don’t have a full-set of free weights lying around, there are other options. For example, a 16.9 ounce bottle of water is just over 1 lb, a great place to start. A gallon of milk (or water) weighs just over 8 pounds. Fill them with rice or sand and the weight increases!

Other options include:

- Books (bicep curls, shoulder raises)
- Canned food
- Shampoo/Conditioner bottles
- Bags of rice or beans
- Chairs (used for triceps dips and step-ups)
- Step stool (step-ups)
- Duffle Bags or Backpacks (fill with books)
- A table (can be used for standing pushups and pull ups)
- The wall (flat back against wall, lower to sitting position, hold)
- Stairs (Stand on edge of step on tiptoes and lower heels as far as you can. Push up as high as you can for calf muscle workout)
- Paper plates (placed under hands or feet for use in slide outs)
- Bungee cord (for use as a band)
- A towel (for shoulder work, stretching, low back support for abs work)
- A ball (lay down and roll it back and forth for hamstrings, squeeze between legs for inner thighs, lift over head for back and lay down and reach up to your toes with it)
- A tree (use sturdy branches for pull ups or hook a towel or cord around the base for pull ups)
- Small children or pets

What better use of your kids or pets can you think of? So no more excuses,

GO GET IT!

If you are following 1 Body Ministries plan, today’s workout is Workout 5 in your Appendix.

Low Impact Overview

<http://youtu.be/Si3p133UPUo>

High Impact Overview

<http://youtu.be/9LjnCuEtIQU>

Chair Workout Overview

<http://youtu.be/IHJAdSOcJPU>

Week 5 Group Meeting - Talk With God

LOOK BACK (1/3 OF TIME)

CARE Share a meal, a refreshment, a story from this week, or an answer to prayer. How has everyone 's personal relationship with God been? If anyone is struggling, pray for him/her and stay after to care for that person.

CHECK-UP (NEVER SKIP)

1. How have you obeyed what you learned this week spiritually, nutritionally and physically?
2. Who have you trained in what you learned?
3. With whom have you shared your story?

VISION (NEVER SKIP)

Share a story from the Bible, a personal story, an inspiring slogan or song to encourage one another to share Jesus with others, to start new groups, and to help others do the same. You can use one of the following Bible passages to get started: Matthew 28:18-20, Luke 10:1-11, Acts 1:8, Luke 19:1-10, Matthew 13:1-23

LOOK UP (1/3 OF TIME)

Talk with God simply and briefly.

Read Matthew 6:9-13

4. What did you like about this passage?
5. What did you find difficult about it?

Reread the passages.

6. What does this passage teach about people?
7. What does it teach about God?

LOOK FORWARD (1/3 OF TIME)

8. How will you obey this week's message?
9. Who will you train with this information?
10. With whom will you share your story of the lesson or the story of God?

PRACTICE (NEVER SKIP)

Use your hand to learn how to talk with God. As a group pray through Jesus' prayer in Matthew 6:9-13 using your hand as a guide.

1. Palm = Relationship. As the palm is the foundation for our fingers and thumb, time along with God is the foundation for our personal relationship with him. "Our Father in heaven..." Matthew 6:9)
2. Thumb = Worship. Our thumb reminds us that we must worship God before we ask for anything. "...may your name be holy." (Matthew 6:9)
3. First Finger = Surrender. Next we surrender our lives, plans, family, finances, work, future, everything. "May your kingdom come, your will be done..."(Matthew 6:10)
4. Middle Finger = Ask. Then we ask God to meet our needs. "Give us this day our daily bread." (Matthew 6:12)
5. Fourth Finger = Forgive. Now we ask God to forgive our sins, and we must forgive others. "Forgive us as we forgive others." (Matthew 6:12)
6. Little Finger = Protect. Then we ask protection. "Let us not yield to temptation, but deliver us from the evil one." (Matthew 6:13)
7. Thumb (Again) = Worship. And we end just as we began – we worship Almighty God – "Yours is the kingdom and the power and the glory forever Amen." (Matthew 6:13)

Tell your story and Jesus' story to 3 people this week.

WEEK 6: The Bible

Jesus said in John 17 in His prayer to the Father, "Sanctify them by Your truth. Your word is truth." John 17:17 In preceding weeks we have learned proactively how to share Jesus and our stories with others. Additionally we have learned to baptize believers immediately and how to practice prayer practically as a discipline. Are you obeying and sharing with others? All of those things are in the Bible, God's Word. This week you are going to be challenged to memorize the 7 Bible study questions so you can begin to train others in what you have been taught. Be faithful; don't quit. It takes a whole Bible to make a whole Christian!

DEVOTIONAL - DAY 26

"The high priest and his officials, who were Sadducees, were filled with jealousy. They arrested the apostles and put them in the public jail. But an angel of the Lord came at night, opened the gates of the jail, and brought them out. Then he told them, 'Go to the Temple and give the people this message of life!' So at daybreak the apostles entered the Temple, as they were told, and immediately began teaching. When the high priest and his officials arrived, they convened the high council—the full assembly of the elders of Israel. Then they sent for the apostles to be brought from the jail for trial. But when the Temple guards went to the jail, the men were gone. So they returned to the council and reported, 'The jail was securely locked, with the guards standing outside, but when we opened the gates, no one was there!' When the captain of the Temple guard and the leading priests heard this, they were perplexed, wondering where it would all end. Then someone arrived with startling news: 'The men you put in jail are standing in the Temple, teaching the people!' The captain went with his Temple guards and arrested the apostles, but without violence, for they were afraid the people would stone them. Then they brought the apostles before the high council, where the high priest confronted them. 'Didn't we tell you never again to teach in this man's name?' he demanded. 'Instead, you have filled all Jerusalem with your teaching about him, and you want to make us responsible for his death!' But Peter and the apostles replied, 'We must obey God rather than any human authority. The God of our ancestors raised Jesus from the dead after you killed him by hanging him on a cross. Then God put him in the place of honor at his right hand as Prince and Savior. He did this so the people of Israel would repent of their sins and be forgiven. We are witnesses of these things and so is the Holy Spirit, who is given by God to those who obey him.' When they heard this, the high council was furious and decided to kill them. But one member, a Pharisee named Gamaliel, who was an expert in religious law and respected by all the people, stood up and ordered that the men be sent outside the council chamber for a while. Then he said to his colleagues, 'Men of Israel, take care what you are planning to do to these men! Some time ago there was that fellow Theudas, who pretended to be someone great. About 400 others joined him, but he was killed, and all his followers went their various ways. The whole movement came to nothing. After him, at the time of the census, there was Judas of Galilee. He got people to follow him, but he was killed, too, and all his followers were scattered. 'So my advice is, leave these men alone. Let them go. If they are planning and doing these things merely on their own, it will soon be overthrown. But if it is from God, you will not be able to overthrow them. You may even find yourselves fighting against God!' The others accepted his advice. They called in the apostles and had them flogged. Then they ordered them never again to speak in the name of Jesus, and they let them go. The apostles left the high council rejoicing that God had counted them worthy to suffer disgrace for the name of Jesus. And every day, in the Temple and from house to house, they continued to teach and preach this message: 'Jesus is the Messiah.' -Acts 5:17-42 (NLT0)

"You have heard the law that says, 'Love your neighbor' and hate your enemy.⁴⁴ But I say, love your enemies! Pray for those who persecute you!" -Matthew 5:43-44

Have you ever felt rejected, abandoned or hurt to the very core of your being? I know how these things feel, both emotionally and physically. I know the anger and sadness in my own life that accompanies these things. I know the utter futility of trying to conquer or overcome without God, the wounds and scars that accompany rejection, abandonment and other emotional trauma. It is only through a deep, abiding relationship with Jesus and others that our own healing can take place, as well as a progressive recognition of our Lord's purpose for allowing these things to take place. I can't explain perfectly why my real mom died when I was very young, nor why God allowed my stepbrother to abuse me sexually when I was only in third grade. But I know in the same core of my being the very presence, peace, power and provision of a loving Father who has a purpose for allowing these things. Getting to know Him is what Total Transformation is all about, from the inside out. We all will experience, in different measures and ways, hardship, persecution, wounds, etc. We can't snap our fingers or click our heels together and make it all better. God is painting a picture of all of our lives together, on a tapestry bigger than we can comprehend. The old hymn has it right. "Trust and obey, for there's no other way to be happy in Jesus."

Father, today I pray in Jesus name for every follower of the Lord Jesus, that we might be filled with the knowledge of Your will. Lord, please grant us spiritual wisdom and understanding, that we might honor and please You with our lives, and bear fruit for Your glory. Thank you that it is ongoing and that we can know You more and more. Lord, please strengthen us all according to Your power, that we might have everything we need to run the race you have set before us. Today I pray that we might know the joy of the Lord as our strength and in everything give thanks because You say that is Your will for us. In Christ Jesus, in His name I pray, amen.

PHYSICAL – DON'T WORRY, BE HAPPY

"This is the day the Lord has made; we will rejoice and be glad in it." -Psalm 118:24

Hopefully by now you're getting into the swing of things, and you're actually enjoying how you feel and the changes you're making. You might even be feeling a bit less stressed – exercise is a great stress reliever.

I applaud you! Keep it up! And while you're at it, try some new things, or old things that you haven't done in a while. Have some fun while moving your body. Remember when you were a kid and you played on the playground all day? Who knew how hard the jungle gym was? Try it again and you'll find out! Maybe you used to go for bike rides on Saturday but you've gotten too busy. Find the time. Be creative; think about the activities you enjoy.

Or don't enjoy. If you don't enjoy running – don't do it! I finally had to put my foot down with all my runner friends. I don't like it. I used to LOVE it. But not anymore; now it's boring and painful and tiring. So I don't do it! And I'm probably in the best shape of my life – without running!

The more you enjoy what you're doing, the less it feels like work. Mix it up.

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 6 in your Appendix.

Low Impact Overview

<http://youtu.be/b5-UWsDyIRA>

High Impact Overview

<http://youtu.be/O1eENIXbx08>

Chair Workout Overview

<http://youtu.be/mrK47WK07B0>

DEVOTIONAL - DAY 27

"But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth." -Acts 1:8

When the Holy Spirit comes upon us we will be witnesses in Jerusalem first--that is, your home, your neighborhood, where you're at right now. It will spread outward from there. Jesus has given us a pattern to follow that is really simple: Gather together in community and be intentional about telling our story, or the story of God, to others. As we are going every day, we can be intentional about making disciples and training them to do the same thing. This is joining together with God in His work. Check out Matthew 28:19-20 and consider how Jesus first sent out the 12 disciples, two by two and then the 70. He sent them out and told them, "Whoever receives you, hang out with them." God has a mission field with us all, beginning in our own Jerusalem. We are all linked together with Jesus, His one body, His bride. His purpose for us is to use us to reach the world with His story. Get in the game! No more spectators!

Father, today please open our eyes to the reality that the fields are ripe unto harvest with people who are ready to call on and trust Jesus. Lord, please deliver us from trying to figure it all out in our minds, and help us today to be aware of You at work, all around us. Help us to see the people and places, so that we can be obedient--to make disciples who make disciples.

NUTRITIONAL – GREAT GRAINS

Whole grains have been a central element of the human diet since the dawn of creation. The grains humans ate came straight from the stalk. That means they got a carbohydrate package rich in fiber, healthy fats, vitamins, minerals, plant enzymes, hormones and hundreds of other phytochemicals. We talked about phytochemicals a couple of sessions ago and how essential they are for our health. A whole grain has three parts – the outside bran layer, the inside endosperm, and the germ, which is the core of the grain.

The invention of industrialized roller mills in the late 19th century changed what we got from grains. Modern-day milling and processing strip the bran and germ away. This makes the grain easier to chew, easier to digest, and easier to keep without refrigeration. (The healthy oils in the germ can turn rancid, giving the grain an off taste.)

The grain of brown rice, for example, can become white rice when the nutrient-rich bran and germ is removed, leaving behind the starchy, white endosperm. When the brown rice is refined, it creates the fluffy, easy to chew, quicker to cook white rice. But there's a nutritional price to be paid. The process strips away more than half of the B vitamins, 90 percent of the vitamin E, and virtually all of the fiber.

To carb, or not to carb? We are here to tell you that whole grains are not the enemy! In fact, current scientific evidence indicates that whole grains play an important role in lowering the risk of chronic diseases, such as coronary heart disease, diabetes, and cancer, and also contribute to body weight management and gastrointestinal health.

Another benefit of whole grains is that they act like sponges going through the body and taking out anything that is not helpful. They can hold 10 times their weight in toxic material.

In regards to weight loss, they are very, very helpful for keeping blood sugar stable. True whole grains, that have not been processed or altered in any way, take longer to digest as your body works to get through the bran to get to the carbohydrate rich endosperm, which slows the conversion of starch to sugar. This sustained high-quality energy, keeps you fuller longer and prevents spikes in blood sugar that can lead to insulin resistance - a major driver of obesity, high blood pressure and type 2 diabetes. When blood sugar is stable the body can burn fat. If blood has too much sugar in it then it will store fat. So, this is very important to weight loss. In contrast, refined grains release

sugar into the bloodstream rapidly and cause a sudden rush and energy crash.

Cooking Great Grains

The quickest way to create great grains is to experiment and find what works best for you. Here are basic directions.

1. Measure the grain (One cup of dry grain yields enough for 2 to 4 people), check for bugs or unwanted material, and rinse in cold water. Using a fine mesh strainer will get rid of all of the possible sedentary dust that they collect from the big mills. This also removes naturally occurring, toxic bitter coatings that some grains have (quinoa, for example).
2. Optional: soak grains for one to eight hours to soften. Soaking will increase digestibility and eliminate phytic acid. Drain grains and discard the soaking water.
3. Add recommended amount of water to grains and bring to a boil.
4. A pinch of sea salt may be added to grains to help the cooking process, with the exception of kamut, amaranth and spelt (salt interferes with their cooking time).
5. Reduce heat, cover and simmer for the suggested amount of time, without stirring during the cooking process.
6. Chew well and enjoy every bite!

1 CUP GRAINS	WATER	COOKING TIME	CONTAIN
<i>Common grains:</i>			
Brown rice	2 cups	45-60 minutes	no
Buckwheat (a.k.a. kasha)*	2 cups	20-30 minutes	no
Oats (whole groats)	3 cups	75-90 minutes	Questionable, due to content, contact, or contamination
Oatmeal (rolled oats)	2 cups	20-30 minutes	Questionable, due to content, contact, or contamination
<i>Alternative grains:</i>			
Amaranth	3 cups	30 minutes	no
Barley (pearled)	2-3 cups	60 minutes	yes
Barley (hulled)	2-3 cups	90 minutes	yes
Bulgur (cracked wheat)	2 cups	20 minutes	yes
Cornmeal (a.k.a. polenta)	3 cups	20 minutes	no
Couscous (small pasta, not whole grain)	1 cup	5 minutes	yes
Kamut	3 cups	90 minutes	yes
Millet	2 cups	30 minutes	no
Quinoa	2 cups	15-20 minutes	no
Rye berries	3 cups	2 hours	yes
Spelt	3 cups	2 hours	yes
Wheat berries	3 cups	60 minutes	yes
Wild rice	4 cups	60 minutes	no

* All liquid measures and times are approximate. Cooking time depends on the cooking temperature used when cooking. It is a good idea, especially for beginners, to lift the lid and check the water level halfway through cooking and again towards the end, making sure there is still enough water to avoid scorching the grains. Don't stir. The grains should be fully cooked but not burned.

* The texture of grains can be changed by boiling the water before adding the grains. This will keep the grains separated and prevent a mushy consistency. Do not add kasha to cold water, as it will not cook properly. For a softer, more porridge-like consistency, boil the grain and liquid together.

Leftover Grains: Cooked grains keep very well. Busy people can prepare larger quantities of grains and simply reheat with a little oil or water later in the week.

A Grain to Love – Quinoa: Pronounced KEEN-wah, Quinoa has the highest nutritional profile and cooks the fastest of all grains making it a great grain and a staple for your kitchen. It actually contains all eight amino acids to make it a complete protein. When quinoa is cooked, the outer germ surrounding the seed breaks open to form a crunchy coil while the inner grain becomes soft and translucent. This double texture makes it delicious, versatile and fun to eat. We highly recommend incorporating Quinoa into your meals once a week or more. It is delicious for breakfast too. There are a few breakfast recipes that include Quinoa. So when you are making Quinoa, or really any grain for that matter, make a big batch and use leftovers for breakfast or another dinner later in the week.

Action Plan – Recipes

You will be making great grains this week as part of your Action Plan. The ingredients are on your Shopping List. There are two brown rice recipes and two quinoa recipes listed in your appendix under Great Grains. Basic Brown Rice and Basic Quinoa are included if you need something easy. If you have time, the other recipes (Coconut Brown Rice and Quinoa Side Dish) are delicious and worth the extra few minutes of preparation. You will select and cook one brown rice dish and one quinoa dish this week. Serve these as a side dish for dinner, if desired.

DEVOTIONAL - DAY 28

"So they arrived at the other side of the lake, in the region of the Gerasenes. When Jesus climbed out of the boat, a man possessed by an evil spirit came out from a cemetery to meet him. This man lived among the burial caves and could no longer be restrained, even with a chain. Whenever he was put into chains and shackles—as he often was—he snapped the chains from his wrists and smashed the shackles. No one was strong enough to subdue him. Day and night he wandered among the burial caves and in the hills, howling and cutting himself with sharp stones. When Jesus was still some distance away, the man saw him, ran to meet him, and bowed low before him. With a shriek, he screamed, "Why are you interfering with me, Jesus, Son of the Most High God? In the name of God, I beg you, don't torture me!" For Jesus had already said to the spirit, "Come out of the man, you evil spirit." Then Jesus demanded, "What is your name?" And he replied, "My name is Legion, because there are many of us inside this man." Then the evil spirits begged him again and again not to send them to some distant place. There happened to be a large herd of pigs feeding on the hillside nearby. "Send us into those pigs," the spirits begged. "Let us enter them." So Jesus gave them permission. The evil spirits came out of the man and entered the pigs, and the entire herd of about 2,000 pigs plunged down the steep hillside into the lake and drowned in the water. The herdsman fled to the nearby town and the surrounding countryside, spreading the news as they ran. People rushed out to see what had happened. A crowd soon gathered around Jesus, and they saw the man who had been possessed by the legion of demons. He was sitting there fully clothed and perfectly sane, and they were all afraid. Then those who had seen what happened told the others about the demon-possessed man and the pigs. And the crowd began pleading with Jesus to go away and leave them alone. As Jesus was getting into the boat, the man who had been demon possessed begged to go with him. But Jesus said, "No, go home to your family, and tell them everything the Lord has done for you and how merciful he has been." So the man started off to visit the Ten Towns of that region and began to proclaim the great things Jesus had done for him; and everyone was amazed at what he told them." -Mark 5:1-20

Jesus makes a difference! In this passage, the man was delivered from demons. Notice Jesus did what no one else could do. The man believed in Jesus, obviously, because he wanted to follow Him afterwards. Notice what Jesus told him to do in verses 18-20, to go and tell others, and that the man obeyed.

Everyone has a story. You will need to prepare your story and be prepared to share it with people when you tell them about Jesus. Here's how you can tell your story: first, talk about your life before Jesus. Describe your feelings, pain, loneliness, questions, what you thought happens after death, or struggles you had before following Jesus. Secondly, talk about how you became a follower of Jesus. Tell them about Jesus! The essential story of Jesus is this: we have all offended God with our sins; we will die because of our sins; but, we are saved from death when we put our faith in Jesus, who died for our sins, was buried and raised from the dead. Third, talk about your life after Jesus. Tell them about how Jesus changed your life. Tell of the joy, peace and forgiveness Jesus gave. Fourth, invite a response. Your story should ask for a response. End with a question that will help you to discover the person's level of spiritual interest. Ask something like, "Would you like to know how you can be forgiven?" or "Would you like God to change your life?" Then keep it brief, three minutes or less. Your story should be short and interesting. Do not be boring and do not talk so long that the listener loses interest. Fifth, practice by sharing your story with someone in your group. Last, choose five people to tell. Pray; ask God to show you which five people you know, to whom he wants you to tell your story this week. The following is my first attempt at writing my story. This was the very first bible study in Total Transformation. If you have not been doing this, now is the time!

My first childhood memory is my dad driving away, leaving me under the jungle gym at the orphanage. You see; my mom had died as a result of a house fire when I was four or five years old. My dad remarried when I was going into the third grade and I became a member of a blended family. My dad was a merchant seaman and was gone a majority of the time. I saw him for approximately six years during my first 16 years. My stepbrother Bobby, seven years my senior, and his friends were my friends and heroes. I was a victim of sexual abuse and began drinking to fit in, and I began to do drugs in sixth grade. By the time I was 16, I was an IV drug user. My stepmother kicked me out at 16 and I slept in abandoned cars and beneath bridges. She signed for me to enter the army at 17 years of age. I had no choice.

After getting out of the army at the age of twenty, I was a functional drug addict and alcoholic, having escalated to heroine and methamphetamines while in the service. I became a merchant seaman because my dad got me the job. That is when I met Rod Frenz. He was my roommate and he was a follower of Jesus. He explained to me that Jesus loved me and could help me. He prayed and read his Bible. I hated him. He gave me a little Bible when he got off the ship on 5 October 1982. About 8-10 months later, I was in the middle of the Atlantic Ocean, aboard the U.S.N.S Pawcatuck, actually shooting cocaine and heroin. I thought I was dying. I could not change myself. I had tried repeatedly. I prayed to the Jesus that Rod Frenz had told me about. "Help! I can't!"

I began to read that little Bible I had kept and the transformation was a miracle. I immediately wanted to tell people about Jesus. Jesus actually spoke to me from his Word, the Bible, and in prayer. The same Jesus that Rod Frenz introduced me to, who changed my life, I'm now able to introduce to others and see their lives change. I've been able to share Jesus to all kinds of people, from runaway teenagers to abandoned kids like myself, to people who struggle daily with issues from addiction to divorce, to death of loved ones, and lots of other hurts, habits and hang-ups. Jesus continues to forgive, heal and transform lives today for them, just like he did for me. The Bible says he's the same yesterday, today and forever.

After hearing my story I was wondering--do you have any questions about God in your own life?

PHYSICAL – DON'T DO NOTHING

Revelation 3:16 says *"But since you are like lukewarm water, neither hot nor cold, I will spit you out of my mouth!"* The church in Laodicea had become so complacent and self-sufficient that they didn't "need" Christ. Even their persecutors, the Jews, left them alone as they weren't effective.

The point is, they got comfortable. You might be comfortable right where you are, too. Maybe you're surrounded by friends with similar tastes in food and physical activity, be it healthy or not. You may not be perfectly content, but you're not uncomfortable enough to refrain from a chocolate cake and the TV remote.

Jesus knew a complacent church wouldn't continue to help others grow spiritually. I know a complacent person won't grow nutritionally and physically. Instead of staying in your comfort zone and dragging down any crab that tries to get out of the tank into a better life, how about pointing your friends and family in a new direction, one filled with hope and health?

Here's the thing: Studies have shown that when people don't know what to do, they do nothing. And when given too many choices, they do nothing.

Don't do nothing! Don't be satisfied where you are, if you're not at your best. If you're not sure what to do, you're in the right place! Make the changes to your diet that Katrina recommends, read the devotions Lee provides, and use the follow-along workouts we've provided. We know they work, we've seen results, and you will, too. Jesus rejects tepid Christianity. You should, too.

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 5 in your Appendix.

Low Impact Overview

<http://youtu.be/Si3p133UPUo>

High Impact Overview

<http://youtu.be/9LjnCuetlQU>

Chair Workout Overview

<http://youtu.be/IHJAdSOcJPU>

DEVOTIONAL - DAY 29

"He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him." -John 14:21

"Therefore, to him who knows to do good and does not do it, to him it is sin.." -James 4:17

The Bible tells us that faith without works is dead, so I'll show you my faith by my works. Real faith will be accompanied by works. Mark Twain said, "It's not what I don't understand about Jesus that bothers me; it's what I do understand that bothers me." Obedience is not optional according to Jesus. Rather, our obedience is the manifestation of our love, and in turn, He reveals himself to us. Relational intimacy begins with a choice on our part to listen to Jesus from his Word. No one ever taught me how to read the Bible. I began by reading all the books written by Paul; they all start with his name in the first sentence. I also read the gospels, Matthew, Mark, Luke and John. God revealed himself to me and I saw how the pieces of the puzzle fit together. My entire experience was in harmony with his Word, which should always be the case. The basis of what we believe, faith, and do, behavior, must be the Word of God. May our prayer today be the prayer of David, the man after God's own heart: "Thy Word, O God, have I hid in my heart, that I might not sin against Thee." Recognizing what He says, that He speaks to us from his Word, and then from the inside out, bring our behavior into submission to our Lord and Master Jesus.

NUTRITIONAL – GREAT GRAINS

Processed "Whole" Grains and Bread

Let's touch for a moment on flour, bread, pasta and cereal that is labeled "whole grain". Whole grains that have been pulverized into flour, whether "whole" or not, have a significantly expanded starchy surface area available to digestive enzymes, and cause blood sugar levels to spike dramatically. Even 100% whole grain products have a glycemic index nearly as high as that of refined flour. Reducing our intake of processed whole grains is a key component of becoming a healthier you. We want to increase TRUE whole grains, and decrease processed whole grains.

It can be very difficult to remove bread from our diets. So, for those of you who want to keep bread in their diet we will address bread, made with wheat flour, specifically. Wheat flour starts out as a wheat berry. When a grain is harvested, it's essentially whole in nature. The flour must then be extracted from the grain.

Flour that is classified as 100% whole means that 100% of the whole grain that went into the mill is recovered in the flour itself. This type of extraction flour is therefore completely whole grain and considered 100% whole grain wheat.

Unfortunately, the vast majority of breads in the grocery store are not anything close to 100% extraction. Most of them are much closer to 60% extraction, leaving mostly the bran and germ behind. The bread labeling is a source of confusion when it does not indicate the extraction percentage. Many types of bread simply carry the label "wheat bread" in very large letters. That label tells you absolutely nothing about the whole grain content of the bread. The label "whole wheat bread" may help a little bit, but please know that companies are allowed to use the label "whole wheat bread" even when a very, very small amount is whole wheat. Look for labels that say "100% whole wheat bread". In this case, all of the wheat flour in the bread would be 100% extraction and would be the most nutritious wheat bread available.

Ezekiel Bread is a great alternative to traditional bread. The company, Food for Life, has taken six different organic grains and beans and sprouted them, creating a complete protein that closely parallels the protein found in milk and eggs. The sprouts are ground to create breads, English muffins, wraps and even pasta. Ezekiel Bread is wonderful toasted. If you choose to eat it un-toasted, the hearty texture may just take a little getting used to.

You can find Ezekiel Bread in health food stores, and even many regular stores, in their organic/natural foods aisle, usually in the freezer or refrigerated section. Ezekiel Bread is not the only brand of sprouted breads. There are other great brands out there as well. We encourage you to check out sprouted breads.

NUTRITIONAL – SHOPPING LIST

- 1 Bag Long Grain Brown Rice (need 2 cups)
- 1 Bag Quinoa (need 2 cups)... found in grain aisle or sometimes found in organic/natural section of grocery store.
- 1 Can Coconut Milk (full fat)
- 1 Head of Garlic (need 2 cloves)
- 1 Small Onion (or 1/2 large)
- Thyme, dried or fresh
- Parsley, dried or fresh

NUTRITIONAL – ACTION PLAN

CONTINUE - Just a reminder of the Action Steps you should be continuing through this journey:

1. HYDRATION: 1/2 your body weight in ounces. Adjust accordingly.
2. BREAKFAST: Enjoy a healthy breakfast.
3. AWARENESS: Choose to be present with your meals.
4. FOOD JOURNAL
5. GLORIOUS GREENS
 - Large salad for the week. Eat before dinner.
 - Cook and eat a glorious green vegetable at least three times this week. More if desired! Maybe more!
6. SUGAR: Continue to reduce sugar to 25 grams or less
7. CRAVINGS: What is really going on? Investigate. Identify new ways to prevent and eliminate.

NEW ACTION STEPS: GREAT GRAINS

- Cook Basic Brown Rice OR Coconut Brown Rice.
- Cook Basic Quinoa OR Quinoa Side Dish.
- Switch from white or wheat bread to 100% whole wheat bread. Go organic, if you can. Even better, switch all of your breads to Ezekiel Bread products (or other sprouted grain bread). There are plain and flavored breads, English muffins, pasta and wraps.

DEVOTIONAL - DAY 30

"I urge you, first of all, to pray for all people. As you make your requests, plead for God's mercy upon them, and give thanks. Pray this way for kings and all others who are in authority, so that we can live in peace and quietness, in godliness and dignity. This is good and pleases God our Savior, for he wants everyone to be saved and to understand the truth. For there is only one God and one Mediator who can reconcile God and people. He is the man Christ Jesus. He gave his life to purchase freedom for everyone. This is the message that God gave to the world at the proper time. And I have been chosen -- this is the absolute truth -- as a preacher and apostle to teach the Gentiles about faith and truth. So wherever you assemble, I want men to pray with holy hands lifted up to God, free from anger and controversy. And I want women to be modest in their appearance. They should wear decent and appropriate clothing and not draw attention to themselves by the way they fix their hair or by wearing gold or pearls or expensive clothes. For women who claim to be devoted to God should make themselves attractive by the good things they do." -1 Timothy 2:1-10

THEMES FOR PRAYER WALKING

Attempt to keep every prayer pertinent to the specific community you pass through. Occasionally, however, you will find prayers naturally progress to the nation and to the world.

Use a theme passage of Scripture. For example, you might try 1 Timothy 2:1-10. Many have found it to be a useful launching point for prayer walking. Verse 8 speaks of the important territorial dimension to prayer connected with God's desire that all people be saved. "I want the men in every place to pray."

Copy this and other passages in an easy to read format and say them aloud several times during your walk. Each of the following prayer points emerges from this passage.

- CONCERNING CHRIST – Proclaim Him afresh to be the one Mediator and the ransom for all. Name Him Lord of the neighborhood and of the lives you see.
- CONCERNING LEADERS – Pray for people responsible in any position of authority – for teachers, police, administration and parents.
- CONCERNING PEACE – Cry out for the godliness and holiness of God's people to increase into substantial peace. Pray for new churches to be established.
- CONCERNING TRUTH – Declare openly the bedrock reality that there is one God. Celebrate the faithful revelation of His truth to all people through ordinary people (1 Timothy 2:8). Pray that the eyes of minds would cease to be blinded by Satan so that they could come to knowledge of the truth.
- CONCERNING THE GOSPEL – Praise God for His heart's desire that all people be saved. Ask that heaven would designate this year as a "proper time" for the testimony of Christ to be given afresh with simple power (1 Timothy 2:6). Name specific people.
- CONCERNING THE BLESSING OF GOD – Thanksgivings are to be made on behalf of all people. Give God the explicit thanks He deserves for the goodness He constantly bestows on the homes you pass by. Ask to see the city with His eyes, that you might sense what is good and pleasing in His sight as well as what things grieve Him deeply. Ask God to bring forth an enduring spiritual awakening.
- CONCERNING THE CHURCH – Ask for healing in relationships, that there be no wrath or dissension among God's people. Ask that God would make His people, men and women alike, expressive in worship with the substance of radiant, relational holiness. Ask that our worship would be adorned with the confirming power of saints doing good work in our communities.

PHYSICAL – TARGET PRACTICE

“Wounds from a sincere friend are better than many kisses from an enemy.” -Proverbs 27:6

How do you know if you’re getting a good workout? There are several ways, including the “Talk Test”. If you can sing a full song, you’re not working out hard enough. If you can speak in sentences, you’re probably getting a pretty good work out. If you can only say single words or grunts, you might be pushing too hard!

Your target heart rate is a range, expressed as percentages of your maximum heart rate. (Your maximum heart rate in beats per minutes is based on how old you are: it’s 220 minus your age.) For most people, the American College of Sports Medicine recommends a target heart rate while exercising of 50 to 85 percent of your maximum heart rate. Why a range and not a single number? It depends on your fitness level. If you haven’t exercised in a while or recently started, aim for a heart rate on the low end of your target heart rate, 50 to 65 percent of your maximum. If you’re a regular exerciser, you should be in the middle of your range, 60 to 75 percent of your max. Very active people can pump it up to 70 to 85 percent of their maximum.

You can also gauge your exercise intensity by your own perceived exertion, or how you feel. Studies show your heart rate correlates with your perception, so if you feel/think you’re working hard, your heart beat most likely will be elevated. Your goals, weight loss, improved cardio, increased muscle, should dictate the level of intensity. Generally you should aim for moderate to vigorous workout intensity. Signs you’re in this range include: increased breathing (you can talk, but not complete a full conversation) and sweating(should develop within a few minutes).

GO GET IT!

If you are following 1 Body Ministries plan, today’s workout is Workout 6 in your Appendix.

Low Impact Overview

<http://youtu.be/b5-UWsDyIRA>

High Impact Overview

<http://youtu.be/O1eENIXbx08>

Chair Workout Overview

<http://youtu.be/mrK47WK07B0>

Week 6 Group Meeting - The Bible

LOOK BACK (1/3 OF TIME)

CARE Share a meal, a refreshment, a story from this week, or an answer to prayer. How has everyone's personal relationship with God been? If anyone is struggling, pray for him/her and stay after to care for that person.

CHECK-UP (NEVER SKIP)

1. How have you obeyed what you learned this week spiritually, nutritionally and physically?
2. Who have you trained in what you learned?
3. With whom have you shared your story?

VISION (NEVER SKIP)

Share a story from the Bible, a personal story, an inspiring slogan or song to encourage one another to share Jesus with others, to start new groups, and to help others do the same. You can use one of the following Bible passages to get started: *Matthew 28:18-20, Luke 10:1-11, Acts 1:8, Luke 19:1-10, Matthew 13:1-23*

LOOK UP (1/3 OF TIME)

Talk with God simply and briefly.

Read 2 Timothy 3:14-16

4. What did you like about this passage?
5. What did you find difficult about it?

Reread the passages

6. What does this passage teach about people?
7. What does it teach about God?

LOOK FORWARD (1/3 OF TIME)

8. How will you obey this week's message?
9. Who will you train with this information?
10. With whom will you share your story of the lesson or the story of God?

PRACTICE (NEVER SKIP)

Memorize and recite the Bible study questions.
Tell your story and Jesus' story to 3 people this week.

WEEK 7: Help the Poor/Share the Good News

By this time you have run the mini-marathon! We have learned about telling our stories, baptizing new believers, practicing prayer and training others how to do the same. The last four weeks, instead of being taught the application of the study, we are going to pray and ask God how to obey the passage and who to share with. We will continue to share our story and Jesus story with at least 3 people weekly. This week we will be looking at helping the poor and sharing the good news locally.

————— **DEVOTIONAL - DAY 31** —————

"In my first book I told you, Theophilus, about everything Jesus began to do and teach until the day he was taken up to heaven after giving his chosen apostles further instructions through the Holy Spirit. During the forty days after his crucifixion, he appeared to the apostles from time to time, and he proved to them in many ways that he was actually alive. And he talked to them about the Kingdom of God. Once when he was eating with them, he commanded them, "Do not leave Jerusalem until the Father sends you the gift he promised, as I told you before. John baptized with water, but in just a few days you will be baptized with the Holy Spirit." So when the apostles were with Jesus, they kept asking him, "Lord, has the time come for you to free Israel and restore our kingdom?" He replied, "The Father alone has the authority to set those dates and times, and they are not for you to know. But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth." -Acts 1:1-8

If we will pray and ask God to fill us with his Holy Spirit, He will do it, because He says He will. It does not matter if you feel it. He says it; that settles it. The purpose of the filling is to make Jesus known, beginning from where we are now. Our Jerusalem is our network of family, friends, our blocks, communities and our workplace. Our physical body is the temple of the Holy Spirit, so in order to be an effective witness for the Lord, we must care for both the internal and external parts of our beings, for His glory.

PHYSICAL – I EAT. THEREFORE I RUN

"I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is." -Ephesians 3:16-18

This used to be my mantra: I eat. Therefore, I run! And, I was always in shape. Not perfect shape, but in shape. And I ate relatively well. But I definitely cheated regularly, if not daily. I was in my 20's and 30's.

Now that I'm in my 40's I realize how important nutrition is. Not only are my hormone levels changing, but I am losing muscle yearly, obviously slowing my metabolism. Though you cannot fully separate exercise and nutrition, I've learned nutrition must come first.

"Because you can't out-train a lousy diet!"

No matter how hard you work out or how many times per week, if you're eating McDonald's daily, it's all in vain. Regardless of your age, if your nutrition is not where it needs to be you will not get where you want to go. Making changes in your eating will make for a faster transformation in your body than will working out alone.

WEEK 7: Help the Poor/Share the Good News

I'm not saying you're off the hook for working out – nice try! Continue to do your three workouts per week, but FOCUS on getting your nutrition where it should be, and you will see the results you want!

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 7 in your Appendix.

Low Impact Overview

<http://youtu.be/0Ok8qkLUutY>

High Impact Overview

<http://youtu.be/P2r1Ba4fxjs>

Chair Workout Overview

<http://youtu.be/MbpHwc6dbmg>

DEVOTIONAL - DAY 32

Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.
-Corinthians 6:19-20

Be disciplined or be disappointed! Spiritual, nutritional and physical disciplines (from the inside out) together are the key to the transformed life. The following questions from Wesley's Self-Examination are similar to the ones that Wesley used in conjunction with the Holy Club. Spiritual accountability to one another is imperative in order for the Lord Jesus Christ to be formed and to be manifest from the inside out, spirit, soul and body.

WESLEY'S SELF-EXAMINATION QUIZ:

Here is one set of questions similar to the set John Wesley gave to members of his groups more than 200 years ago. The questions have their origin in the spiritual accountability group started by Wesley when he was a student at Oxford – a group that detractors called "The Holy Group."

1. Am I creating the impression that I am better than I really am? In other words, am I a hypocrite?
2. Do I confidently pass on to others what has been said to me in confidence?
3. Can I be trusted?
4. Am I a slave to dress, friends, work or habit?
5. Am I self-conscious, self-pitying, or self-justifying?
6. Did the Bible live in me today?
7. Do I give the Bible time to speak to me every day?
8. Am I enjoying prayer?
9. When did I last speak to someone else outside of my faith?
10. Do I pray about the money I spend?
11. Do I get to bed on time and get up on time?
12. Do I disobey God in anything?
13. Do I insist upon doing something about which my conscience is uneasy?
14. Am I defeated in any part of my life?
15. Am I jealous, impure, critical, irritable, touchy or distrustful?
16. How do I spend my spare time?
17. Am I proud?
18. Do I thank God that I am not as other people, especially as the Pharisees who despised the tax collector?
19. Is there anyone whom I fear, dislike, disown, criticize, hold resentment towards or disregard? What am I doing about it?
20. Do I grumble or complain constantly?
21. Is Christ real to me?

NUTRITIONAL – POWERFUL PROTEIN

Protein is the basic building block of the human structure, helping our bodies form muscles, skin and hair, Just to name a few. Because of our bio-individuality, protein requirements vary dramatically from person to person.

We recommend experimenting with reducing or increasing your protein intake and trying different sources, animal and vegetable, and noticing the impact on your body. The majority of Americans today eat too much protein. In fact, double what the USDA recommends, and now we know that even that recommendation is not a good guide.

Men, and especially persons with Type O blood types, need more protein-rich foods more often. Low protein can lead to low energy and a variety of cravings for Type O persons.

The Blood Type Diet is a good guide to refer to as a starting point. It will tell us how much and what type of protein our individual blood type should consume.

Many people, regardless of their blood type, feel lighter and clearer, and notice a decrease in physical symptoms when they reduce animal protein in their diet. People often find that reducing animal protein consumption helps clear up constipation, low energy and sugar cravings.

Types of Protein

1 Body does not advocate a particular policy on protein consumption. We are committed to teaching all the options, and encourage you to experiment to determine what works for your body at this time in your life. This way you'll be able to successfully guide yourself to your appropriate protein source.

Vegan Sources of Protein

Grains: Are a staple in all civilizations around the world. Increasing grains often decreases cravings for many foods. Whole grains, such as rice, millet, quinoa, buckwheat, oats and oatmeal, are much different from processed grains. (Beware of wheat! Many people are allergic to wheat but don't know it.)

Beans: Contain a more complete set of amino acids than other plant foods. Use fresh beans that are smaller, like split peas, mung and adzuki beans if you're not used to eating beans. To make them easier to digest, soak them overnight, add spices or vinegar, skim off cooking foam, pressure cook or purée and eat small amounts.

Soy: Soybeans are the most difficult beans to digest. People traditionally ate baby soybeans known as edamame, made tofu, or took the time to ferment the soybeans and make tempeh, miso and tamari. These are the best ways to consume soy for most people, unless they have problems with fermented foods. Today's trend to consume soy in various unnatural, highly processed ways like commercial soymilk, soy-meat and soy-ice cream, may not be a good idea. Also, many people are allergic to soy. Soybeans are one of the most genetically engineered crops, so it is important to purchase organic.

Nuts: Are generally considered a fat, not a protein. They are great for people who want to gain weight. Peanuts, which are actually legumes, are far higher in protein than any nuts.

Protein bars: Some are much better than others. Many contain a lot of chemicals and unnatural sweeteners. These are not meal replacements.

Protein powder: Check for high-quality ingredients. Not recommended in large amounts; eat whole, natural foods as much as possible. Recommended protein powders: Hemp, Brown Rice, and Pea. There are also vegetarian protein powder brands that combine two or more types of protein. These create a complete, synergistic protein

composition that rivals that of eggs and whey/milk. Find them at your local health food store or online.

Leafy greens: Broccoli, spinach, kale, collard greens, bok choy, romaine lettuce, and watercress all contain some protein. Leafy greens are the one food highly associated with longevity because they contain major sources of magnesium, iron and calcium. They are also packed with Quercetin, a bioflavonoid with antioxidant, anti-inflammatory and anticancer properties. Green leafy vegetables are dense with easily assimilated amino acids as well as other life-extending nutrients.

Animal Protein Sources

Meat: Chicken, turkey, duck, lamb, beef, buffalo, ostrich, so many different types. Try different types to discover what works best with your body.

Eggs: Quick, practical, inexpensive protein source. Eat the whole egg to get the total energy of the egg, as opposed to just the egg white and eat not more than one egg per meal.

Fish: Fish farming is a huge industry: red fish, white fish, canned fish, smoked fish. Beware of mercury poisoning, over-fishing, genetic engineering and added chemicals. Stay away from farm-raised fish. Enjoy high quality, wild fish as a cleaner protein choice.

Dairy: Many people have negative reactions to cows' milk. Try other dairy foods like buttermilk, yogurt, butter or ghee. Try other animal species like goat and sheep. Buy organic to avoid bovine growth hormone and antibiotics. Try to find raw milk in your area. See below – Protein Highlight: Dairy

Notes about Animal Protein:

Personal choice: Respect your body's needs. Many bodies need to have animal protein. The body, despite what you may believe, sometimes needs this kind of protein. Determine the amount your body needs; it may be more or may be less than what you are consuming now. Without meat or other animal products in their diets, some people become too spacey and unfocused.

Problems: Antibiotics, factory farming, animal cruelty, cloning, irradiation, sludge, E. coli bacteria, mad cow disease, genetic engineering, growth hormone, cancer, heart disease, obesity and constipation.

Quality: Important to eat high-quality, organic, free-range, grass-fed forms of animal protein. If the animal is healthy, you in turn will be healthy.

Quantity: Try to eat a small quantity at a time; keep portions to the size of your palm or smaller.

Digestion: To help digest animal protein, eat plenty of vegetables with your meal.

Energy type: According to science, a protein is a protein is a protein, whether it is from dry beans, chicken or a burger. But we find that each protein source affects us differently on an energetic level.

DEVOTIONAL - DAY 34

Acts 13:1-3, 32-33, 38-39

1 Among the prophets and teachers of the church at Antioch of Syria were Barnabas, Simeon (called "the black man"), Lucius (from Cyrene), Manaen (the childhood companion of King Herod Antipas), and Saul. 2 One day as these men were worshiping the Lord and fasting, the Holy Spirit said, "Dedicate Barnabas and Saul for the special work to which I have called them." 3 So after more fasting and prayer, the men laid their hands on them and sent them on their way.

32 "And now we are here to bring you this Good News. The promise was made to our ancestors, 33 and God has now fulfilled it for us, their descendants, by raising Jesus. This is what the second psalm says about Jesus: 'You are my Son. Today I have become your Father.'

38 "Brothers, listen! We are here to proclaim that through this man Jesus there is forgiveness for your sins. 39 Everyone who believes in him is declared right with God—something the law of Moses could never do.

Somebody once said, "He that aims at nothing, is bound to hit it." God wants us to be transformed and while involved in that process. We are not to be spectators, but active in "GC2 ", loving God, loving one another and making disciples that do the same thing.

PHYSICAL – CARDIO BONUSES

"But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." -Isaiah 40:31

By definition, cardio workouts can be any exercise - jogging, running, biking, swimming, elliptical machine, stairs, jumping rope - that raises and maintains your heart rate over a predetermined amount of time. By doing so, you strengthen your heart and lungs and lower your resting heart rate. The bonus? Cardio workouts burn calories!

The Benefits of Cardio

- Increases metabolic rate
- Increases growth hormone secretion
- Reduces stress levels
- Increases blood flow to the brain increasing alertness
- Improves cholesterol levels
- Improves digestion
- Boosts immune-system function

A couple cardio workouts I endorse are:

Body for Life (bodyforlife.com) – this workout can be done on a treadmill or any exercise equipment you choose, as well as walking, running or biking outside.

1. Warm up the first 2 minutes at Intensity Level 5
2. Minutes 2-3 move from Intensity Level 5 to 6
3. Minutes 4-5, 6-10 and 11-14, work your way from Intensity Level 6 to Level 9, maintain for one minute.
4. Minutes 15-19 work your way from Intensity Level 6 to 10 (High Point at Level 10), maintain for one minute.
5. Minute 20 cool down to Intensity Level 5 for one minute.

WEEK 7: Help the Poor/Share the Good News

Treadmill Incline (from a personal training friend of mine).

1. Begin walking at 3.0 for 1 minute.
2. Increase to 3.5 for 1 minute.
3. Increase to 4 for 1 minute.

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 8 in your Appendix.

Low Impact Overview

<http://youtu.be/WURUzJOQuBo>

High Impact Overview

<http://youtu.be/SNuyWPiUStg>

Chair Workout Overview

<http://youtu.be/m0CISrNTbSE>

DEVOTIONAL - DAY 34

So the Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father's one and only Son. -John 1:14

Getting back to Jesus. What if we become intentionally embedded in our communities the way Jesus did in his day. He was present physically. He was in proximity to all social strata from religious people to politicians to prostitutes to the poor to the sick. Jesus was a friend of sinners and they were attracted to Him except for the religious ones hmmm. Jesus went to be with them where they were at. Physically and in proximity, he was on mission incarnate. We are supposed to be like that. He was present not in a command and control posture as a CEO but in powerlessness. What would us modeling that together look like in our communities? Finally he proclaimed the gospel of the kingdom. We should always be ready and sharing the gospel as little Jesus' the same way as our Lord present, proximity, powerlessness and proclaiming.

NUTRITIONAL – POWERFUL PROTEIN

Protein Highlight: Beans

Beans are a wonderful way to add high-quality, plant-based protein to your diet. They are high in iron, B vitamins and fiber, and are versatile enough that you may never tire of them.

Cooking Dry Beans: Beans stay fresh longer when stored in a cool, dark place (rather than on your countertop). Don't use beans that are more than a year old, as their nutrient content and digestibility are much lower. Also, old beans will not soften, even with thorough cooking.

1. Check beans for rocks and shriveled or broken beans, then rinse.
2. Soak for six hours or overnight, with water covering 4 inches higher than the beans. Small and medium-size beans may require less soaking—four hours. Note: If you've forgotten to presoak the beans, you can bring them to a boil in ample water to cover. Turn off the heat, cover the pot and let stand for one hour.
3. Drain and rinse the beans, discarding the soaking water. Always discard any loose skins before cooking, as this will increase digestibility.
4. Place the beans in a heavy pot and add 3 to 4 cups fresh water.
5. Bring to a full boil and skim off the foam.
6. Optionally, add a small piece of kombu (seaweed) and a few bay leaves or garlic cloves for flavor and better digestibility.
7. Cover, lower the temperature and simmer for the suggested time. Check beans 30 minutes before the minimum cooking time. Beans are done when the middle is soft and easy to squeeze.
8. About 10 minutes before the end of cooking time, add 1 teaspoon of unrefined sea salt.
9. Cook until beans are tender.

1 Cup Dry Beans	Cooking Time
Adzuki	45-60 minutes
anasazi	60-90 minutes
black (turtle)	60-90 minutes
black-eyed peas	60 minutes
cannellini	90-120 minutes
chickpeas (garbanzos)	120-180 minutes
cranberry	60-90 minutes
fava	60-90 minutes
great northern	90-120 minutes
kidney	60-90 minutes
lentils (no need to soak)	30-45 minutes
lima beans	60-90 minutes
mung	60 minutes
navy	60-90 minutes
pinto	90 minutes
split peas	45-60 minutes

All times are approximate. Cooking lengths depend on how strong the heat is and how hard the water is. A general rule is that small beans cook for approximately 30 minutes, medium beans cook for approximately 60 minutes, and large beans cook for approximately 90 minutes. Be sure to taste the beans to see if they are fully cooked and tender.

Canned Beans: If you prefer to buy canned, that is totally fine. Here are some tips when it comes to canned beans. First is that all canned beans should be drained and rinsed before you add them to a dish. This removes any added salt that may be in the ingredients. The second tip is the best brand to get. Look for canned beans made by a company called Eden Foods. Their beans are organic, which is great. They also contain no salt, another plus. What is really cool about Eden beans is that they contain the seaweed called: Kombu. Kombu helps with the digestibility of your beans. Eden beans can be found at health food stores, conventional grocery stores and online retailers.

Digestibility of Beans: Some people have difficulty digesting beans and legumes. They may develop gas, intestinal problems, irritability, or unclear thinking. Here are a few techniques for preparing and eating legumes that will alleviate most problems.

- Soak beans for several days, changing the water twice daily, until a small tail forms on the beans.
- Use a pressure cooker. This also cuts down cooking time.
- Chew beans thoroughly as even small amounts have high nutritional and healing value.
- Avoid giving legumes to children under 18 months because they have not developed the gastric enzymes to digest them properly.
- Experiment with your ability to digest beans. Smaller beans like adzuki, lentils, mung beans and peas are more easily digested. Pinto, kidney, navy, black-eyed peas, garbanzo, lima, and black beans are harder to digest. Soybeans and black soybeans are the most difficult beans to digest.
- Experiment with combinations, ingredients and seasonings. Legumes combine best with green or non-starchy vegetables and seaweeds.
- Season with unrefined sea salt, miso or soy sauce near the end of cooking. If salt is added at the beginning,

WEEK 7: Help the Poor/Share the Good News

the beans will not cook completely. Salt is a digestive aid when used correctly.

- Adding fennel or cumin near the end of cooking helps prevent gas.
- Adding kombu or kelp seaweed to the beans helps improve flavor and digestion, adds minerals and nutrients, and speeds up the cooking process.
- Pour a little apple cider, brown rice or white wine vinegar into the water in the last stages of cooking. This softens the beans and breaks down protein chains and indigestible compounds.
- Take enzymes with your meal.

ACTION PLAN RECIPE

As part of your weekly Action Plan you will be making the Grain, Bean & Green recipe in the appendix under Main Dishes. Check this session's shopping list for the ingredients. This recipe incorporates so many of the wonderful things we have talked about over the past several sessions: It has glorious greens, great grains, sweet vegetable in the form of the onion, and beans like we are talking about in this session. The best part is that it is done in less than 30 minutes. Make sure to have your refrigerator and pantry stocked and when you are standing there at 6 o'clock going "um, what's for dinner???" You can throw this together in less than 30 minutes. It only takes one pot, making it great for clean up too.

Protein Highlight: Dairy. You Decide.

Dairy sparks controversy! Some claim that dairy is healthy if it's pasteurized, low fat and eaten in moderation. Some say that plenty of raw, full-fat dairy is a health food (www.westonaprice.org), while others insist that the only good dairy is no dairy at all. (www.pcrm.org). Here is an overview of some issues to consider when deciding what might be best for you.

Non-Organic vs. Organic	Non-organic milk can contain harmful, synthetic contaminants like antibiotics, growth hormones and pesticides, and the cow's feed may be genetically modified.	Organic milk is free of synthetic hormones, antibiotics and pesticides, and the cow cannot be fed GMO feed; however, even organic dairy contains naturally occurring growth hormones
Pasteurized vs. Raw	Legally, milk in the US must be pasteurized. This public health measure is meant to reduce consumers' exposure to pathogens that could make them sick.	In addition to changing the physical structure of the milk's proteins (thus increasing the likelihood of an allergy or sensitivity), pasteurization also destroys milk's beneficial bacteria, vitamins, minerals and certain enzymes that help the body properly digest the milk.

<p>Low-Fat vs. Full Fat</p>	<p>Homogenization, the process of separating milk's fatty and watery parts, makes it low fat. Many organizations, including the USDA MyPyramid, suggest low fat or skim rather than full-fat dairy products because they are lower in calories, fat and especially saturated fat, which contributes to higher cholesterol.</p>	<p>Advocates of full-fat dairy claim that the butterfat is needed to properly absorb milk's vitamins and minerals, and that low-fat dairy products can deplete your body's vitamins A and D. In addition, homogenization may cause accumulation of free radicals in the body by causing the enzyme xanthineoxidase to be absorbed into your bloodstream.</p>
<p>Calcium & Bone Health</p>	<p>Proponents of milk say that milk is a great source of calcium, a mineral that is essential for bone health.</p>	<p>Studies show that countries with the highest milk consumption also have the highest osteoporosis rates. Countries with low rates of milk consumption have low rates of osteoporosis. Some say that better options for strong bones include dark leafy greens, bone broths, sea vegetables, and other whole foods, plus exercise and Vitamin D.</p>
<p>Grain and Soy-Fed vs. Grass- Fed Cows</p>	<p>Most dairy in the US comes from factory farms, where are fed products not natural to a cow's diet, such as grain, corn and soy. Milk from grain- fed cows is high in Omega-6 fatty acids, which most Americans already overly consume.</p>	<p>Cows are grazing animals that naturally feed on grass. Milk from cows that eat grass naturally contains vitamin D, and it has an ideal balance of Omega-3 and Omega-6 fatty acids.</p>
<p>Vitamin D</p>	<p>Milk sold in stores is fortified with vitamin D2, a form that the body does not utilize as well as D3.</p>	<p>Raw dairy from grass-fed cows contains Naturally occurring vitamin D3 - the form of vitamin D that is better utilized by the body.</p>
<p>Bio-Individuality</p>	<p>Everyone is different. Certain blood types like B and AB tend to do well with dairy.</p>	<p>Other blood types like Type A tend to not do as well with dairy. Problems include congestion, sinus issues and constipation.</p>

WEEK 7: Help the Poor/Share the Good News

<p>Chronic Diseases</p>	<p>Studies (i.e. The China Study) suggest that consuming animal protein, including dairy, promotes cancer growth, and reducing or eliminating animal protein can stop and reverse cancer growth. Studies show that reducing animal products can reverse other chronic diseases like heart disease and diabetes.</p>	<p>Other groups cite many traditional cultures that thrived on dairy and other animal products. Such groups suggest that not all dairy is of the same quality, and can be healthy or unhealthy depending on its preparation - from how the animal is raised to what kinds of processing the final dairy product goes through.</p>
<p>Lactose Intolerance & Milk Allergies</p>	<p>Some people do fine with dairy products in their diets, while other people are allergic to dairy or lactose intolerant and experience a variety of symptoms, including gastrointestinal distress. As many as 25% of Caucasians and an estimated 75-90% of blacks, Asians, and Native Americans are lactose intolerant.</p> <p>Those who are lactose intolerant or are sensitive to milk should avoid it.</p>	<p>Some people who are sensitive to pasteurized milk can consume raw dairy without a problem. This may be because the pasteurization process alters the structure of milk's proteins, making them difficult for the body. (Raw cheese is sold legally in the US, and raw dairy products can be purchased legally by joining cow-shares from specific farms. Regulations vary by state.) In addition, some people who are sensitive to cow's milk find that they can tolerate goat or sheep's milk.</p>
<p>We are not Cows Argument</p>	<p>Some question the idea of drinking the milk of another species. (Humans, like other mammals, produce milk for a specific purpose - to feed their own babies until the babies are ready to move on to solid foods.) Milk from a cow is designed to make a newborn calf grow rapidly in only a few weeks, causing some to believe that it may not be the ideal food for human children or adults.</p>	<p>Others consider cow's milk to be one of the most ideal foods nature provides, particularly when prepared in traditional ways, such as culturing.</p>

WEEK 7: Help the Poor/Share the Good News

<p>What about Yogurt?</p>	<p>Yogurt is widely touted as a health food, particularly because it is an excellent source of beneficial bacteria that contributes to a healthy gut.</p>	<p>Many yogurts found in stores contain high amounts of sugar, and not enough healthy bacteria to make a difference, which dramatically decreases its overall health value.</p>
<p>Animal Treatment</p>	<p>Filthy living conditions and animal mistreatment at factory farms is well documented. Some also question the ethics of impregnating a cow to cause milk production then taking away her calf shortly after birth (and, commonly, raising it for veal) in order to maximize economic profits.</p>	<p>Some small farmers treat their cows humanely and allow a more natural relationship between mother cow and calf while still being able to collect milk for human consumption.</p>
<p>Environmental Concerns</p>	<p>Animal agriculture is a major contributor to global warming and the pollution of our water and air. In addition, vast amounts of land, water and fuel are used for cattle feed, grazing and processing. Some argue that we could feed many more people more cheaply if we used those lands and resources for plant foods for human consumption.</p>	<p>Others believe that in some cases the benefits outweigh the drawbacks, which may be able to be mitigated if the grazing land and animal waste is carefully managed. By researching companies, buying from small, local farms and choosing your suppliers carefully, you can help support the farms that are producing dairy more responsibly.</p>

Here are the bottom line protein recommendations:

- Experiment and find the protein fuel that is most suitable for YOUR current needs. Finding the optimum protein intake is a key to a balanced, healthy you.
- Have protein with every meal or snack. This is going to not only help keep you more satisfied it will also help to keep your blood sugar stable.
- If you are a meat eater, choose high-quality, organic, grass-fed/pasture raised, free roaming (happy!) animals whenever possible. The word “natural” means nothing. Research local farms in your area.
- Limit meat eating to a few times a week and supplement your diet with other protein sources such as eggs, beans, and whole grains. This will also help with the sticker shock of higher priced, quality meats.
- Meat should be considered a Side Dish. It should not be the main focus of your meal.
- When you eat meat, limit portion size to 3 oz. or the size of your palm. This too will help keep down the cost of high quality meat. Before, maybe you would eat a whole chicken breast with your meal. If you were to follow

WEEK 7: Help the Poor/Share the Good News

our recommendation, you would buy meat from a local farmer who raises happy, healthy chickens and cows and consume half the portion you normally ate and have an abundance of veggies and healthy grains.

NUTRITIONAL – SHOPPING LIST

- Begin Experimenting with Protein.
- When buying meat: select high quality, organic and/or grass-fed, free roaming animals.
- We are going to make an awesome One Pot 30 Minute Meal! . You will need the following ingredients:
 - 1 Bag Quinoa (need 1-2 cups)... found in grain aisle or sometimes found in organic/natural section of grocery store.
 - 1 can vegetable or chicken broth/stock (optional)
 - 1 can black beans
 - 1 bunch greens (collards or kale are good options)
 - 1 onion
 - Extra-virgin olive oil
 - Ume Plum Vinegar (huh? usually found in the Asian section. Could use soy sauce, tamari sauce, hot sauce or even balsamic vinegar, if you would rather. But Ume plum is quite yummy).

NUTRITIONAL – ACTION PLAN

CONTINUE - Just a reminder of the Action Steps you should be continuing through this journey:

1. HYDRATION
2. BREAKFAST
3. AWARENESS
4. FOOD JOURNAL
5. GLORIOUS GREENS
 - Salad
 - Cook greens
6. CRAVINGS: Pause and think, “What’s really going on here?”
7. SUGAR: 25 grams or less
8. GREAT GRAINS: Increase whole grains! Decrease processed grains

NEW ACTION STEPS: PROTEIN

- Experiment with reducing or increasing your protein intake and trying different sources, animal and vegetable, and noticing the impact on your body.
- Have protein with each meal and snack.
- When buying meat: select high quality, organic and/or grass-fed, free roaming animals. To help with cost: eat meat 3x/wk. and only eat 3 oz., which is all you really “need”
- Raw Milk: for more information and to identify where to purchase, visit www.realmilk.com
- Try a vegetarian meal! Cook the Grain, Bean & Green Recipe. Go Meatless on Mondays (www.meatlessmonday.com)!
- Check out Main Dish Recipes in back of book

DEVOTIONAL - DAY 35

As for Philip, an angel of the Lord said to him, "Go south down the desert road that runs from Jerusalem to Gaza." So he started out, and he met the treasurer of Ethiopia, a eunuch of great authority under the Kandake, the queen of Ethiopia. The eunuch had gone to Jerusalem to worship, and he was now returning. Seated in his carriage, he was reading aloud from the book of the prophet Isaiah. The Holy Spirit said to Philip, "Go over and walk along beside the carriage." Philip ran over and heard the man reading from the prophet Isaiah. Philip asked, "Do you understand what you are reading?" The man replied, "How can I, unless someone instructs me?" And he urged Philip to come up into the carriage and sit with him. The passage of Scripture he had been reading was this: "He was led like a sheep to the slaughter. And as a lamb is silent before the shearers, he did not open his mouth.

He was humiliated and received no justice. Who can speak of his descendants? For his life was taken from the earth." The eunuch asked Philip, "Tell me, was the prophet talking about himself or someone else?" So beginning with this same Scripture, Philip told him the Good News about Jesus. As they rode along, they came to some water, and the eunuch said, "Look! There's some water! Why can't I be baptized?" He ordered the carriage to stop, and they went down into the water, and Philip baptized him. When they came up out of the water, the Spirit of the Lord snatched Philip away. The eunuch never saw him again but went on his way rejoicing. -Acts 8: 26-39

It was 1987 and I was a junior in Bible College. Raiford Prison is located in Starke, Florida. The college I attended had a prisoner visitation ministry that I was a part of from time to time. Raiford at that time was a maximum-security prison and a death penalty facility as well.

On this particular visitation day we were going to be visiting inmates who were administratively segregated before being released into the general population. We were only able to speak to the prisoners through a small square opening about head level. The following recount of my visit that night has many similarities to the Biblical narrative in today's devotional.

I introduced myself to an inmate in one of the cells and shared where I was from. He was really interested in speaking to me and had a Bible in his hands. He told me he had only been placed in this specific cell that very day and that the previous prisoner in the cell had left behind the Bible he now held with some instructions on what to read. The previous prisoner had left instructions to the man I was speaking to, to find John 3:16. The man read the verse to me: "For God so loved the world he gave his only begotten, that whosoever believeth in him should not perish, but have everlasting life." After finishing reading it to me he asked me if I could explain it to him. I told him about Jesus and he, that very evening, received The Lord Jesus as his Lord and Savior.

God has ordained appointments for us all to share as His witnesses, our story, or the story of Jesus. I have often wondered how that man, my brother in Christ, grew and shared his story with others. In heaven I will know, just as Phillip knows today, how his leading the Ethiopian, possibly impacted an entire nation. Obey and share with others!! We are Gods plan A. There is no plan B.

PHYSICAL – STRESS RELIEF

"Since he himself has gone through suffering and testing, he is able to help us when we are being tested." -Hebrews 2:18

Everyone has stress: work related, family related, health related. Luckily, exercise is great as a stress reliever! It might be the last thing you want to do when you're stressed, but physical activity increases the production of your brain's feel-good neurotransmitters, called endorphins and decreases "stress hormones" like cortisol. There's no doubt you feel energized and more optimistic after a good workout.

WEEK 7: Help the Poor/Share the Good News

Exercise also serves as a distraction. You need all of your concentration to do certain yoga moves, lift heavy weights, or learn a new step routine. Focusing on a single task, like biking, can help you take your mind off your troubles. You don't have to do an hour-long kick boxing class (but think of the stress relief!) to see results. A 10-minute walk around the block will do wonders to clear the cobwebs.

According to the Mayo Clinic, regular exercise can increase self-confidence and lower the symptoms associated with mild depression and anxiety. Exercise also can improve your sleep, which often is disrupted by stress, depression and anxiety.

Research also suggests physical activity may be linked to lower physiological reactivity toward stress. So, in addition to all the other benefits, exercise may supply some immunity toward future stress as well as a way to cope with current stress. If that's not a great reason to get more active, I don't know what is!

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 7 in your Appendix.

Low Impact Overview

<http://youtu.be/0Ok8qkLUutY>

High Impact Overview

<http://youtu.be/P2r1Ba4fxjs>

Chair Workout Overview

<http://youtu.be/MbpHwc6dbmg>

WEEK 7 GROUP MEETING - HELP THE POOR & SHARE THE GOOD NEWS

LOOK BACK (1/3 OF TIME)

CARE Share a meal, a refreshment, a story from this week, or an answer to prayer. How has everyone's personal relationship with God been? If anyone is struggling, pray for him/her and stay after to care for that person.

CHECK-UP (NEVER SKIP)

1. How have you obeyed what you learned this week spiritually, nutritionally and physically?
2. Who have you trained in what you learned?
3. With whom have you shared your story?

VISION (NEVER SKIP)

Share a story from the Bible, a personal story, an inspiring slogan or song to encourage one another to share Jesus with others, to start new groups, and to help others do the same. You can use one of the following Bible passages to get started: *Matthew 28:18-20, Luke 10:1-11, Acts 1:8, Luke 19:1-10, Matthew 13:1-23*

LOOK UP (1/3 OF TIME)

Talk with God simply and briefly.

Read Luke 7:11-23

4. What did you like about this passage?
5. What did you find difficult about it?

Reread the passages.

6. What does this passage teach about people?
7. What does it teach about God?

LOOK FORWARD (1/3 OF TIME)

8. How will you obey this week's message?
9. Who will you train with this information?
10. With whom will you share your story of the lesson or the story of God?

PRACTICE (NEVER SKIP)

Tell your story and Jesus' story to 3 people this week.

WEEK 8: Go Where God Sends

Hopefully by now you are seeing that Total Transformation is a very reproducible process of discipleship. All we have to do is obey and share the lessons in order. Share the vision that anyone can obey and tell their story and Jesus' story. Be accountable to one another for obeying.

The Great Commission is to make disciples, the how is to go baptize and teach them to observe all. We must go where God sends us. Where is God going to tell you to go? That is this week's study. Hear and obey!

DEVOTIONAL - DAY 36

9 "So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of His will and to give you spiritual wisdom and understanding. 10 Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better. 11 We also pray that you will be strengthened with all His glorious power so you will have all the endurance and patience you need. May you be filled with joy" -Colossians 1:9-11

Who am I? Why am I here? For me the answer to those two questions are: I am a passionate voice for God, helping others discover whom they are in Christ and how to live that out. Total Transformation is a great cause, not just a course or a curriculum. Every follower of Jesus has a divine purpose to discover and then live for the glory of God and who he is in Christ. Henry Blackaby, in *Experiencing God* says, "God speaks by His Spirit, through His Word, prayer, circumstances and His church, to reveal Himself, His purposes and His ways." Transformation from the internal to the external must begin with God's Word and prayer. Work it out this week!

PHYSICAL – GET MOTIVATED

"But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth." -Acts 1:8

How do I stay motivated to work out? For me, the motivation is that I know what happens when I don't. I get sluggish. I eat more junk food. I'm tired all the time. My clothes get tighter and I get irritable.

Are there days I don't want to work out? Of course! And I'm guessing you have experienced this as well. Below are some ways to combat the excuses. If not, you're a better man than me! And since I'm a woman, I'm going with you're lying.

- A goal. A new dress you have to fit into, hiking the Grand Canyon, the all-important reunion. Having something to focus on can renew your spirits and get you back on track.
- Music. Choose your weapon, whether it's country, rock, alternative, or Lawrence Welk. There's nothing like an upbeat song to really get me hopping. Even hearing one I normally work out to will get my blood going, and get me in the mood to do another one.
- Accountability. Be it a class people expect you to attend, a friend you're meeting for a walk, a tracking app or a trainer you pay, having something or someone hold you accountable increases your chances of success exponentially.
- Guilt. You spent the money on the gym; you'll kick yourself if you don't use it. Although by the statistics on

those joining a gym in January and rarely using it by February, this is not my first choice.

- Your health. To put it bluntly, read what Joel Runyon of Impossible HQ says:
"But what you have to realize is that you're dying. Your default state is atrophy. If you're not consciously choosing to push yourself and grow, you'll atrophy and decay automatically. That's the default state of life."

Joel Runyon <http://impossiblehq.com/how-to-get-motivated-to-workout>

If none of this works, you can read his entire extremely interesting article at the link above. How does a nice cold shower sound?

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 8 in your Appendix.

Low Impact Overview

<http://youtu.be/WURUzJOQuBo>

High Impact Overview

<http://youtu.be/SNuyWPiUStg>

Chair Workout Overview

<http://youtu.be/m0ClSrNTbSE>

DEVOTIONAL - DAY 37

"The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God." (Psalm 51:17, NLT)

Have you ever experienced rejection? Have you ever been rejected by the church or other followers of Jesus? If you have not yet experienced that, get ready, for it is coming. The life of Jesus, being made manifest in our experience, is promised to us in the Bible. "He came unto His own and His own received him not." In His hometown, Jesus was rejected. He was rejected and nailed to a cross. How we respond to rejection will determine if Jesus' life will be made manifest in our own lives. We can become bitter or better--it is a choice. Consider our Lord and Master Jesus. He did not condemn them, but even as He was being crucified, prayed, "Father, forgive them." We, apart from Jesus can do nothing, yet through Him we can do all things. Allow Him to forgive through you. In my own experience in ministry, the wound of rejection, by those in the ministry, has hurt the most. Out of brokenness and suffering comes fruit that brings glory to God and health and hope to others. As always, it will happen from the inside out.

NUTRITIONAL – FABULOUS FATS

The Forbidden Food You Should Never Stop Eating

Back in the 1980's, the US Surgeon General's office, the American Heart Association, and, our good friends, the US Department of Agriculture, joined forces and took up arms against what they thought to be the great nutritional scourge—dietary fat. That's right; they attempted to eradicate dietary fat from our nutritional vocabulary. They attempted to eliminate an entire macronutrient from the American diet. That seems a little foolish, doesn't it? Heart disease and obesity is so common today, it is hard for people to fathom that a mere 100 years ago heart disease and obesity were really uncommon. Did you know that there were 500 cardiologists practicing in the US in 1950? There are now 30,000 of them, a 60-fold increase for a population that has only doubled since 1950.

Alarmed by the rising incidence of heart disease and obesity, doctors and researchers needed a strategic plan. Doctors and researchers discovered that plaque buildup in the arteries consisted of fat. They discovered that countries with diets high in animal fat also had a higher incident of heart disease. Twenty subsequent years of scientific investigation were spent attempting to prove that dietary fat (specifically saturated fat and cholesterol) was leading the heart disease brigade.

Interestingly, this science never quite produced any convincing data demonstrating a direct link between dietary fat and heart disease. Dietary fat was convicted guilty of mucking up our arteries without any proof. Not only was fat convicted of damaging our blood vessels and our hearts, it also became associated with stroke, obesity, and a host of other ailments that many currently associate with eating "greasy food". This story becomes even more disconcerting when we realize that despite the clear lack of evidence implicating dietary fat as a cause of the health concerns, public health officials at the American Heart Association spoke out on fat, recommending fat avoidance and claiming that compliance with these fat avoidance strategies would lead to the conquering of heart disease by the year 2000.

Here we are several years later, well past the deadline the AHA set to make heart disease obsolete and we have only gotten worse. Did we drop the ball? Have we failed to comply? No! Through the 80's and 90's, anti-fat campaigns were very effective in "helping" us reduce our fat intake from 40% of our diets to 32%. They also "helped" us reduce our cholesterol intake.

Despite these decreases in fat and cholesterol intake (which, we should note, led to subsequent increases in the intake of sugar and the more harmful trans fats), heart disease incidence remains high. Add to this the fact that the

incidence of obesity has doubled from 15% to 31% during this time, and you have a compelling reason to believe the experts were wrong about dietary fat.

Walter Willett, Chair of the Department of Nutrition at the Harvard School of Public Health, has this to say: “The idea that all fat is bad for you, the exclusive focus on adverse effects of fat, may have contributed to the obesity epidemic...The emphasis on total fat reduction has been a serious distraction in efforts to control obesity and improve health in general.”

Despite years of an anti-fat movement, it is becoming clear that the right kind of fat can make you healthier, smarter and leaner. Maybe some fats are good for us. This is not just our assessment. Many current scientific teams have dropped their previously flawed hypotheses about dietary fat and cholesterol and have switched sides, realizing that, as Walter Willet indicated, not all fats are bad.

These scientific teams are beginning to understand that dietary fats, when used properly, can be a strong ally, rather than a deadly foe. Of course, it is true that certain fats probably do plug up our arteries, make us fatter, and accelerate our aging. But it is also true that many other dietary fats can offer protection - against heart disease, free radical damage, and cancer. There are dietary fats that can increase metabolic rate and fat burning—did you catch that? Fat can increase fat burning. Eating fat can actually HELP you lose fat. Imagine that. Eating healthy fats can also increase muscle mass; and can increase the production of good hormones.

Isn't it time you learned to separate the good fats from the bad?

DEVOTIONAL - DAY 38

"Oh, my dear children! I feel as if I'm going through labor pains for you again, and they will continue until Christ is fully developed in your lives." Galatians 4:19

Total Transformation is a cause, not a curriculum. The cause is becoming whom we already are in Christ, from the inside out (spirit, soul and body), that the world might know Jesus. It's about being disciples, not just believers in Jesus. The foundation of Total Transformation is the Lord Jesus Christ Himself, and the Word, which will last forever. The Bible tells us that we are complete in Christ and that we are partakers of His divine nature through His Word. Why is there such a huge gap, in many instances, between our reality and what the Bible says? The answer to that question lies in our souls. Our soul is our mind, emotion and will (volition, our ability to make choices). The Bible tells us that we were created in Christ, a new creature that never existed before, a living spirit inside an eternal soul, inside of a decaying, dying body. The Bible tells us that it (the Bible) is alive and is able to pierce and divide between the spirit and the soul. Our purpose is to release the new creature, our spirit, through the soul and for that life to be made manifest, externally, in our physical bodies.

PHYSICAL – POST-WORKOUT SNACK

"Jesus replied, 'I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.'" -John 6:35

You just had a great workout. You killed it. Cross-fit – all the way. Weights – until you felt the burn. Kickboxing – class of champions. Great job!

Now's the time to have that protein shake to repair and refuel your muscles, as long as the shake is not sugar laden. The period after a workout is actually one of the best times to eat: Your body is still burning calories at a higher rate and it needs food to replenish. Just be careful not to eat anything and everything "because you just worked out"! Eat within 30 minutes to two hours, otherwise you may increase your insulin sensitivity, i.e. drop your blood sugar and feel weak.

Options include:

- Dried fruit and nuts
- Cottage cheese with fruit
- Yogurt with fruit
- Veggie omelet with toast or roll
- Chocolate milk
- Cereal with milk
- Eggs and toast
- Turkey, ham, chicken or roast beef sandwich
- Vegetable stir-fry with chicken, shrimp, edamame or tofu
- Crackers with low-fat cheese
- Rice or popcorn cakes with nut butter
- Smoothie (with milk, yogurt or added protein powder)
- Protein or energy bar

The best ratio to follow is 60 percent carbs, 25 percent protein, 15 percent fat. So, any snack that fits into those percentages will work. Also, make sure it's a snack, not a meal. Many people are starved after working out, so be careful not to eat more than your body needs, or it will be stored as fat.

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 7 in your Appendix.

Low Impact Overview

<http://youtu.be/0Ok8qkLUutY>

High Impact Overview

<http://youtu.be/P2r1Ba4fxjs>

Chair Workout Overview

<http://youtu.be/MbpHwc6dbmg>

DEVOTIONAL - DAY 39

“But my servant Caleb has a different attitude than the others have. He has remained loyal to me, so I will bring him into the land he explored. His descendants will possess their full share of that land.” -Numbers 14:24

Attitude, not aptitude, will determine our altitude. I have great news! We have giants to conquer! They are huge and incredibly intimidating, and many have been crippled, damaged and even killed by them. You say, “What is the good news?” We are going to hit them hard, fast, and repeatedly! They are too big to miss! Our God is for us and has promised us the victory. Be strong; be courageous. We are the winners already, because God is Almighty. The battle in which every follower of Jesus is engaged is raging all around us. Many are being conquered and are completely unaware of it. Others are attempting to win using their own abilities and strategies that make sense to them and others, but these strategies are not empowered by God. One Body Ministries calls this battle Total Transformation and it is the cause for which we exist. We are a unified body of disciples (no denominations) sanctified (set apart for a specific purpose) spirit, soul, and body (healthy and whole from the inside out), engaged in a great cause (obey GC2 – loving God, loving one another, and making disciples who do the same). No more spectators!

NUTRITIONAL – THE DIFFERENT TYPES OF FAT

Fats can be confusing, but can generally be divided into four types:

- Monounsaturated fat
- Polyunsaturated fat, such as omega-3 and omega-6 fats
- Saturated fats
- Trans fats (Hydrogenated Oils)

TYPE	SOURCE*	ROOM TEMP	RECOMMENDATION
Monounsaturated	Olive oil; raw nuts, avocados	Liquid	1/3 Fat Intake
Polyunsaturated: Omega 3	Fish, Krill, flax and hemp seed, greens; walnuts	Liquid	1/3 Fat Intake
Polyunsaturated: Omega 6	Corn oil, soybean oil, safflower oil, cottonseed oil, grape seed oil	Liquid	Reduce: want a 1:1 Ratio of Omega 3 to 6
Saturated Fat	Grass-Fed Meats, Coconut, and coconut oil, pastured eggs, palm oil, butter made from grass-fed organic milk	Solid	1/3 Fat Intake
Trans Fats	Most margarines; vegetable shortening; partially hydrogenated vegetable oil; deep fried fast foods; most commercially baked goods	Solid or semi-solid	Avoid

*It is important to know that many of the items listed under source actually have a combination of one or more of the fat types listed above. For instance, beef is 40% monounsaturated, 5% polyunsaturated, 55% saturated. Cashews are 62% monounsaturated, 18% polyunsaturated, 20% saturated.

Omega-3 Fats

A healthful fat to be mindful of is animal-based omega-3. Deficiency in this essential fat can cause or contribute to very serious health problems, both mental and physical, and may be a significant underlying factor of up to 96,000 premature deaths each year. That's huge! Even if you are eating fish and other Omega 3 sources, we still highly recommend a daily, high-quality Omega 3 supplement.

High daily doses of omega 3's actually burn fat whether you are exercising or not. They do this by preventing large insulin increases with eating. Insulin is the hormone our body releases when we eat, helping to usher the broken down foods (the sugars, etc) from our blood stream into the cells that need it. If our cells don't need anything, insulin will then signal the body to store the excess as fat. So, if omega 3's help prevent large insulin increase with eating, then excess is not stored as fat.

So... Get your hands on a high-quality omega 3 supplement! Not just any supplement will do. Head to your local health food store and ask the representative which high quality brands they recommend.

Omega-3 to Omega-6 Ratio

Having the proper balance between polyunsaturated omega-3 and omega-6 fats is also very important for optimal health. In addition to increasing your omega-3 (which most people are sorely deficient in), you also want to decrease your consumption of omega-6, found primarily in:

- Corn oil
- Soy oil
- Canola oil
- Safflower oil
- Sunflower oil

The ideal ratio of omega-3 to omega-6 is 1:1, but the typical American diet is more like 1:20 in favor of omega-6. The overabundance of these oils in processed foods of all kinds explains our excess omega-6 levels.

Trans Fats

The fats to avoid completely are trans fats, also known as hydrogenated fats. You will find trans fats on food labels listed as "partially hydrogenated oil". Trans fats are formed when hydrogen is added to one of the above listed omega 6 vegetable oils during food processing in order to make it solidify. This process, known as hydrogenation, makes fats less likely to spoil, so foods stay fresh longer, have a longer shelf life and also have a less greasy feel. The end result of the hydrogenation process is a completely unnatural fat that causes dysfunction and chaos in your body on a cellular level.

A word about the misunderstood Saturated Fat:

Your Body NEEDS saturated fat for optimal function. Saturated fats from animal and vegetable sources provide a number of important health benefits. In fact, your body cannot function without saturated fats! Saturated fats are

needed for the proper function of: cell membranes, liver, immune system, heart, lungs, bones, hormones and genetic regulation.

Did you know that human breast milk contains 54% saturated fat? So since breast milk is the most perfect diet in existence for developing infants, could the presence of high amounts of saturated fat easily be construed as a “mistake”?

Stop Cooking with Extra Virgin Olive Oil

Do not cook with extra virgin olive oil. Due to its chemical structure and large amount of unsaturated fats, cooking makes extra-virgin olive oil very susceptible to oxidative damage which wreaks havoc on your body causing more harm than good.

Extra virgin olive oil should be used unheated, drizzled over salad or fish, for example. You can water sauté your foods and then drizzle with olive oil. This is a huge shift from what probably most of you are doing. Several years ago nutrition experts got us all using olive oil after they discovered that olive oil is used in the Mediterranean, where very little obesity and disease is experienced. And so, we all started using olive oil in our cooking. But, Mediterranean people do not cook with it like we do... they flavor their dishes with it after they are cooked.

Another olive oil tip: Olive oil can go rancid pretty quickly. To slow down the process buy a small bottle, store it in a cool, dark place and quickly recap after using.

The Benefits of Coconut Oil

Use coconut oil for cooking. It is far superior to any other cooking oil and is loaded with health benefits. It may be surprising for you to realize that the naturally occurring saturated fat in coconut oil actually has some amazing health benefits, such as:

- Promoting heart health
- Promoting weight loss, when needed
- Supporting immune system health
- Supporting a healthy metabolism
- Providing an immediate energy source
- Keeping skin healthy and youthful looking
- Supporting the proper functioning of the thyroid gland

Interestingly, coconut oil acts like a carbohydrate, but without any of the debilitating insulin-related effects associated with long-term high carbohydrate consumption. Your body will burn it as fuel or it will get rid of it some other way. It will not store it in your body.

Best of all, coconut oil is stable enough to resist heat-induced damage, which cannot be said about other oils. We recommend using coconut oil in lieu of other oils, whether your recipe calls for butter, olive oil, vegetable oil or margarine.

BOTTOM LINE FAT RECOMMENDATIONS

- A diet containing 25-40% of the total energy from healthy fat is optimal. This recommendation is backed by Walter Willett, the Harvard doctor mentioned earlier. We are not recommending that you go and chug a bottle of olive oil. If you overeat on any macronutrient: carbs, fat or protein, you are going to store body fat and not lose it. So pay careful attention to your total energy intake.
- Eliminate trans fats (hydrogenated oils). Read labels. Products can still have trans fats/hydrogenated oils when labeled “No Trans Fats”.
- Avoid foods made with omega 6 oils (corn, soy, sunflower, safflower, canola)

- Reduce/Eliminate processed carbohydrates. Processed carbohydrates, not fat, are the root of obesity and heart disease.
- Main sources of healthy fats should include:
 - Olive oil (unheated)
 - Raw nuts & seeds
 - Grass fed meats
 - Coconut oil
 - Organic pastured eggs
 - Butter made from raw grass-fed organic milk
 - Ghee
 - Avocado
 - Organic nut oils (unheated)
 - Wild Caught Fish (Alaskan salmon, Alaskan black cod, Sardines)
 - High quality fish oil supplements

NUTRITIONAL – ACTION PLAN

CONTINUE - Just a reminder of the Action Steps you should be continuing through this journey:

1. HYDRATION
2. BREAKFAST
3. AWARENESS
4. FOOD JOURNAL
5. GLORIOUS GREENS
6. a. Salad
7. b. Cook greens
8. CRAVINGS: Pause and think, "What's really going on here?"
9. SUGAR: 25 grams or less
10. GREAT GRAINS: Increase whole grains! Decrease processed grains
11. PROTEIN: Continue experimenting. Try vegetarian protein sources.
12. CONTROL YOUR PORTIONS: ½ veggies, ¼ grains/starch/fruit, ¼ protein

NEW ACTION STEPS: HEALTHY FATS

- Begin to incorporate healthy fats into your diet.
- Eliminate trans fats. Read labels and avoid foods with Hydrogenated Oils.
- Reduce/eliminate polyunsaturated Omega 6 oils (soybean, corn, canola, safflower, sunflower, cottonseed)
- Buy coconut oil. Cook with it!

DEVOTIONAL - DAY 40

"And the Good News about the Kingdom will be preached throughout the whole world, so that all nations will hear it; and then the end will come." -Matthew 24:14

The Starfish Story

By City Year

A young girl was walking along a beach upon which thousands of starfish had been washed up during a terrible storm. When she came to each starfish, she would pick it up, and throw it back into the ocean. People watched her with amusement.

She had been doing this for some time when a man approached her and said, "Little girl, why are you doing this? Look at this beach! You can't save all these starfish. You can't begin to make a difference!"

The girl seemed crushed, suddenly deflated. But after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the man and replied,

"Well, I made a difference to that one!"

The old man looked at the girl inquisitively and thought about what she had done and said. Inspired, he joined the little girl in throwing starfish back into the sea. Soon others joined, and all the starfish were saved.
– Adapted from *The Star Thrower* by Loren C. Eiseley

Let's consider that the little girl could be like Jesus modeling "Obey GC2" (love God, love people, and make disciples who do the same); the beach can be where we are in our lives (geography, networks, environments); the starfish are people. Throwing them back into the sea could be translated as telling them your story or the story of Jesus, or feeding the hungry, visiting the prisoner, or clothing the naked. "In as much as you have done it unto the least of these you have done it unto me." We are Jesus' representatives, ambassadors, and there are more than enough of us to accomplish the mission if we will work together on purpose!!

PHYSICAL – NEW MERCIES EVERYDAY

"Then I pray to you, O Lord. I say, 'You are my place of refuge. You are all I really want in life.'" -Psalm 142:5

And I want a cheeseburger, AND chocolate. OK, those are totally on a different scale from my love for Jesus, but some days all I really want is a McDonald's chocolate shake!

Let's talk about the 80/20 rule. Eighty percent of the time you need to be spot on, getting your protein, good carbs and fats without all the CRAP (Carbonated drinks, Refined sugars, Artificial sweeteners/colors and Processed food) But all healthy food and no chocolate makes Tina a crabby girl!

Twenty percent of the time it's OK to mess up...On purpose. Your body actually needs some extra once in a while to push everything into overdrive. No one wants you to starve. It's not good for you! Your body goes into caveman mode and starts storing everything for the long winter.

WEEK 8: Go Where God Sends

Here's what not to do after messing up: Step on a scale! Why? Because after a feast, your weight is certain to be inflated because of water retention from all the excess salt you likely ate. Don't fast to make up for it; refer to caveman mode above. Don't throw in two-a-day workouts for a week. You'll likely hurt yourself and be out for an extended time.

Here's what you can do: Get back on the horse. Pick yourself up, dust yourself off, say, "Man, that tasted good!" and begin anew. Go for a walk, take a bike ride, get outside and soak in some Vitamin D. And when the sun comes up, remember His mercies are new every day. Yours should be, too!

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 8 in your Appendix.

Low Impact Overview

<http://youtu.be/WURUzJOQuBo>

High Impact Overview

<http://youtu.be/SNuyWPiUStg>

Chair Workout Overview

<http://youtu.be/m0CISrNTbSE>

Week 8 Group Meeting - Go Where God Sends

LOOK BACK (1/3 OF TIME)

CARE Share a meal, a refreshment, a story from this week, or an answer to prayer. How has everyone's personal relationship with God been? If anyone is struggling, pray for him/her and stay after to care for that person.

CHECK-UP (NEVER SKIP)

1. How have you obeyed what you learned this week spiritually, nutritionally and physically?
2. Who have you trained in what you learned?
3. With whom have you shared your story?

VISION (NEVER SKIP)

Share a story from the Bible, a personal story, an inspiring slogan or song to encourage one another to share Jesus with others, to start new groups, and to help others do the same. You can use one of the following Bible passages to get started: *Matthew 28:18-20, Luke 10:1-11, Acts 1:8, Luke 19:1-10, Matthew 13:1-23*

LOOK UP (1/3 OF TIME)

Talk with God simply and briefly.

Read Acts 10:9-48

4. What did you like about this passage?
5. What did you find difficult about it?

Reread the passages.

6. What does this passage teach about people?
7. What does it teach about God?

LOOK FORWARD (1/3 OF TIME)

8. How will you obey this week's message?
9. Who will you train with this information?
10. With whom will you share your story of the lesson or the story of God?

PRACTICE (NEVER SKIP)

Tell your story and Jesus' story to 3 people this week.

WEEK 9: Commit

Commitment is a decision! When I counsel couples before marriage, I have them write out their commitment for a lifetime to their future spouse, put it in a sealed envelope and give it to them on their wedding night. I tell them to put their spouse's commitment to them forever in a secret place. When tough times come in their marriage, as they will, I tell them to get the letter out and read it. As an exercise this week I encourage you to write out your commitment to Jesus wholeheartedly in a letter. Jesus' love letter to us is the Bible and was written with His blood when He died for us on the cross. When the hard times come, and they will, remember His love letter to us and read what you wrote to Him. Stay faithful to Him who first loved us.

DEVOTIONAL - DAY 41

"For as he thinks in his heart, so is he"... Proverbs 23:7

Start with the truth and work it out today inside out!! Our problem is not thinking bad thoughts many times. Our problem is not thinking right thoughts, or put another way, "stinking thinking." The weapons we fight with are not the weapons of the world.

*On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.
-2 Corinthians 10:4-5 (NIV)*

When You Change Your Thinking, You Change Your Beliefs
When You Change Your Beliefs, You Change Your Expectations
When You Change Your Expectations, You Change Your Attitude
When You Change Your Attitude, You Change Your Actions
When You Change Your Actions, You Change Your Habits
When You Change Your Habits, You Change Your Character

"And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. -Philippians 4:8-9

PHYSICAL – REEVALUATION

"I am very happy now because I have complete confidence in you." -2 Corinthians 7:16

It's true! God is so proud of you, and I certainly am, too! You've been working out for two months now, (at least most of the time) right? You're finishing up the book on your nutritional transformation and spiritual growth, too. You've increased your strength, cardio and energy level and learned a few things along the way. Be proud of yourself!

Romans 12:1-3 *"And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable."* This is truly the way to worship him. Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. Because of the

privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us." Now is the time to evaluate how far you've come and plot your way to the future you want.

First off, consider your goals when you began this journey with us at 1 Body Ministries. Did you want to learn to eat healthier? Drop a few pounds? Get closer to God? Feel stronger? Whatever your goal was, list it here:

Now, let's talk progress. We've thrown a lot at you in the past two months, and regardless of how often you've met or where you are in the book, we need to celebrate! List the top three changes you've made since you started Total Transformation here:

- 1.
- 2.
- 3.

See, you've done great! God is proud of you, and so are we!

"We know what real love is because Jesus gave up his life for us. So we also ought to give up our lives for our brothers and sisters." -1 John 3:16

Now, let's talk about your future. You may not be where you want to be, but I know if you've read even just the first chapter, your life is changed. How much more do you want it to change? Lose a few more pounds? Be able to hold your plank for the entire 50 seconds? Move from a good category in nutrition to a better one? Or even the best? Hear God's voice clearly? Write your next goal here:

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 9 in your Appendix.

Low Impact Overview

<http://youtu.be/p3oIp9AYL9Y>

High Impact Overview

http://youtu.be/lh_OhQsK00w

Chair Workout Overview

<http://youtu.be/Jis6DttiEpQ>

Use the chart below to record your current weight & body measurements. For instructions and to compare to your beginning chart look at Day 2 on page ????

	DATE:
WEIGHT	
Bust (women)	
Chest	
Waist	
Hips	
Thighs	
Upper Arm	

I've included the Fitness Assessment Form from Chapter 1 for you to complete as well. The best way to see how far you've come is to see where you started. Pull out your original form and compare it to your new results.

FITNESS ASSESSMENT

You probably have some idea of how fit you are. But assessing and recording baseline fitness scores can give you benchmarks against which to measure your progress. To assess your aerobic and muscular fitness, flexibility and body composition, consider recording:

- Your pulse rate before and after you walk/run 1 mile (1.6 kilometers)
- How long it takes you to walk/run 1 mile (1.6 kilometers)
- Blood pressure (at Publix/CVS/etc... sometime during the week)
- How many push-ups you can do in 2 minutes
- How many sit-ups you can do in 2 minutes
- How far you can reach forward while seated on the floor with your legs in front of you
- Your body mass index (see calculation below)

Assess your progress every 4 weeks.

BODY MASS INDEX (BMI)

To calculate BMI, take your weight (in pounds) and divide it by height (in inches). Take the result of that calculation and divide it by height again. Then, multiply that number by 703. Round to the second decimal place.

An example of calculating body mass index using the BMI formula: Weight = 150 lbs, Height = 5'5" (65 inches)

BMI Calculation: $[150 \div (65)^2] \times 703 = 24.96$

BMI Weight Status

Below 18.5	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30 & Above	Obese

DEVOTIONAL - DAY 42

"It was by faith that Abel brought a more acceptable offering to God than Cain did. Abel's offering gave evidence that he was a righteous man, and God approved of his gifts. Although Abel is long dead, he still speaks to us by his example of faith." -Hebrews 11:4

Hebrews 11 is known as the Hall of Faith. It contains stories of heroes of the faith. I'd like to share with you today about a modern-day hero of the faith. I could spend every day giving an illustration of faithfulness from the life of Beth Wood. I will never forget how we all sat down for a family meeting, following Beth's diagnosis with stage 4 pancreatic cancer in November of 2007. As a family of seven, we had a habit of gathering together and facing things head on, and this crisis was no different. All five kids--Brittany, Stephen, Wesley, Ben and Brooke--were able to hear their mom say, while staring cancer in the face, "We love each other. This will make us love each other more." Each life is a story that is being written every day. Beth showed her faith in Jesus, every day of her life, by her words and actions, and her faith is still speaking today.

NUTRITIONAL – CONTROL THOSE PORTIONS!

In our sessions together so far, we have talked about greens, whole grains and protein. So now we are going to start putting it all together on your plate.

The portions, servings, helpings, slices and amounts of what we eat have grown dramatically over the past two decades. The bigger-is-better motto has taken over the food industry, in conjunction with mass marketing to convince us to buy bigger sizes in order to save money. Supermarkets and restaurants use the promise of better value as a way of pushing extra food onto us.

We also have major portion distortion. When we serve bigger portions we will end up eating more than we need. When a larger portion is placed in front of us, we tend to eat 30% to 50% more! Often, we don't even realize that we are eating more – this goes back to the Power of Awareness.

Portion Guidelines

Watching your portion size is a critical part of successful weight loss and weight management, while eating all your favorite foods. Practicing portion control means eating your portions in appropriate quantity and allocation. Use the following guidelines to help you avoid some common portion-size pitfalls:

- The portion recommendations below are based on a 9-inch plate. Measure your plate! How big is it? The smaller your plate the smaller your food portions. Studies report that you are more satisfied eating less if it is on a smaller plate. By using a 9" plate and the portion sizes below, you can cut back on the amount you eat and monitor what goes on your plate, which will help you lose weight (and maintain it!).
- It is helpful to use measuring cups and spoons to help control a serving size.
- These are guidelines for every meal: breakfast, lunch and dinner. If you don't want veggies for breakfast that is ok, but you could try a green smoothie or have some veggies in an omelet.

Here is how your plate should be divided:

1/2 Your Plate: NON-STARCHY VEGETABLES

- Variety and color is key. Eat from all colors of the rainbow!
- Raw, fresh, cooked and frozen are all good options. Try to make half your veggies raw.
- Limit high calorie sauces and dips. Instead, try herbs, lemon juice, lime juice, olive oil, coconut oil.
- Examples of foods in this category include: Green Leafy (spinach, kale, romaine lettuce, Swiss chard, etc), broccoli, onions, cucumbers, peppers, carrots, cauliflower, tomatoes, green beans, beets, celery, cabbage

1/4 Your Plate: STARCHES, WHOLE GRAINS &/or FRUITS

- Aim for whole grains instead of refined/processed grains.
- If using refined/processed, buy 100% whole wheat/grain.
- Examples of foods in this category include:
 - Great Grains: brown rice, oats, quinoa, millet, buckwheat
 - Starchy Vegetables: sweet potatoes, new potatoes, winter squash, corn
 - Fruit: berries, melons, apples, oranges
- Limit: whole wheat pasta, whole grain breads, whole grain cereals

1/4 Your Plate: LEAN MEAT OR PROTEIN

- Animal Protein:
 - Important to eat high-quality, organic, free-range, grass-fed forms of animal protein.
 - Animal protein is a side dish, not the main dish.
 - Bake, boil, pan cook, grill, roast, or broil meats, but avoid blackened/charred meat. Avoid fried and breaded meats.
- Examples of food in this category include:
 - 3 oz Beef, chicken, fish, pork.
 - Beans
 - 1-2 eggs, 8 oz cow milk, yogurt, kefir, 2 oz cheese
 - Seeds & nuts: Generally considered a fat. 2 tablespoons peanut butter, small handful of nuts and/or seeds.
 - Soy: tempeh, edamame (avoid tofu)

A note of encouragement about portion control: as you continue on this journey of healthy eating, begin to truly focus on nutrient density, practice the power of awareness, listen to what your body is telling you and bring your health and weight into balance. If you do these things, you will not need to focus on portion control. Your body will be satisfied with smaller portions of nutrient dense foods and your body will tell your brain that it is time to stop eating.

Tips for EATING OUT

You can still eat out and maintain your health. Many restaurants offer delicious meals that are in line with your goals. You can still control the portion sizes. Follow these tips when eating out:

- Request healthier methods when ordering; i.e. meat to be grilled, veggies to be steamed.
- Skip the bread, rolls and tortilla chips.
- Ask for salad dressing, condiments, and sauces on the side. Use sparingly.
- Put your fork down between bites. Chew well, eat slowly and enjoy conversation. It takes 20 minutes for your stomach to signal your brain that it's full.
- Order a half portion or lunch size.
- Ask for 1/2 your plate to be boxed before it even arrives to your table.
- Avoid buffets to reduce the temptation to overeat.
- Drink water or unsweetened tea instead of regular soda or alcoholic beverages. This will save a lot of calories each day.
- When ordering soup, opt for a cup instead of a bowl and choose broth-based soups instead of cream-based soups, which are usually higher in calories and fat.
- Order a plain baked potato. Ask for olive oil or butter on the side. Use 1 tbsp butter or oil.
- Ask for healthier side items rather than fries (Options are not always listed on the menu).

DEVOTIONAL - DAY 43

"And he did evil, because he did not prepare his heart to seek the Lord." -2 Chronicles 12:14

We need to live our lives so that we are speaking both today and after we are gone. We should leave a faith legacy of lives we have touched. Often more is caught than what is taught and our walk is talking so loud people can't hear what we are saying. Think about that.

As noted in the Scripture above, the man's behavior was evil because he did not prepare his heart. In order to do the right things consistently, we must prepare. The following exercise is simply a way to put into practice self-examination from the inside out—our thoughts, words and deeds. We must take action consistently, both spiritually and physically on purpose in obedience to Jesus. His question still resonates today.

"So why do you keep calling me 'Lord, Lord!' when you don't do what I say? I will show you what it's like when someone comes to me, listens to my teaching, and then follows it. It is like a person building a house who digs deep and lays the foundation on solid rock. When the floodwaters rise and break against that house, it stands firm because it is well built. But anyone who hears and doesn't obey is like a person who builds a house without a foundation. When the floods sweep down against that house, it will collapse into a heap of ruins." Luke 6:46-49

A TIME OF SPIRITUAL PREPARATION

"The Gospel is this: We are more sinful and flawed in ourselves than we ever dared believe, yet at the very same time we are more loved and accepted in Jesus Christ than we ever dared hope." - Timothy Keller

The General Examination of Conscience:

1. I give thanks to God our Lord for the favors I have received from His hand.
2. I ask for grace to know my sins and to rid myself of them.
3. I demand an account of my soul over the period since I last did this exercise. (thoughts, words, deeds)
4. Ask for pardon from God our Lord for my faults. (Consider writing a prayer similar to the sample.)
5. Resolve to amend with the grace of God.

The Conversation:

(Note: Speak exactly as one friend speaks to another, now asking Him for a favor, now blaming yourself for some misdeed, now making known your affairs to Him, and seeking advice in them.)

Imagine Christ our Lord present before you and begin to speak with Him, asking how it is that though He is the Creator, He has stooped to become man, and that He chose to pass from eternal life to death here in time, that thus He might die for our sins.

In His presence, reflect upon the following:

What have I done for Christ? What am I doing for Christ? What ought I to do for Christ?

Examination of Thoughts:

- I have victory over sinful thoughts when:
- A thought of committing a sin comes to mind, and I resist it at once--I have overcome it.
- The same thought returns again and again, and I always resist it-- it is conquered.
- I am guilty of sinful thoughts when:
- The thought of sin comes to mind and for a short time I pay heed to it, or receive some sense of pleasure or am somewhat negligent in rejecting it.
- I consent to the evil thought with the intention of carrying it out.
- I actually carry out the evil thought.

Examination of Words:

- Lies, ridicule, insults, coarse or crude speech.
- Slander and gossip - I sin if I reveal a sin of someone else, unless the sin is publicly known or I reveal someone's hidden sin to another person with the intention that the person to whom I am talking is able to and will help the sinner to come out of their sin.

Examination of Deeds:

- You shall have no other gods before me.
- You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. You shall not bow down to them or serve them, for I the Lord your God, am a jealous God.
- You shall not take the name of the Lord your God in vain.
- Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates.
- Honor your father and your mother.
- You shall not murder.
- You shall not commit adultery.
- You shall not steal.
- You shall not bear false witness against your neighbor.
- You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbor's.

"Pray like this: Our Father in heaven, may Your name be kept holy. May Your Kingdom come soon. May Your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one." (Matthew 6:9-13 NLT)

PHYSICAL – BREAKING BAD HABITS

“Since this is the kind of life we have chosen, the life of the Spirit, let us make sure that we do not just hold it as an idea in our heads or a sentiment in our hearts, but work out its implications in every detail of our lives. That means we will not compare ourselves with each other as if one of us were better and another worse. We have far more interesting things to do with our lives. Each of us is an original.” -Galatians 5:25-26 (MSG)

If you know something's bad for you, why can't you just stop? Smoking has been proven to cause cancer, overeating can lead to diabetes; drugs kill. We know these things, yet bad habits are a part of life – for everyone.

Here's the good news: It's not just weak will power on our parts. Enjoyable behaviors prompt your brain to release a chemical called dopamine. Dopamine, in turn, creates the craving for more enjoyable behaviors. Our brains are actually working against us!

The bad news is this makes habits hard to break. It will take prayer and increased muscle. That's right, I said muscle; because self-control is like a muscle. The more you use it, the stronger it gets. Whether your habit is not exercising, other addictive issues or compulsive behavior, here are a few approaches that may help you kick it!

- Replace unhealthy habits with healthy ones. Instead of opening the refrigerator, go for a walk.
- Visualize success. Mentally see yourself working out.
- Avoidance. Walk down a different hallway, preferably one without a candy machine.
- Put it in writing. Making it visible can make it seem more significant.
- Share. Tell co-workers, friends and family what you want to change and how to hold you accountable.
- Reward yourself. Obviously not with the bad habit, like ice cream for exercising. Try new clothes for your new figure instead!
- And, of course – PRAY!

“Jesus looked at them intently and said, “Humanly speaking, it is impossible. But with God everything is possible.” -Matthew 19:26

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 10 in your Appendix.

Low Impact Overview

<http://youtu.be/zB6nNRpmYZY>

High Impact Overview

<http://youtu.be/hRV0ma5JUGo>

Chair Workout Overview

<http://youtu.be/hl4co8LW1IQ>

DEVOTIONAL - DAY 44

"I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives. Those who love their life in this world will lose it. Those who care nothing for their life in this world will keep it for eternity. Anyone who wants to be my disciple must follow me, because my servants must be where I am. And the Father will honor anyone who serves me." -John 12:24-26

"We must be willing to pay the price of being a disciple, even unto death! I am not a cult leader any more than Jesus was. The first followers of Jesus loved not their lives, even unto death. I am talking about an absolute radical level of abandonment of the person to The Lord Jesus and a manifestation of that commitment evidenced in our behavior. This must be exhibited not as external actions first but rather emanating from the inside out. "God give me a woman or a man whom I can win to Christ, whom I can train to reproduce. Too often we are concerned about getting the masses to fill up the seats! But where is your person? I would rather have one "Isaac" alive than a hundred dead, or sterile, or immature." -Dawson Trotman - Founder The Navigators.

In the physical realm when your children have children, you become a grandparent. Your parents are then great-grandparents, and theirs are great-great-grandparents. And so it should be in the spiritual!!

NUTRITIONAL - HEALTHY PANTRY

You may or may not have noticed that we really have not put many restrictions on foods. Our philosophy is to ADD healthy foods to your diet, which will then begin to crowd out the bad things. We want to begin to focus on nutrient density to give our bodies what they truly need, so that it actually begins to crave fewer of the bad foods. Well, now it's time to give you the Do Not Eat list!

Overhaul Your Pantry

Chances are, your pantry may be still overflowing with foods that do not support the new healthy you. We do not want you going in to your pantry today and throwing everything out. We are on a journey to better health. Embrace where you are and commit to continually make better choices for you and your family.

Use the following table as your guide as you begin to overhaul your pantry. As you run out of things, replace the unhealthy things with healthy alternatives. Items in the "Instead of" column (left column) are things that we will begin to replace in our pantry. You will replace them with items in the next column over the "Better" column. And if you have things in your pantry in the "Better" column (middle column), begin moving to the "Best" column (right column). Continue to make these lateral shifts in your diet. Remember this is a journey, not a destination.

INSTEAD OF	BETTER	BEST
White Bread	100% whole wheat	Ezekiel Bread or True Whole Grains
White flour tortillas, which usually have hydrogenated oils in them	100% whole wheat/grain tortillas without hydrogenated oils	Ezekiel tortillas; enjoy fillings over whole grains or a salad instead
Regular white pasta	100% whole wheat, Barilla PLUS, rice noodles, soba noodles	True Whole Grains

White rice		Brown Rice, wild rice
Cereals that list sugar in the first 3 or 5 ingredients	Organic cereal with 5 grams of sugar or less. Add maple syrup.	Make your own granola, rolled oats or steel cut oats. Sweeten with Maple Syrup
Bleached white flour	100% whole wheat flour	Spelt flour, rice flour, other grain flours
Cookies, crackers, chips and sweets that contain high fructose corn syrup, aspartame, sucralose, and/or partially hydrogenated oils	Terra chips, Nut Thins (by Blue Diamond), Food Should Taste Good brand of chips, organic blue corn chips, organic pop corn	Make whole food snacks (see snack recipes)
White Sugar		100% maple syrup, raw honey, stevia, brown rice syrup
Artificial Sweeteners (including diet soda)	100% maple syrup, raw honey, brown rice syrup	stevia
Crisco		Olive oil, butter, coconut oil
Most Peanut Butters	Look for peanut butters that do not contain sugar or hydrogenated oils	Organic Peanut Butter (peanuts are a highly pesticide treated nut); Try a variety of nut butters: almond, cashew
Dry Roasted Peanuts		Raw almonds, walnuts, pecans
Canned refried beans	Canned fat free pinto beans with Mexican seasoning	Make your own refried beans
Vegetable Oils (safflower, sunflower, corn and soybean)		Olive oil or coconut oil
Nutrient depleting table salt	Sea Salt	Celtic Sea Salt (brand)
Ready-made salad dressings	Annie's Organic salad dressing brand	Make your own blend or EVOO and a specialty vinegar
Sugar-loaded marinara sauce	Organic, no-sugar added sauce	Make your own sauce
Light Mayonnaise	Mayo made from Olive Oil, Safflower oil, Vegenaise	Olive oil, gourmet mustard blends
Ketchup, many brands have high fructose corn syrup	Organic Ketchup, Salsa	

Ranch dip		Hummus
Iceberg lettuce		Romaine, spinach or other greens
Loaded baked potato, French fries	White Potato with butter	Sweet Potatoes & yams
Corn Fed Beef		Grass-fed beef
Farm raised fish		Wild caught fish
Conventional Milk & cheese	Organic Milk (whole) & cheese	Grass-Fed, whole raw milk & cheese
Regular eggs	Cage free, organic eggs	Find a local farm that raises pastured eggs
Sugar-loaded yogurt	Organic, plain yogurt or Greek yogurt... sweeten with fresh berries and honey	Kefir
Margarine	Organic butter	Organic grass-fed butter
Most frozen meals	Amy's frozen meals	Make and freeze your own healthy meals!
Soda or drink with Artificial Sweetener or High Fructose Corn Syrup	2-4 oz 100% fruit juice in water or seltzer water; Zevia	Pure Water
Juice (orange or any fruit juice)		Fresh fruit
Sweetened iced tea	Order ½ Sweet, ½ Unsweet Tea	Fruit essence infused green tea

THE TOTAL TRANSFORMATION PANTRY

So now that your pantry is cleaned out (or getting there anyway), it is time to start stocking it with good stuff. This is your Total Transformation pantry:

Green Vegetables: Mustard/Turnip/Collards/Beet/Dandelion, Kale, Watercress, Bok Choy, Spinach, Broccoli Rabe, Napa Cabbage, Brussel Sprouts, Swiss Chard, Arugula, Romaine

Non-Green Vegetables: Radish, Bean Sprouts, Red Pepper, Radicchio, Carrot, Cauliflower, Artichoke, Tomato, Butternut Squash, Beets, Onion, Zucchini, Celery, Cucumber

Starchy Vegetables: New potatoes, Parsnips, Pumpkin, Squash, Sweet Potatoes, Turnips, Yams

Fruit: All Berries, Plums, Papaya, Orange, Kiwi, Cantaloupe, Watermelon, Peach, Apple, Cherries, Pineapple, Apricot, Bananas, Dates, Grapes, Pears, Pomegranates, Mangos

Beans: Lentils, Red Kidney, Great Northern, Adzuki, Black, Black-Eyed Peas, Pinto, Edamame, Split Peas, Garbanzo

Grains: Rolled Oats, Barley, Wild Brown Rice, Brown Rice, Wheat Berries, Amaranth, Buckwheat, Quinoa

Nuts & Seeds: Sunflower, Sesame, Flax, Hemp, Pumpkin, Pistachios, Pecans, Almonds, Walnuts, Hazelnuts, Cashews, Sesame, Macadamia

Oils: Coconut Oil, Extra-Virgin Olive Oil, Flaxseed Oil, Hemp Oil, Pumpkin Seed Oil, Ghee

Sweeteners: Raw Honey, 100% Maple Syrup, Stevia, Brown Rice Syrup, Molasses, Sucanat

High-Quality, Organic, grass-fed, free roaming meat: Beef, Chicken, Turkey, Pork, Eggs, Dairy

Wild Caught Fish: Flounder, Sole, Salmon, Mahi Mahi, Shrimp, Trout, Snapper, Haddock

NUTRITIONAL – ACTION PLAN

CONTINUE - Just a reminder of the Action Steps you should be continuing through this journey:

1. HYDRATION
2. BREAKFAST
3. AWARENESS
4. FOOD JOURNAL
5. GLORIOUS GREENS
6. a. Salad
7. b. Cook greens
8. CRAVINGS: Pause and think, "What's really going on here?"
9. SUGAR: 25 grams or less
10. GREAT GRAINS: Increase whole grains! Decrease processed grains
11. PROTEIN: Continue experimenting with reducing or increasing your protein intake. Keep trying different sources, animal and vegetable, and noticing the impact on your body. Have protein with each meal and snack. When buying meat, select high quality, organic and/or grass-fed, free roaming animals. Try a vegetarian meal! Go Meatless on Mondays!

NEW ACTION STEPS:

TAKE CONTROL OF YOUR PORTIONS:

Visualize your plate! Break it into fours: 1/2 veggies, 1/4 grains/starch/fruit, 1/4 protein.

YOUR HEALTHY PANTRY:

- Overhaul your pantry following the instructions on the Overhaul Your Pantry guide.
- Begin buying foods on the Total Transformation Pantry list

DEVOTIONAL - DAY 45

"My thoughts are nothing like your thoughts," says the Lord. "And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts." -Isaiah 55:8-9

Adelaide Pollard put it like this:

*"Have thine own way, Lord
Have thine own way
Thou art the potter, I am the clay
Mold me and make me after Thy will
While I am waiting, yielded and still"*

*"If I were God I would not have sent a baby...I would have been in a hurry to save humanity.
If I were God I would not have taken 30 years to develop Jesus to do three years of ministry.
God was too slow, too low tech...and wasted time
He lacked visional clarity . . .
Poor product placement . . .
Poor marketing . . .
I would have sent a king...and CNN would have recorded it.
Salvation would take only a few weeks...mission accomplished.*

But God's way is not our way...His way is subtle, subversive and comes wrapped in weakness."

Jesus was an illegitimate child who brought shame to His parents.

*An unwanted pregnancy . . .
Delivered in poverty, stench and filth of a barn . . .
A displaced refugee who lived in a slum called Nazareth . . .
Cousin to a guy who didn't wear proper clothing...and angered all the religious officials
He picked uneducated disciples...told confusing stories...and eventually was executed as a criminal.
He was the most unlikely Messiah...
And through His way the victory of God was won.*

The Gospel is the power of God unto salvation. Keep obeying, and sharing the Gospel with others. Remember the basics, reach your local community, stay strong, and keep following Jesus!!

PHYSICAL – EXERCISE AND YOUR BODY

"Do not be overcome by evil, but overcome evil with good." -Romans 12:21

Exercise provides many benefits: the obvious include weight loss and improved health. But there are many more, including some you may not have thought of before.

Exercise also:

- Reduces the risk of developing diabetes
- Reduces the risk of developing high blood pressure
- Helps reduce blood pressure in people who have high blood pressure
- Reduces feelings of depression and anxiety
- Helps build and maintain healthy bones, muscles, and joints
- Helps older adults with balance
- Promotes psychological well-being
- Reduces back pain
- Reduces risk of osteoporosis
- Promotes better night's sleep
- Protects you from breast, colon, endometrial, lung and ovarian cancer
- Promotes healthy and vibrant skin
- Strengthens your immune system
- Improves your self-esteem and self-image
- Helps you focus mentally

You can also add years to your life! As little as 30 minutes of cardio three to five days a week will add six years to your life, according to research at the Cooper Clinic in Dallas. That should be enough to get anyone moving!

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 9 in your Appendix.

Low Impact Overview

<http://youtu.be/p3oIp9AYL9Y>

High Impact Overview

http://youtu.be/lh_OhQsK00w

Chair Workout Overview

<http://youtu.be/Jis6DttiEpQ>

Week 9 Group Meeting

LOOK BACK (1/3 OF TIME)

CARE Share a meal, a refreshment, a story from this week, or an answer to prayer. How has everyone's personal relationship with God been? If anyone is struggling, pray for him/her and stay after to care for that person.

CHECK-UP (NEVER SKIP)

1. How have you obeyed what you learned this week spiritually, nutritionally and physically?
2. Who have you trained in what you learned?
3. With whom have you shared your story?

VISION (NEVER SKIP)

Share a story from the Bible, a personal story, an inspiring slogan or song to encourage one another to share Jesus with others, to start new groups, and to help others do the same. You can use one of the following Bible passages to get started: *Matthew 28:18-20, Luke 10:1-11, Acts 1:8, Luke 19:1-10, Matthew 13:1-23*

LOOK UP (1/3 OF TIME)

Talk with God simply and briefly.

Read Jonah 1 & 2

4. What did you like about this passage?
5. What did you find difficult about it?

Reread the passages.

6. What does this passage teach about people?
7. What does it teach about God?

LOOK FORWARD (1/3 OF TIME)

8. How will you obey this week's message?
9. Who will you train with this information?
10. With whom will you share your story of the lesson or the story of God?

PRACTICE (NEVER SKIP)

Tell your story and Jesus' story to 3 people this week.

WEEK 10: Obey All The Way

What percentage of the bible that we know and obey is true discipleship? If we only obey 40% is that truly being a disciple? The difference between knowledge based and obedience-based discipleship is the percentage we obey. Rapid maturity in Christ will occur when our obedience level to what we know is high. "Therefore to him who knows to do good and does not do it, to him it is sin." (James 4:17) This week's lesson is the end of our book, but should be the springboard for you to pass it on. Pass on to others what you have learned and seen - until the whole world knows the truth about Jesus!

DEVOTIONAL - DAY 46

"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the Champion who initiates and perfects our faith. Because of the joy awaiting Him, He endured the cross, disregarding its shame. Now He is seated in the place of honor beside God's throne. Think of all the hostility He endured from sinful people; then you won't become weary and give up." -Hebrews 12:1-3

Beth and I had exhausted every avenue of treatment at the Moffitt Cancer Center, from the primary protocol to clinical trials, and cancer was winning. After Dr. Springett informed us there was nothing else they could do, we continued to fight through non-traditional approaches. We decided to go to Mexico and to seek alternative forms of treatment. Beth had been forced to get an external colostomy bag during our fight in an attempt to bring her bilirubin levels down. During our flight to San Diego, because of the pressurization, the colostomy bag had begun to leak. We went from San Diego to Mexico and began the alternative treatment, but they lacked the facilities to fix the colostomy. We traveled back across the border to San Diego and were admitted to a wonderful facility there. The doctor removed the colostomy bag and put back in a permanent shunt. Beth was thrilled and said she was so happy, because when the kids hugged her, they felt that bag and it made them uncomfortable. What an amazing attitude Beth had! We flew home and continued to fight, using alternative medicine, but to no avail. Less than three months later, Beth went home to be with Jesus. She fought so hard and I get tears in my eyes as I write this and think how much she was like Jesus. She never, ever complained, through treatment, blood transfusions, injections, and a myriad of other things she carried that I never knew about. Beth was diagnosed in November of 2007 and passed away on December 5th, 2009. In March of 2008 she was on the mission field in Costa Rica sharing Jesus and passing out dental supplies and goody bags to kids. She fought a good fight, she kept the faith, she finished her course and she is still speaking today. Can you hear her? I can! Run to win, today!

PHYSICAL - EVERYDAY EXERCISES

"So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days." -Ephesians 5:15, 16

Running. Lifting weights. Cardio. Cross-fit. All are great ways to work out. But remember, you can burn calories other ways, too. Here are some everyday activities and the calories they burn:

Activity	Calories/Hour
Grocery shopping.....	210
Cleaning.....	160
Laundr.....	210
Mowing.....	330
Shoveling snow.....	360
Gardening.....	260
Intimate activities.....	200
Sleeping.....	38
Cooking.....	150

Activity	Calories/Hour
Giving your dog/kid a bath.....	210
Playing with your kids.....	300
Washing the car.....	270
Laughing.....	200
Painting/wallpapering.....	300
Playing the piano.....	60
Singing.....	100
Playing cards.....	334

So, no more excuses, get out there and plant some flowers or go to a comedy club and laugh your way to burning calories!

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 10 in your Appendix.

Low Impact Overview

<http://youtu.be/zB6nNRpmYZY>

High Impact Overview

<http://youtu.be/hRV0ma5JUGo>

Chair Workout Overview

<http://youtu.be/hl4co8LW1IQ>

DEVOTIONAL - DAY 47

"Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace. For there is one body and one Spirit, just as you have been called to one glorious hope for the future." -Ephesians 4:3-4

"He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love." -Ephesians 4:16

God wants to build a body, not a building. God is a bodybuilder!! He wants to build His 1 Body, the church, to be healthy and whole. God lives in bodies today, not buildings!! All followers of Jesus are called His 1 Body and God wants to build up that 1 Body individually and together as parts of the whole.

I began competing in amateur bodybuilding following the death of my wife Beth as a complete novice. The physical and nutritional discipline was actually cathartic while I was mourning. I stepped on stage and prior to posing said, "This is to honor The Lord Jesus and as a tribute to Beth Wood." The words to the song that was playing as I posed were as follows:

*"Have you ever lost a loved one
Who you thought should still be here
Do you know what it feels like
To be tangled up in fear
What if He's somehow involved
What if He's speaking through it all*

*His ways are higher
His ways are better
Though sometimes strange
What could be stranger
Than God in a manger"*

*God is speaking
I love you*

Just as I have been rejected, misunderstood and ridiculed for pursuing bodybuilding as a hobby, the same will be true of us being transformed and becoming a missionary as we pursue Total Transformation. People will mock, ridicule, reject etc. Think nothing of it. That is the same way they treated Jesus. We are not alone in this great cause of transformation. The mission of God has a church and we are His workmanship created unto good works.

God is a bodybuilder!! Work it out this week!!

NUTRITIONAL – HEALTHY EATING MADE EASY

Now the fun part! We are going to put the pieces together here.

We want to help you easily incorporate all that you have learned over the past sessions. We are going to give you some tools, tricks, and tips that will help you truly live out the Total Transformation principles.

The 7 Steps to Eating Well & Saving Time

1. **Make it a Priority:** Donald Trump says that the way to be successful in life is to plan 80% of the time and do 20%. Successful meals are executed by thinking ahead. If this is not natural for you, don't worry, it's like lifting a 7lb. weight; eventually the soreness wears off and it becomes second nature. This is the most crucial one. Eating well must be a priority. It doesn't mean it has to take over your life, it means it has to be important enough to you to dedicate time to it.
2. **Add In Time To Plan, Shop, Prep and Cook:** Schedule at least 1 hour per week for menu planning and 1 hour for shopping. Then, when you get home from the grocery store, spend 30 minutes washing and chopping your veggies. Just do it! It will save you lots of time during the week and will help to get you over the "cooking healthy takes too long" feeling when you would rather cook a frozen dinner. (See "Menu Planning" further defined below.)
3. **Make it Easy - Stock Your Pantry:** For a meal to be quick and easy, it does not have to be microwavable, but we do have to have the ingredients. When cooking whole foods, there are a few ingredients that you will always need. You don't have to go to the store to buy them each time you are planning to cook, they will stay fresh for a while. Make sure the pantry and refrigerator are healthy! Look back to the Healthy Pantry list. If you keep items on this list stocked in your refrigerator, freezer and pantry, you would be able to pull meals together without much effort. And we are not talking about just any meals; we are talking about fresh, delicious healthy meals!
4. **Think "How Can I Cook Once And Eat Twice?":** You don't have to start each meal from scratch. Cooking once and eating twice will increase the amount of home cooked foods in your diet without spending too much time in the kitchen. While creating meal plans think about which dinners would make good leftovers for lunch or to freeze for another night. Make sure you buy enough ingredients. When you make a batch of rice or other grain for dinner make a big pot and either 1) freeze 1 or 2 cup portions in the freezer ready to defrost for another meal or 2) you can save it in the fridge to make several meals with it for the rest of the week.
5. **Pick One New Recipe a Week to Cook:** Do not cook 5 new dinners this week. That is just unrealistic. In the mean time, think about how you can "healthi-fy" your current meals and then slowly begin adding in new healthy recipes.
6. **Simplicity Is Best and Think about flavor:** Don't confuse taste with function. If you want a fancy, tasty meal, go out to a restaurant. You don't have to be a gourmet chef at home, but you do need to be able to feed yourself and those you love in a nourishing, convenient way. It is rare to see anyone reach into the refrigerator and say, "this would be such a delicious meal." Practice cooking simple, flavorful dishes. Use condiments, spices, and herbs to personalize your meals.
7. **Practice, Mess Up, and Practice Again:** In order to be good at anything, one must practice. And as with anything, it is never perfect on the first try. So when you are meal planning and cooking, think of it as practice, and be ok when you mess up. Really, it's ok to burn the rice.

MENU PLANNING

In order to be the healthiest you, menu planning must be a priority. Dedicate one hour per week to sit down to create menu plans and grocery lists.

To help make menu planning and grocery list making a breeze, we are going to provide you with a tool you can use to do your menu planning each week. It is a menu planner and grocery list all in one. Below is an example of how to use the menu planner. A Menu Planning template is located at the end of this session. Make copies to use.

Here's how the above Menu Planner works:

Take out all of your recipes, including any recipes you would like to try from this book. Make several copies of the Menu Planner at the end of this session. Using the menu planner provided begin creating menus for the week.

DINNERS	PRODUCE	DAIRY & REFRIGERATED	MEAT, POULTRY & FISH	FROZEN	DRY GOODS & MISCELLANEOUS	MEALS & SNACKS
Dinner #1	1 Onion			Ezekiel Bread	Quinoa	Breakfast
Grain, Bean & Green	1 bunch collards				2 C Chicken Broth	Toast w Nut Butter
					1 can black beans	
					Ume Plum Vinegar	
					Almond Butter	
Dinner #2	Spinach	Butter	Salmon		Brown Rice	Lunch
Salmon w/ Lemon	Avocado				Black Beans	Basic Rice Bowl
Baked Sweet Potato	Lemon				Salsa	Leftovers: Salmon
Sautéed Kale	2 Sweet Potato				Coconut Oil	
Salmon w/ Lemon	1 Bunch Kale				Salt & Pepper	
Dinner #3	Apples				Almonds	Snack
						Fruit & Nuts

DINNER COLUMN

The left hand column is the "Dinner" column. There are 7 rows for you to list 7 dinners menus for the week.

There are two examples on the Dinner side. Grain, Bean & Green and Salmon w/ Lemon, Sweet Potato, Sautéed Kale. Continue down the column coming up with 3-5 more dinners depending on how many nights you anticipate your family will be home to enjoy dinner together.

MEALS & SNACKS COLUMN

The far right hand column is the “Meals & Snacks” column. These are for snacks and all other meals besides dinner... so breakfast, lunch, etc.

Here on the right column under breakfast, for instance, you can use each line to write a breakfast idea. Most people only eat 2 or 3 different things for breakfast that is why there are only 4 lines. The same goes for lunch, snacks, etc. Write down some ideas to make sure you have things on hand to make the other meals and snacks.

Breakfast: Example might be Toast with Nut Butter.

Lunch: Maybe you would like to make the Basic Rice Bowl. We are big fans of leftovers for lunch, so we would write which dinner(s) we want as leftovers to remind us to purchase additional ingredients. So I’m just going to write leftovers here under lunch. In the example, we will have salmon as left over lunch.

Snacks: Nuts and fruit.

Smoothies: Maybe smoothies are big in your house, especially green smoothies. Use this is box to think about what smoothies you want to make this week.

Baking: Maybe you might want to make energy bars... you could write energy bars here.

Other: These sections can be used for Kids, Salads or dishes/snacks/foods that you need to remember.

GROCERY LIST TOO!

What is neat about this tool is that it can also be used as a grocery list.

Dinner: Take the Salmon dinner for example:

- For the Salmon recipe, you might use a simple oil, lemon and salt and pepper seasoning for the salmon. Under Produce you will put lemon. Under Meat column put Salmon, and then under dry goods put salt and pepper (unless you know for sure you have it on hand) and coconut oil... remember, we are using coconut oil to cook with now.
- For the sweet potato you will need sweet potatoes, which you will put under Produce and butter you would put under Dairy section.
- For the kale side dish, put kale under Produce, and we will cook it in coconut oil, which we already have on the list. How about we top that kale with pumpkin seeds... so go all the way over to dry goods and put pumpkin seeds.

Do you see how this is working?

Meals & Snacks column (right):

Breakfast: The first line there is nut butter w/ toast. That goes under the dry goods and Ezekiel toast, which is usually kept in the freezer section of the grocery store.

Lunch: Write down your lunch menu ingredients.

Snack: Put apples under Produce and Almonds under the Dry Goods column. And so on... you will just continue down the line.

So now you have this menu plan and grocery list all in one place and you can take this with you to the store. Then, place this list on your refrigerator so that you will have your menu plan in front of you when you are wondering what to cook for dinner.

That is menu planning.

NUTRITIONAL – ACTION PLAN

CONTINUE - Just a reminder of the Action Steps you should be continuing through this journey:

1. HYDRATION
2. BREAKFAST
3. AWARENESS
4. FOOD JOURNAL
5. GLORIOUS GREENS
 - Salad
 - Cook greens
6. CRAVINGS: Pause and think, "What's really going on here?"
7. SUGAR: 25 grams or less
8. GREAT GRAINS: Increase whole grains! Decrease processed grains
9. PROTEIN: Continue experimenting. Try vegetarian protein sources.
10. CONTROL YOUR PORTIONS: ½ veggies, ¼ grains/starch/fruit, ¼ protein
11. FABULOUS FATS: add healthy fats to your diet. Reduce bad fats.

NEW ACTION STEPS: PLAN YOUR MEALS

- Each week: Schedule 1 hour for menu planning, 1 hour for shopping, 30 minutes for veggie prep.
- Follow the 7 Steps to Eat Well & Save Time.
- Make time to create your own grocery list using the Menu Planner from this session. Make copies so you have them for future use. Have fun!

DEVOTIONAL - DAY 48

"A final word: Be strong in the Lord and in His mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil. For we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world, against mighty powers in this dark world, and against evil spirits in the heavenly places. Therefore, put on every piece of God's armor so you will be able to resist the enemy in the time of evil. Then after the battle you will still be standing firm. Stand your ground, putting on the belt of truth and the body armor of God's righteousness. For shoes, put on the peace that comes from the Good News so that you will be fully prepared. In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil. Put on salvation as your helmet, and take the sword of the Spirit, which is the word of God. Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere. And pray for me, too. Ask God to give me the right words so I can boldly explain God's mysterious plan that the Good News is for Jews and Gentiles alike. I am in chains now, still preaching this message as God's ambassador. So pray that I will keep on speaking boldly for Him, as I should." -Ephesians 6:10-20

Don't stop! Stay strong and keep following Jesus. It's easy to say, "Tough to do" sometimes. In 1997, on Christmas Eve, my dad passed away from liver cancer. I had served the Lord in traditional churches, both large and small, from 1988 until that time. God had never changed during those years. The Bible says He is the same yesterday, today and forever. I, however, had learned how to do the ministry for God, instead of with God. In His grace, there were still times when preaching, and in relationships when I still somewhat sensed his presence. The songwriter puts it this way, "We are prone to wander, Lord I feel it...prone to leave the God I love...Here's my heart Lord, take and seal it...Seal it for thy courts above."

I left full-time ministry (whatever that is, we are all called to be full-time missionaries) following the death of my father. I still went to church, I still gave, I still did the stuff, but it just wasn't right and I knew it on the inside. I think we all do. The pursuit of intimacy with God and one another, engaged in reaching the lost and making disciples who do the same, involves doing all the stuff at the same time, together. It's not a checklist; instead, it is an attitude of surrender and intentionally obeying from the inside out. There is a mission field around us every day; they don't always look like us, talk like us, or think like us. We need to get outside of our comfort zone and constantly put into practice the things the Lord has revealed to us. I have a friend, Richard Hayes, who signs his correspondence as, "Press On!" Let's all press on to staying strong, spiritually and physically, in order to fulfill our missionary calling together. "We wrestle not against flesh and blood . . ." This is a team sport. We all are His one body, committed to a Great Commandment and to the Great Commission. Keep pressing on!

PHYSICAL – YOUR MASK FIRST

"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light." -Matthew 11:28-30

"In the event of an emergency, please put on your oxygen mask before assisting others."

Anyone who's ridden in an airplane has heard this phrase. It just makes sense. Can a mother save her children if she herself is passed out from lack of oxygen? No, she can't. Nor can you be of help to others if you don't take proper care of yourself.

I learned this first hand, and I'm not proud of it. As the mother of three girls, I thought my cough would go away on its own. Never mind the lack of sleep caused either by it or the cold medicines I was taking. I had too much to do, too many people who depended on me. And I was rewarded with a fever of 104 degrees, three hysterical girls who've never seen their Mom completely lethargic and my husband having to literally carry me to the doctor.

My stubbornness and pride didn't help anyone, least of all me. So take care of yourself, note when something

WEEK 10: Obey All The Way

hurts more than usual, get help if it's not healing. Don't let any soreness or major aches/pains, coughs/fevers, stomachaches/headaches spin out of control. It doesn't help you, and it certainly doesn't help those around you who need you healthy. Don't be a Tina...Or a Naaman.

2 Kings 5:11-13

But Naaman became angry and stalked away. "I thought he would certainly come out to meet me!" he said. "I expected him to wave his hand over the leprosy and call on the name of the Lord his God and heal me! Aren't the rivers of Damascus, the Abana and the Pharpar, better than any of the rivers of Israel? Why shouldn't I wash in them and be healed?" So Naaman turned and went away in a rage. But his officers tried to reason with him and said, "Sir, if the prophet had told you to do something very difficult, wouldn't you have done it? So you should certainly obey him when he says simply, 'Go and wash and be cured!'"

But I DID go to the doctor, and Naaman DID go to the river. And when you need it, so should you!

So Naaman went down to the Jordan River and dipped himself seven times, as the man of God had instructed him. And his skin became as healthy as the skin of a young child's, and he was healed!" 2 Kings 5:14

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 9 in your Appendix.

Low Impact Overview

<http://youtu.be/p3oIp9AYL9Y>

High Impact Overview

http://youtu.be/lh_OhQsK00w

Chair Workout Overview

<http://youtu.be/Jis6DttiEpQ>

DEVOTIONAL - DAY 49

"Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results." -James 5:16

Somebody once said, "He who aims at nothing is bound to hit it." Being a disciple is not easy. Denying ourselves and taking up our crosses does not feel good. The problem with being living sacrifices is we want to crawl off of the altar. The following two days of devotions are extremely practical ways to live out (With one another, on mission, from the inside out) who we are called to be in Christ Jesus. Raise your aim.

FORMAT OF A CHAT GROUP

Check your progress:

FELLOWSHIP: We are motivated by sharing struggles in mutual accountability. Start the time together by going over the Accountability Questions with one another (20-30 minutes).

Hear the Word:

DISCIPLESHIP: We grow spiritually as we read Scripture in context and in community. Continue the time by discussing what the Lord has impressed on you from your weekly Scripture reading (15-20 minutes). Your group should read 25-30 chapters per week (e.g. read the book of 1 Samuel or read the book of Ephesians 4-5 times). Many people find it helpful to read aloud. If you prefer to listen to Scripture, you can download the You Version app. If someone doesn't finish the reading in a given week, then the entire group takes the same assignment for the following week.

Act on it:

MINISTRY: We serve as we apply the truths of Scripture to living in love towards others day by day. Transition from what the Lord impressed upon you in the reading to discussing how you can apply it to your life and pass the truths on to others (5-10 minutes).

Tell Others:

EVANGELISM: We pray for those who need the Lord and reach out to them as we have opportunity. Close in a time of prayer. Pray for one another. Part of this time should be praying for the lost friends, family, and acquaintances for who the group has been praying throughout the week (20-30 minutes).

WORSHIP: We acknowledge God in prayer and through our obedience. In your time of prayer, do not forget to praise and thank the Lord for who He is and what He is doing in and through you as a group and as individuals. Remember, too, your obedience ("Act on it") to the Lord is in itself worship!

ACCOUNTABILITY QUESTIONS

These questions are to be asked of one another in a weekly meeting of accountability (Proverbs 27:17). They are to stimulate conversations of character and confession of sin to God and one another in a safe environment that values honesty, vulnerability, confidentiality, and grace.

1. How have your insights from last week's reading shaped the way you think and live?
2. Who did you pass your insights from last week on to and how were they received?
3. How have you seen God at work?
4. Have you been a testimony this week to the greatness of Jesus Christ with both your words and actions?
5. Have you been exposed to sexually alluring material or allowed your mind to entertain inappropriate sexual thoughts?
6. Have you acknowledged God's ownership in your use of money?
7. Have you coveted anything?
8. Have you hurt someone's reputation or feelings by your words?
9. Have you been dishonest in word or action or have you exaggerated?
10. Have you given in to an addictive (or lazy or undisciplined) behavior?
11. Have you been a slave to clothing, friends, work, or possessions?
12. Have you failed to forgive someone?
13. What worries or anxieties are you facing? Have you complained or grumbled? Have you maintained a thankful heart?
14. Have you been honoring, understanding and generous in your important relationships?
15. What temptations in thought, word, or action have you faced and how did you respond?
16. How have you taken opportunities to serve or bless others, especially believers?
17. Have you seen specific answers to prayer?
18. Did you complete the reading for the week?

EVANGELISTIC PRAYER

Each person in the CHAT group is to list two or three individuals who need the Lord's salvation. Write down the names of all those identified in the group on each card so that all of you pray for each of the lost souls weekly. Keep this card in your Bible as a bookmark for your daily reading so that each time you open your Bible you are reminded to pray for these people.

1. Lord, I pray that You draw _____ to Yourself (John 6:44).
2. I pray that _____ hears and believes the Word of God for what it really is (1 Thessalonians 2:13).
3. I pray that _____ seeks to know You (Acts 17:27).
4. I ask you, Lord, to prevent Satan from blinding _____ to the truth (2 Corinthians 4:4; 2 Timothy 2:25-26)
5. Holy Spirit, I ask You to convict _____ of his/her sin and need for Christ's redemption (John 16:7-14).
6. I ask that You send someone who will share the gospel with _____ (Matthew 9:37-38).

7. I also ask that You give me or _____ the opportunity, the courage, and the right words to share with _____ (Colossians 4:3-6).
8. Lord, I pray that _____ turns from his/her sin and follow Christ (Acts 17:30-31; 1 Thessalonians 1:9-10).
9. Lord, I pray that _____ would put all of his/her trust in Christ (John 1:12; 5:24).
10. Lord, I pray that _____ confesses Christ as Lord, takes root and grows in faith and bears fruit for Your glory (Romans 10:9-10; Colossians 2:6-7; Luke 8:15).
11. Lord, I pray that You draw _____ to Yourself (John 6:44).
12. I pray that _____ seeks to know You (Acts 17:27).
13. I ask You, Lord, to prevent Satan from blinding _____ to the truth (2 Corinthians 4:4; 2 Timothy 2:25-26)

NUTRITIONAL – THE 12 PRINCIPLES

Our desire is for you to make each of the Total Transformation nutritional principles a part of the fabric of your life. Imagine what your life and health would look like next month, next year, 5 years, 10, even 25 years from now if you choose to live out these nutritional principles.

Total Transformation Nutrition Principles

1. Drink more water.
2. Listen to your body.
3. Enjoy a nourishing breakfast.
4. Practice the Power of Awareness when eating. Keep a food journal.
5. Increase leafy green vegetables.
6. Focus on Primary Food: Nourish your relationship with God. Have healthy relationships that support you.
7. Find physical activities you enjoy and do them regularly. Find work you love or begin to love the work you have.
8. Increase whole grains. Decrease/eliminate refined carbs/grains
9. Experiment with protein.
10. Eat less meat, dairy, sugar and processed foods. Consume less coffee, alcohol and tobacco.
11. Eliminate artificial sweeteners and trans fats.
12. Control your portions.
13. Enjoy healthy fats.
14. Practice cooking.

NUTRITIONAL – ACTION PLAN

WHAT IS MY NEXT HEALTHY STEP?

- Make positive choices everyday to move towards living out the 12 Principles. You have not arrived at the “end” because there is no final destination. Quite the opposite. Your healthy journey has just begun. In order to stay on this healthy path, continuously ask yourself... “What is my next healthy step?” And take it!
- What is one principle that you are not yet strong in? Go back and read that session and commit to taking action to make it a strong principle in your life.

DEVOTIONAL - DAY 50

“But don’t begin until you count the cost. For who would begin construction of a building without first calculating the cost to see if there is enough money to finish it?” Luke 14:28

The cost of discipleship is high; however, it is worth it! I am tremendously indebted to so many people for the investment they have made in my life. As Total Transformation comes to a close as a book, the cause of Christ continues. Throughout the book, you have been given tools to use as both a disciple and a disciple maker. The following is a way to use these tools as we seek together to obey GC2 from the inside out.

Father, I pray in Jesus’ name for Your kingdom to come on earth as it is in heaven. O God, we present ourselves to You now as living sacrifices, wholly committed to You, each other, and the mission You have given to us. Please, Father, fill us with your Spirit and grant us boldness to make Jesus known, united together as members of Your one body, that the world might truly know Him.

WHEN AND HOW TO USE RESOURCES

1. One of the various confession and repentance tools should be used at least once a month for a spiritual check-up.
2. Groups can be used with non-Christians (Discover Track or Hope Track) or with fellow disciples (Strengthen Track) as a way to encourage their progress in their spiritual journey. Have one group that is your continuing primary spiritual community. It can meet on your “turf.” At all times try to also be modeling for or assisting someone else on a temporary basis to help initiate a new group. This should be done on their “turf.” New followers of Christ should be taken through the Start Track.
3. The Relational Network Stewardship worksheet should be immediately used with people whom you lead to faith. It can also be used with fellow disciples as a tool to assist them in their growth. You should also use it yourself once a year to update your own implementation.
4. The tools on sharing your faith should be immediately used with people whom you lead to faith. It can also be used with fellow disciples as a tool to assist them in their growth. You should also use it yourself once a year to update your own skills.
5. Spend an Hour with God should be used once a week. This can be shared with fellow disciples to increase their intimacy with God as well.
6. Prayer walking should be used on an as-needed basis. Get in the habit of prayerwalking regularly yourself. Also consider prayer walking with fellow believers as a way to help them take their next faith step.
7. CHAT groups should meet once a week. They are temporary but you should be in one all the time. Non-Christians can be in CHAT groups, although the evangelistic praying might be changed in that case. Consider this as a tool that can be used with anyone to help them take their next step in growing in their spiritual lives.

PHYSICAL – KEEP IT UP!

“I have fought the good fight, I have finished the race, I have kept the faith.” -2 Timothy 4:7 (NIV)

You’ve completed Total Transformation! Now what, you ask?

Now it’s your turn! Use what you’ve learned, continue to ask questions, and help us work to overcome these statistics inside and outside the church in America.

- 67 percent are obese or overweight
- One in three are at risk for diabetes
- 80 million have heart disease. 1 million will die from it.
- 1 million heart attacks per year. 500,000 result in death.
- 11 million have cancer. 1.2 million new diagnoses this year. 500,000 will die.
- 1 million people attempt suicide each year.
- 22 million use illegal drugs
- 90 percent of people never find their purpose

And I'm sure you have friends or relatives who want to lose weight, get healthier and feel better. They need your help. We need your help, too, because God has plans for each of us, plans that we can't fulfill if we aren't healthy enough to do so. He knew what He was doing when he made our bodies.

"He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love." -Ephesians 4:16

And Jesus commanded us:

"Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." Matthew 28:18-20

You're stronger than you think. And, when you think you can't do one more workout, you can't get yourself to walk today or that it's not that important to take care of yourself, ALWAYS remember our bodies are precious to Him.

1 Corinthians 6:19-20 *"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 at a price. Therefore honor God with your bodies."*

We love you, and we're here for you. Look for new workouts and information at www.1bodyministries.com!

GO GET IT!

If you are following 1 Body Ministries plan, today's workout is Workout 10 in your Appendix.

Low Impact Overview

<http://youtu.be/zB6nNRpmYZY>

High Impact Overview

<http://youtu.be/hRV0ma5JUGo>

Chair Workout Overview

<http://youtu.be/hl4co8LW1IQ>

Week 10 Group Meeting - Obey All The Way

LOOK BACK (1/3 OF TIME)

CARE Share a meal, a refreshment, a story from this week, or an answer to prayer. How has everyone's personal relationship with God been? If anyone is struggling, pray for him/her and stay after to care for that person.

CHECK-UP (NEVER SKIP)

1. How have you obeyed what you learned this week spiritually, nutritionally and physically?
2. Who have you trained in what you learned?
3. With whom have you shared your story?

VISION (NEVER SKIP)

Share a story from the Bible, a personal story, an inspiring slogan or song to encourage one another to share Jesus with others, to start new groups, and to help others do the same. You can use one of the following Bible passages to get started: *Matthew 28:18-20, Luke 10:1-11, Acts 1:8, Luke 19:1-10, Matthew 13:1-23*

LOOK UP (1/3 OF TIME)

Talk with God simply and briefly.

Read Jonah 3 & 4

4. What did you like about this passage?
5. What did you find difficult about it?

Reread the passages.

6. What does this passage teach about people?
7. What does it teach about God?

LOOK FORWARD (1/3 OF TIME)

8. How will you obey this week's message?
9. Who will you train with this information?
10. With whom will you share your story of the lesson or the story of God?

PRACTICE (NEVER SKIP)

Tell your story and Jesus' story to 3 people this week.

We trust that this has poured life into you physically, spiritually and emotionally. Please consider helping us reach others as well. The more people we have 'Loving the Lord our God with all our hearts and with all our souls and with all our minds, and the more people who are going to make disciples of all nations,' the greater the reach of Jesus our Lord.

HERE'S HOW YOU CAN BE A PART OF 1 BODY MINISTRIES:

- Pray. Pray God's continued grace in our mission, abundance in bringing us people in need and protection against the enemy who comes to steal and destroy.
- Start another Total Transformation study. Invite your friends, coworkers and family.
- Introduce us. To your home church, multiple churches, your business/professional/nonprofit groups.
- Sponsor. Provide financial assistance to a church, a small group or a community wanting to study Total Transformation.
- Give to 1 Body. Help us continue our mission to create healthy disciples that create healthy disciples.
- Go on a Mission. Join other Total Transformation graduates on a trip to serve the needy.

16 I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. 17 Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. 18 And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. 19 May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

-Ephesians 3:16-19

Contact us at [info@1bodyministries](mailto:info@1bodyministries.com) for more information.

APPENDIX

Workouts
Recipes
Resources

WORKOUTS

WORKOUT 1

Low Impact Overview

<http://youtu.be/X2SwtDduvUY>

1. Jumping jacks
2. Bicep curls/squat
3. Bunny hop

High Impact Overview

<http://youtu.be/esOX9YhaVB4>

4. Shoulder raise/lunge
5. Jump rope
6. Plank

Chair Workout Overview

<http://youtu.be/v7omD10jRL0>

WORKOUT 2

Low Impact Overview

<http://youtu.be/V8FhvdoP5Ig>

7. Run
8. Sumo squat/lateral raise
9. Mountain climbers

High Impact Overview

<http://youtu.be/JSyv80vX3Po>

10. Single leg deadlift shoulder press
11. Slide and glide
12. Toe touches

Chair Workout Overview

<http://youtu.be/dg3Rk-zcPCQ>

WORKOUT 3

Low Impact Overview

<http://youtu.be/5NNZ6jkgnUs>

13. 20 total body extensions
14. 10 mountain climbers

High Impact Overview

<http://youtu.be/BjJFCfcmHZg>

15. 10 crazy ivans
16. 10 push ups

Chair Workout Overview

http://youtu.be/pF4CVuM4_vA

WORKOUT 4

Low Impact Overview

<http://youtu.be/5NNZ6jkgnUs>

17. Side step and touch
18. Inverted flyers
19. Basketball feet

High Impact Overview

<http://youtu.be/BjJFCfcmHZg>

20. Reverse lunge/shoulder raise
21. Kick and toe touch
22. Bicycle

Chair Workout Overview

http://youtu.be/pF4CVuM4_vA

WORKOUT 5

Low Impact Overview

<http://youtu.be/Si3p133UPUo>

- 23. Burpee
- 24. 5 pulse squats/5 triceps
- 25. Side jump

High Impact Overview

<http://youtu.be/9LjnCuetlQU>

- 26. Heel press/superman
- 27. Skip
- 28. Spiderman climber

Chair Workout Overview

<http://youtu.be/IHJAdSOcJPU>

WORKOUT 6

Low Impact Overview

<http://youtu.be/b5-UWsDyIRA>

- 29. Run
- 30. Lying leg left and shoulder raise
- 31. Squat jumps

High Impact Overview

<http://youtu.be/O1eENIXbx08>

- 32. Knee push ups w/leg lift
- 33. Side jumps
- 34. Tummy rollout with magazine

Chair Workout Overview

<http://youtu.be/mrK47WK07B0>

WORKOUT 7

Low Impact Overview

<http://youtu.be/00k8qkLUutY>

- 35. Jumps
- 36. Squat with leg lift arms in and up
- 37. Lunge hops

High Impact Overview

<http://youtu.be/P2r1Ba4fxjs>

- 38. Superman
- 39. Jacks
- 40. Plank

Chair Workout Overview

<http://youtu.be/MbpHwc6dbmg>

WORKOUT 8

Low Impact Overview

<http://youtu.be/WURUzJOQuBo>

- 41. Jacks
- 42. Wall sit and back arms for 10
- 43. High knees

High Impact Overview

<http://youtu.be/SNuyWPiUStg>

- 44. Lunge back/tricep arms
- 45. Frog jumps
- 46. Side plank

Chair Workout Overview

<http://youtu.be/m0CISrNTbSE>

WORKOUT 9

Low Impact Overview

<http://youtu.be/p3oIp9AYL9Y>

- 47. Toe touches to chair
- 48. Squat shoulder raise
- 49. Total body extensions

High Impact Overview

http://youtu.be/lh_OhQsK00w

- 50. Reverse side lunge curls
- 51. Burpees
- 52. Plank to downward dog

Chair Workout Overview

<http://youtu.be/Jis6DttiEpQ>

WORKOUT 10

Low Impact Overview

<http://youtu.be/zB6nNRpmYZY>

- 53. High knees
- 54. Crawl out and back
- 55. Scissor jacks

High Impact Overview

<http://youtu.be/hRV0ma5JUGo>

- 56. Leg lift and arm press
- 57. Long jump
- 58. Mountain climber

Chair Workout Overview

<http://youtu.be/hl4co8LW1lQ>

RECIPES | BREAKFAST

YOGURT

Simple: Yogurt (organic, full-fat), fruit, and nuts

Parfait

Serves: 1

- 1 Cup berries, fresh or frozen, defrosted (blues, straws, rasp)
- 3 oz Greek-style yogurt
- ½ tsp vanilla
- ½ tbsp raw honey
- ¼ banana, sliced
- 1 tsp flaxseeds, ground (optional)
- 1/3 Cup Granola (see recipe or store bought)

In a separate mixing bowl, stir together the Greek yogurt, vanilla and raw honey. Set aside. Layer in bowl or glass in the following order: berries, flaxseeds, yogurt mixture, sliced banana and granola.

OATS

Simple: Make a batch of oatmeal or steel cut oats for the week and just heat up

Pumpkin Steel Cut Oats in Crock pot

- 15 oz can pumpkin puree
- 3 1/2 Cups milk (cow, rice, almond or just water)
- 3 1/2 Cups water
- 1 tbsp vanilla
- 1 tbsp pumpkin pie spice (or cinnamon)
- 1/4 Cup maple syrup (optional)
- 2 Cups steel cut oats

Mix all together in big crockpot. Heat on low 4-6 hours. Stir about every hour.

Store big batch in covered container in fridge. It is usually good in there for a week. Take out desired amount (usually 1/2 - 1 Cup) and mix in milk or water to bring to desired consistency. If desired, top with maple syrup and pecans! Maybe add some ground flax for a little extra crunch, fiber and omega 3s!

Muesli

- ½ cup rolled oats
- 1 cups milk, almond milk, rice milk, hemp milk, coconut milk (any alternative milk should be unsweetened).
- Almond and coconut milk work best for all body types and are a good alternative to cow's milk)
- 2-3 dates, chopped (optional)
- ¼ cup sunflower seeds

Soak all ingredients overnight, covered and it will be done by the morning. You can heat on the stove if you prefer it hot.

If desired, you can add cut up fruit (chopped apples, blueberries, banana slices) and/or a sweeter (agave nectar, honey, or maple syrup).

If you forget to soak the oats overnight, you can cook the oats on the stove and then add in your fruit and seeds/nuts.

Easy Homemade Granola

Source: *Integrative Nutrition*

Serves: 3

- 2 Cups rolled oats
- ½ Cup slivered almonds
- ½ Cup dried shredded coconut
- ¼ Cup crystallized ginger (optional)
- ¼ Cup coconut oil
- ¼ Cup maple syrup

Preheat oven to 350 degrees.

Combine all ingredients into a large bowl. Spread mixture in a thin layer on a cookie sheet. Bake for 5 minutes and then stir with a spatula. Bake another 5 minutes and then stir again.

Keep baking for about 15 minutes total until golden brown all over. Eat immediately or cool for about 10 minutes prior to serving.

Notes: Double this recipe and store it in an airtight container in the pantry. Enjoy it with milk or yogurt all week.

Other Great Grains

Blueberry Walnut Quinoa

Serves: 1

- ¼ cup fresh berries (blueberries, strawberries, etc)
- ¼ Cup Greek-style yogurt
- 1 ½ tbsp raw honey sprinkle of nutmeg sprinkle of cinnamon
- 1/2 to 3/4 Cup cooked (left over) Quinoa, chilled (or other whole grain)
- 1-2 tbsp raw walnuts, chopped

Mix together blueberries and Greek yogurt. Set Aside. Mix together honey, cinnamon and nutmeg. Set aside. Place quinoa in bowl; place blueberry-yogurt mixture on top. Drizzle with honey mixture. Top with walnuts.

Pumpkin Pie Protein Bowl

Serves: 1

- 1 scoop protein powder
- 1 tbsp chia seeds
- 1 Cup cooked (left over) quinoa (or other whole grain)
- ¼ Cup pumpkin puree
- ¼ Cup milk
- 1/8 tsp nutmeg
- 1/8 tsp cinnamon
- dash of ginger and sea salt
- 1 tbsp blackstrap molasses or agave nectar
- ¼ tsp vanilla
- 2 tbsp pecans, chopped

Mix all ingredients except pecans. In a pot over medium heat, warm the ingredients through. Top with chopped pecans.

Breakfast Porridge

Source: Andrea Beaman

Serves: 2

- 1 cup cooked (left over) brown rice (or other whole grain)
- 2 tbsp rolled oats
- 1 cup water
- 2 tbsp dried cranberries, raisins or chopped dates
- 1 shake of cinnamon raw honey

Bring rice, oats, water, dried fruit and cinnamon to boil. Lower the heat to simmer and cook for 5-7 minutes, or until creamy. Add raw honey to sweeten.

TOAST & SUCH

Simple: Sprouted grain English toast or English muffins (Try Ezekiel brand). Top with butter or nut butter of choice.

Optional: Top with ½-1 sliced banana and a drizzle of raw honey.

Walnut Apple Waffle

Source: Flat Belly Diet Pocked Guide, by Liz Vaccariello

Serves: 1

- 2 frozen whole grain waffles
- 1 med apple, chopped
- 1 tsp agave nectar
- 1 tbsp walnuts, chopped

Toast waffles and top with remaining ingredients.

Raisin Almond Wrap

Source: Flat Belly Diet Pocked Guide, by Liz Vaccariello

Serves: 1

1 whole wheat OR sprouted grain (Ezekiel) wrap
 2 tbsp almond butter
 2 tbsp raisins

Spread almond butter on wrap. Sprinkle with raisins. Roll up.

Cinnamon Raisin Breakfast Sandwich

- ¼ C Greek-style yogurt
- 2 Tbsp pumpkin seeds
- 1 tsp honey or maple syrup
- 2 slices Ezekiel cinnamon-raisin bread
- ½ banana

Combine the yogurt, pumpkin seeds and syrup. Spread evenly over the toast. Top 1 slice with banana and place the other slice, spread side down, on top. Cut in half before serving. Or eat open-faced.

In a Hurry Nuts-n-Fruit

No time for breakfast? Grab 1 cup of fruit or 1 piece of fruit. Put a handful of nuts and/or seeds in a baggie

EGGS

Simple

Hard-boiled eggs (make a few at a time and keep them in the fridge) Eat egg(s) plus a piece of fruit or eat with/on sprouted grain English muffin or bread

Fast Scramble

Scramble 2 eggs with some baby spinach, hand-crumbled mushrooms, and cherry tomatoes. Add some cheese, if desired.

Scrambled Eggs and Greens

Source: Integrative Nutrition

Serves: 2

- 2 eggs
- 1 tbsp olive oil
- 1 leek, chopped into small pieces
- 1 clove garlic, minced
- 1 carrot, diced
- 1 Cup chopped spinach, dandelion, watercress or chard

Beat the eggs in a small bowl.

Heat the oil in a frying pan. Sauté leek for 3 minutes. Add garlic and sauté for one minute. Add carrots, cover and cook 5 minutes on low heat until carrots are softened. Remove vegetables and put on a plate.

Add a little oil to the pan if it's dry, add the eggs and cook over medium heat for 3 minutes until eggs are mostly cooked. Add greens and other vegetables back into pan.

Stir all ingredients together until eggs are completely cooked. Add salt and pepper to taste and serve.

Notes:

Great as dinner too!

Great sides: Roasted potatoes; Ezekiel toast topped with sliced tomatoes & avocado.

SMOOTHIES

Mango Strawberry Smoothie

Source: Flat Belly Diet Pocked Guide, by Liz Vaccariello

Serves: 1

- 1 Cup milk or milk alternative (coconut, almond, hemp)
- 2 Tbsp almond Butter
- ½ Cup fresh or frozen unsweetened strawberries
- ½ Cup fresh or frozen unsweetened mango chunks

Combine in blender. Blend until smooth.

Berry Best Smoothie

- ½ - 1 cup frozen fruit (recommend: organic and/or wild berries)
- 6-8 oz liquid (water, unsweetened coconut milk, unsweetened almond milk)
- 1 Scoop vegetarian protein powder (see recommendations below)
- 3 – 6 ice cubes
- optional nutrient-dense boosters (below)
- optional sweeteners: stevia, ¼ banana, 1-2 tsp raw honey

Place all ingredients in blender and blend well. Add more water and/or ice depending on desired thickness.

Optional Nutrient-Dense Boosters:

- 1-2 cups fresh baby spinach or other leafy green
- 1 Tbsp chia seeds or freshly ground flax seeds

Favorite Vegetarian Protein Powders:

- Vega One
- Progressive's Harmonized Vegan Protein
- PlantFusion

RECIPES | GLORIOUS GREENS

Eating and Cooking Greens:

- **Raw:** Raw salad is a wonderful preparation for greens. It's refreshing, cooling and supplies live enzymes.
- **Steaming:** makes greens more fibrous and tight, which is great for people who are trying to lose weight.
- **Boiling:** makes greens plump and relaxed. Boil for under a minute so that the nutrients in the greens do not get lost in the water. You can also drink the cooking water as a health-giving broth or tea if you are using organic greens.
- **Sautéing in oil:** coconut oil is a high temperature oil and ideal to use.
- **Water sautéing:** Yes! You can actually cook without oil. Just add a little oil after cooking, if desired.
- **Waterless cooking:** Try it! Feel free to add a little olive oil after cooking.
- **Soups:** Add them to your favorite soup recipe for an instant boost. Adding them in during the last 3-5 minutes of cooking will ensure they do not lose nutrients.
- **Blend them:** Green smoothies are delicious! Even adding a handful of leafy greens to your smoothies is a great way to boost the nutrient content of your smoothie and an easy way to get your greens in; you can hardly taste them.
- **Supplements:** In the form of a Greens Powder. A super simple way to add greens to your diet when you are traveling or simply have a busy day and don't get a chance to eat your greens otherwise.

SuperFoodsRx Salad

ONE SERVING	BIG BATCH	INGREDIENTS
1 Cup	5-10 oz bag	Romaine, chopped
1 Cup	5-10 oz bag	Spinach
¼ Cup	¼ to ½ Head	Red or Green Cabbage, shredded
½ Cup	2 Cups	Carrots, grated
½ Cup	1 each	Red, Orange or Yellow Bell Pepper
Sm handful	1 pint	Cherry or Grape Tomatoes
¼ Cup	15 oz can	Chickpeas (garbanzo beans) - optional
1 TBSP	¼ - ½ Cup	Pumpkin Seeds or Sunflower Seeds

Directions:

- For One Serving: Combine everything in a bowl in order given. Top with dressing.
- For Big Batch: In a big food storage container, mix together romaine, spinach, cabbage and carrots. Top mixture with pepper and tomatoes. Store salad in the fridge in a covered container. Put chickpeas in a separate, small, covered container in fridge. Put seeds in a separate, small, covered container in fridge. To serve, grab a large handful of salad out of the container and put into a salad bowl. Top with ¼ cup beans, 1 TBSP seeds and dressing. Should make about 5-8 servings, give or take.
- Tip: To save time, buy pre-washed, chopped and shredded veggies!

Crisp & Colorful Rice Salad

Source: Michelle Pfennighaus of Find Your Balance

Serves: 6-8

- 4 cups precooked brown rice, quinoa or a mix of both
- 2 tomatoes, chopped
- 1 cucumber, diced
- 1 red pepper, diced
- 1 cup frozen corn kernels, defrosted
- 2 cups chopped spinach
- ½ cup pumpkin seeds
- ½ cup sunflower seeds

For Dressing:

- 1 tbsp Dijon mustard
- ¼ cup olive oil
- ¼ cup fresh lemon juice (about 1 lemon)
- salt and pepper, to taste

In a large pan over medium heat, toast sunflower and pumpkin seeds. Combine with all other salad ingredients in the biggest bowl you have. Whisk dressing ingredients together and pour over salad. Mix to distribute evenly. Serve warm, cold or room temperature.

Notes: Instead of using the exact ingredients listed, feel free to use whatever you have on hand (especially odds and ends in the fridge).

Sautéed Greens

Serves 2-4

- 1 bunch kale (or any green)
- 1 tablespoon coconut oil or olive oil (not extra virgin)

Optional Garnishes (select one or more):

- 2 cloves garlic, minced. Sauté garlic with oil before adding greens to pan.
- ½ cup pumpkins seeds (tamari, roasted or raw). Sauté seeds with oil before adding greens to pan.
- Drizzle ONE (not both) of these on top after cooked:
- ½ lemon, juiced, or
- balsamic vinegar
- Sea salt and pepper to taste

Wash greens. Cut stems off and discard. Cut or tear leaves into small pieces and put aside.

Warm oil in pan on medium heat. (If using, add garlic and pumpkin seeds here.) Add chopped kale; stir-fry for a few minutes. Until slightly wilted and brighter green. For softer greens, add a splash of water to the pan, cover and let steam for 5 minutes.

If using, top with lemon juice or balsamic vinegar. Add salt and pepper to taste

Boiled Greens

Serves 2-4

1 bunch collards (or any green)

Optional Garnishes (select one or more):

- Drizzle with olive oil
- Drizzle ONE (not both) of these on top after cooked:
- ½ lemon, juiced, or
- Balsamic vinegar
- Sea salt and pepper to taste

Bring a large pot of water to a boil.

Wash greens. Remove leaves from stems and cut or tear leaves in any size you like. Chop the stems into ½-inch pieces, discarding the bottom as it tends to be tough.

When the water is boiling, add the stems to the pot and cook for 1 minute. Add the leaves and boil for another 2-4 minutes. Leaves should be wilted, yet bright green.

Strain the greens and transfer to a serving dish. Toss with any of the optional garnishes, if desired.

Steamed Greens

Serves 2-4

- 2 cups water
- Pinch sea salt
- 1 bunch of swiss or rainbow chard (or other green)

Optional Garnishes (select one or more):

- Drizzle with olive oil
- Drizzle ONE (not both) of these on top after cooked:
- ½ lemon, juiced, or
- Balsamic vinegar
- Sea salt and pepper to taste

Put water, salt and a steamer basket in a medium-size pot and heat on high.

Wash greens. Remove leaves from stems and cut or tear leaves in any size you like. Chop the stems into ½-inch pieces, discarding the bottom as it tends to be tough.

When the water is boiling, add the stems to the pot cover and cook for 1 minute. Add the leaves, cover, lower the heat and steam for another 2-4 minutes. Leaves should be wilted, yet bright green.

Carefully remove the steamer basket and transfer greens to a serving dish. Toss with any of the optional garnishes, if desired.

Bonus Tips when Cooking Greens:

- Try using a lime instead of lemon or a dash of tamari instead of salt.
- For a bit of a roasted flavor, drizzle with toasted sesame oil.
- Save cooking water for vegetable stock

Broccoli OR Broccoli Rabe

Serves: 4

- 1 bunch broccoli rabe (or broccoli)
- 2 cloves garlic
- 2 tablespoons olive oil
- 2 tablespoons water
- Pinch of sea salt

Wash broccoli rabe and cut stems into 1-2 inch pieces.

Warm oil in pan and add garlic; sauté for a few minutes. Add broccoli and sea salt, then sauté for about 3 minutes.

Add water, cover and allow to steam for about 2 minutes. Check for desired tenderness. If needed add a bit more water and allow to steam for a few more minutes.

Variations:

Serve with freshly grated parmesan cheese.

Kale Chips

A Kid Favorite!

10 servings or more

- 1 to 2 bunches kale
- Olive oil

Preheat oven to 425 degrees.

Remove kale from stalk, leaving the greens in large pieces. Place a little olive oil in a bowl, dip your fingers and rub a very light coat of oil over the kale.

Place kale on baking sheet and bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on it as it can burn quickly. Turn the kale over and bake with the other side up. Remove and serve.

Notes:

- Try different kinds of kale or collard greens.
- For added flavor sprinkle with a little salt or spice, such as curry or cumin after rubbing on olive oil.

RECIPES | GREAT GRAINS

Cooking Great Grains

The quickest way to create great grains is to experiment and find what works best for you. Here are basic directions.

1. Measure the grain (One cup of dry grain yields enough for 2 to 4 people), check for bugs or unwanted material, and rinse in cold water. Using a fine mesh strainer will get rid of all of the possible sedentary dust that they collect from the big mills. This also removes naturally occurring, toxic bitter coatings that some grains have (quinoa, for example).
2. Optional: soak grains for one to eight hours to soften. Soaking will increase digestibility and eliminate phytic acid. Drain grains and discard the soaking water.
3. Add recommended amount of water to grains and bring to a boil.
4. A pinch of sea salt may be added to grains to help the cooking process, with the exception of kamut, amaranth and spelt (salt interferes with their cooking time).
5. Reduce heat, cover and simmer for the suggested amount of time, without stirring during the cooking process.
6. Chew well and enjoy every bite!

1 CUP GRAINS	WATER	COOKING TIME	CONTAIN
Common grains:			
Brown rice	2 cups	45-60 minutes	no
Buckwheat (a.k.a. kasha)*	2 cups	20-30 minutes	no
Oats (whole groats)	3 cups	75-90 minutes	Questionable, due to content, contact, or contamination
Oatmeal (rolled oats)	2 cups	20-30 minutes	Questionable, due to content, contact, or contamination
Alternative grains:			
Amaranth	3 cups	30 minutes	no
Barley (pearled)	2-3 cups	60 minutes	yes
Barley (hulled)	2-3 cups	90 minutes	yes
Bulgur (cracked wheat)	2 cups	20 minutes	yes
Cornmeal (a.k.a. polenta)	3 cups	20 minutes	no
Couscous (small pasta, not whole grain)	1 cup	5 minutes	yes
Kamut	3 cups	90 minutes	yes
Millet	2 cups	30 minutes	no
Quinoa	2 cups	15-20 minutes	no
Rye berries	3 cups	2 hours	yes
Spelt	3 cups	2 hours	yes
Wheat berries	3 cups	60 minutes	yes
Wild rice	4 cups	60 minutes	no

* All liquid measures and times are approximate. Cooking time depends on the cooking temperature used when cooking. It is a good idea, especially for beginners, to lift the lid and check the water level halfway through cooking and again towards the end, making sure there is still enough water to avoid scorching the grains. Don't stir. The grains should be fully cooked but not burned.

* The texture of grains can be changed by boiling the water before adding the grains. This will keep the grains separated and prevent a mushy consistency. Do not add kasha to cold water, as it will not cook properly. For a softer, more porridge-like consistency, boil the grain and liquid together.

BASIC BROWN RICE

- 1 cup brown rice
- 2 cups water or broth
- seasonings to taste

Rinse rice in a bowl of cool water and strain.

Place all ingredients in a pot with a tight fitting lid. Bring to a boil, reduce heat to low. Cover and let simmer for 50 minutes. If you are not experienced with cooking rice, you will want to check the rice 10 minutes before the anticipated finish time so you don't burn the rice. (If you do burn it, it is okay, just try it again!)

Remove from heat and let stand 10 minutes. Fluff with fork and serve.

COCONUT BROWN RICE

- 2 cups brown rice
- 2 cups water
- 1 can coconut milk
- ½ tsp salt

Wash and drain rice.

Bring water, coconut milk, and salt to a boil. Add rice. Reduce heat to low and cover. Simmer 50 minutes until rice is cooked.

BASIC QUINOA

- 1 cup quinoa
- 2 cups water or broth
- seasonings to taste

Rinse quinoa well with cool water in a fine mesh strainer until the water runs clear.

Combine quinoa and water in a saucepan. Cover and bring to a boil. Reduce heat to a simmer and continue to cook covered for 15 minutes or until all water has been absorbed.

Remove from heat and let stand for 5 minutes covered; fluff with a fork. Season as desired.

Quinoa Side Dish

- 1 tbsp coconut oil or olive oil
- 2 cloves garlic, chopped
- 1 small onion, finely chopped
- 1 cup uncooked quinoa
- 1 can vegetable broth
- ½ cup water
- 2 tbsp chopped fresh parsley OR 2 tsp dried
- 1/2 tbsp chopped fresh thyme OR ½ tsp dried
- 1/4 tsp salt
- 1 dash fresh lemon juice (optional)

Heat oil in a saucepan over medium heat. Add the quinoa, onion and garlic, stirring occasionally, about 5 minutes.

Stir in broth and water, and bring to a boil. Reduce to a simmer, cover, and cook for 15 minutes, or until quinoa is tender and liquid is absorbed.

Add herbs. Sprinkle with lemon juice, if desired.

Versatile Rice Pilaf

Source: Institute for Integrative Nutrition

Serves 8

- 2 cups brown rice
- 2 tsp oil or butter
- 4 cups broth or water
- ½ cup nuts or seeds
- 2 cups fresh vegetables, chopped
- herbs and seasonings to taste

Heat oil/butter in a heavy skillet with a tight fitting lid on medium heat. Add rice, stirring for 5 minutes or until grains are lightly roasted. Add broth/water, cover tightly and cook for 45 minutes.

Stir in vegetables, nuts/seeds, herbs cover and continue to cook for 5 minutes.

Pilafs involve sautéing of raw grains to add a nutty, toasted flavor.

Quinoa Salad

Source: Institute for Integrative Nutrition

Serves 6

- 1 ½ cups cooked quinoa
- 3 cups water
- ¼ cup lime juice
- ½ cup olive oil
- 1 cup parsley, chopped
- ½ cup scallion, chopped
- ½ cup tomato, diced
- salt & pepper to taste

Rinse quinoa well with cool water in a fine mesh strainer until the water runs clear. Add rinsed quinoa to sauce pan over low heat; stir with wooden spoon until all water has evaporated and grains emit a faint, roasted aroma.

Add water and a pinch of salt; stir once to dislodge any grains that may be stuck to bottom of pan. Cover and bring to boil. Lower heat and simmer, covered, for about 10-15 minutes, or until all water is absorbed; let sit, covered for about 5 minutes before fluffing with fork.

Combine all ingredients in bowl and serve room temperature.

Seasonal Stir Fry w/ Garlic Sauce

Source: Andrea Beaman

Serves: 4

- 2 cups brown rice, soaked overnight
- 3 ³/₄ cups water
- 2 pinches sea salt
- 1 onion, cut into thick crescents
- 2-3 carrots, cut on thin diagonals*
- 2 stalks broccoli, florets plus stems cut in thin diagonals*
- 2 garlic cloves, peeled and minced
- 3 tbsp tamari (or soy sauce)
- 1/4 to 1/3 cup water
- 1 tbsp maple syrup
- 1 ½ tbsp toasted sesame oil
- 1-2 scallions, thinly sliced

Bring rice and water to a boil. Add salt and reduce heat to simmer. Cover and cook 40 minutes.

Add small amount of water to a frying pan and water sauté onion for 2 minutes. Add carrots and broccoli, cook for 3-5 minutes. Combine garlic, tamari, water, maple syrup and toasted sesame oil. Pour over stir-fry, cover and cook for 2-3 more minutes. Dish out stir-fry on top of cooked brown rice and garnish with scallions.

*This versatile stir-fry can be used with any mixture of vegetables. Feel free to substitute carrots and broccoli for any of your favorite vegetables or to use up what you have in your refrigerator.

Fried Rice

Source: Andrea Beaman

- 1 tbsp peanut oil
- 1 onion, peeled and diced
- 1 garlic clove, peeled and minced
- 3-4 mushrooms, sliced thin
- ¼ cup green peas
- ½ tsp sea salt
- 2 eggs, beaten
- 1 cup left over cooked rice
- 1 tbsp toasted sesame oil
- 3 tbsp tamari (or soy sauce)
- 1 tbsp mirin or rice vinegar (optional)
- ¼ cup water

Saute onion, garlic, mushrooms and green peas for 3-4 minutes in ½ tbsp peanut oil. Add sea salt. Remove vegetables from the pan and set aside.

Add remaining peanut oil to pan and scramble the eggs. With a fork break up eggs into small pieces. Add the cooked vegetables and leftover rice into the pan. Season with sesame oil, tamari, mirin and water. Cook an additional 3 minutes.

Brown Basmati Pilaf

Serves: 4

- 1 cup brown basmati rice
- 1/2 cup dried cranberries
- 1/2 cup walnut pieces
- 1/2 cup fresh parsley, chopped
- 2 cups water
- pinch of salt

Rinse rice in fine mesh strainer until the water runs clear.

Boil the water and add rice and salt. Cover and reduce heat.

After 15 minutes add cranberries and walnuts on top, do not stir. Cook 15-25 more minutes, until all the liquid is absorbed.

Remove from heat, add parsley and fluff with fork. Cover and let sit for 3-5 minutes before serving.

Peanut Soba Noodles

Serves: 6

- 1/2 pound rice noodles
- 1/2 cup chopped peanuts, roasted, skinned
- 1 cup shredded red cabbage
- 1 bunch scallions, chopped

Peanut Sauce

- 1/4 cup natural peanut butter
- 1 clove garlic, minced
- 1/8 cup orange juice
- 2 teaspoons tamari
- water

Bring a pot of water to a boil, then turn off the heat and soak the rice noodles for 10 minutes. While soaking noodles, mix all the peanut sauce ingredients in a bowl and whisk with a fork until all ingredients are well blended, adding a bit of water until it is the thickness you desire.

Drain and rinse the noodles to cool them. Toss the rice noodles with the peanut sauce, transfer them to a serving bowl, then sprinkle the veggies and peanuts on top.

Curried Millet

Serves: 4

- 1 cup dry-roasted millet
- 1/2 cup crushed cashews
- 3 tablespoons pumpkin seeds
- 1 teaspoon curry powder
- 1 teaspoon grated ginger
- 1 teaspoon sea salt
- 2 cups stock or water

Boil the stock or water in a pot.

Add all the ingredients, bring to a boil, reduce heat to low and simmer for 20-25 minutes, until all the liquid is absorbed.

Fluff with a fork and serve warm.

RECIPES | SNACKS

<p>Crunchy</p>	<ul style="list-style-type: none"> • apples • frozen grapes • rice cakes • light popcorn or plain popcorn: use coconut oil to pop in a covered pan • one or two hard pretzels, the large Bavarian variety • carrots: particularly the super-sweet, organic baby carrots • crunchy crudités of veggies and dip (hummus, tabouli, vinaigrette, favorite dressing) • celery and peanut butter (use non-hydrogenated peanut butter) • hummus with whole grain toast, baby carrots, rice crackers, corn chips • nuts
<p>Sweet</p>	<ul style="list-style-type: none"> • wheatgrass • fresh, whole fruit • organic yogurt and ripe fruit • apples and almond butter • sprouted bread with jam • frozen yogurt: freeze yogurt and make your own! • dried fruit • make sweet porridge with leftover grains: see grain recipes in breakfast section. Add extra natural sweetener • smoothies: see smoothie recipes in breakfast section • fruit “ice cream”: peel a banana, freeze, blend in a food processor with nuts, berries or raisins and serve • freshly squeezed fruit juices: Make your own and try different combos. • sweet vegetables: yams, sweet potatoes, squashes (acorn, butternut, kabocha) cut into chunks or fries; sprinkle with cinnamon and bake. • dates stuffed with almond butter or other nut butter • organic dark chocolate chips or carob chips
<p>Salty</p>	<ul style="list-style-type: none"> • olives • pickles and pickled vegetables, such as carrot, daikon, beets and lotus root • tabouli, hummus • steamed vegetables with tamari/shoyu or umeboshi vinegar • tortilla chips or whole grain chips such as “Garden of Eatin” brand with fresh-made salsa or guacamole • sauerkraut: it will also knock your sweet craving right out! • fresh lime or lemon juice as seasonings or in beverage • salted edamame • small amount of organic cheese
<p>Creamy</p>	<ul style="list-style-type: none"> • smoothies • yogurt • avocados • rice pudding • dips and spreads, like hummus and baba ghanoush • puréed soups • mashed sweet potatoes • coconut milk

Beans & Rice

Grain, Bean & Green

Serves: 4

This one pot meal cooks up in 20 minutes and is the answer to your “What’s for dinner” 6 o’clock scramble.

- 1 cup quinoa or buckwheat
- 2 cups water OR vegetable or chicken stock/broth
- 1 onion, cut into thin wedges
- 1 ½ cup cooked beans (black, navy, etc) OR 1 (15 oz) can of beans
- 1 bunch greens (collards, kale, chard, etc), chopped into bite-size pieces
- 2 tablespoons extra virgin olive oil
- Season with: ume plum vinegar, organic Tamari or lemon

Rinse quinoa well with cool water in a fine mesh strainer until the water runs clear. Heat Dutch oven to high. Add quinoa and broth to Dutch oven; bring to boil.

While waiting to boil, prep and chop veggies.

Once boiling, add in the following ingredients in this order: onions, greens, beans. Do not stir. Cover, reduce heat to medium-low and continue cooking 20 minutes longer or until liquid is absorbed. Remove from heat, drizzle with olive oil and ume plum vinegar, tamari or and fold to combine all ingredients. Salt to taste. Serve topped with pumpkin seeds.

Other combinations:

1. Brown rice, kidney beans, and green of choice. (cook brown rice for 20-30 minutes before adding veggies/beans)
2. Millet, adzuki beans and collards (cook millet for 10 minutes before adding veggies/beans)
3. Make it Italian: Season any of the above with fresh lemon juice and parmesan cheese instead of ume plum vinegar.

Basic Rice Bowl Example

A great lunch option.

Serves: 1

- Grain: ½ to ¾ cup cooked brown rice
- Green: 2 handfuls spinach, finely chopped
- Bean: ½ cup cooked black beans
- Topping: Salsa

Combine ingredients in a bowl and serve warm or at room temperature.

Experiment with quantity depending on your hunger level and different bean/grain/vegetable/topping combinations. Choose a theme: Mexican Chinese, Indian, etc. Get creative.

Basic Quinoa Bowl Example

A great lunch option.

Serves: 1

- Grain: ½ to ¾ cup cooked quinoa
- Green: 1 handful raw swiss chard, finely chopped
- Bean: ½ cup cooked navy beans
- Other vegetable: 1 chopped tomato
- Topping: olive oil, apple cider vinegar, salt and pepper to taste

Combine ingredients in a bowl and serve warm or at room temperature.

Experiment with quantity depending on your hunger level and different bean/grain/vegetable/topping combinations. Choose a theme: Mexican Chinese, Indian, etc. Get creative.

Mexican Brown Rice with Pinto Beans

Source: Feeding the Whole Family, by Cynthia Lair

- 1 tbsp coconut oil or butter
- 1 tsp ground cumin
- 1 tsp chili powder
- ½ onion, diced fine
- ½ tsp sea salt
- 1 cup long-grain brown rice, rinsed and drained
- 1 ¾ to 2 cups water
- 1 tbsp tomato paste or sauce
- 3 cups cooked pinto beans (or 1-2 cans)

Heat oil in a 2-quart pot. Add cumin and chili powder and sauté for a few seconds. Add onion and salt and continue cooking until onion is soft. Add rice and stir well to coat. Now add water and tomato paste and bring to a boil. Lower heat and simmer, covered, until all of the water is absorbed (about 40-50 minutes). Serve alongside pinto beans.

(TIP: freeze any extra tomato paste/sauce by the tbsp in ice cube trays. Store in freezer bag for next time.)

METHOD COOKING: ONE RECIPE, MANY OPTIONS

Katrina Here: I needed a way to easily come up with recipes for the variety of seasonal veggies that show up in my weekly CSA produce box (consumer supported agriculture. Also known as a co-op. See Session 5). I did not want to search for new recipes each and every week. Using inspiration from some of my favorite recipes and cultures, I developed the “Method Cooking” system.

The base (or template) of each Method recipe is the same, you just switch up the veggies and maybe one or two other ingredients to keep it fun. (* indicates veggies/ingredients that can be switched up) Enjoy!

METHOD: Italian Orzo with Veggies

Serves: 2-4

- 1 cup orzo pasta (whole wheat, if possible) OR a whole grain (quinoa, brown rice, etc)
- 4 tbsp extra-virgin olive oil, divided
- 1 cup red bell pepper, thinly sliced
- 2 tbsp minced garlic
- * 4 cups of one or more of the following veggies, chopped: asparagus, broccoli, zucchini, greens, etc
- * ¼ cup fresh or 1 tbsp dry herbs: mint or basil
- * ¼ cup cheese: ¼ cup grated parmesan or 4-5 oz goat cheese
- ¾ tsp salt
- ¼ tsp pepper

Cook orzo according to package directions. Drain, rinse, and transfer to a large serving bowl. Meanwhile, heat large pan over med-high heat. Add 2 tbsp oil and quickly add peppers, garlic and veggies and cook, stirring often, until vegetables are softened, about 3 minutes.

Add warm veggie mixture to cooked orzo, then add herbs, remaining 2 tbsp oil, salt and pepper, stirring well. Top with cheese.

My favorite combo: zucchini, mint and goat cheese

METHOD: Thai OR Indian Coconut Curry w/ Beans

Serves: 2-4

- * 2 cups cooked grains: quinoa or brown rice or basmati brown rice
- 3 cloves garlic, chopped
- 1/2 onion, chopped
- * 2 cups chopped veggies: carrots, broccoli, onion, potato, cauliflower, etc
- * 1 can beans: lentils or chick peas (or 1 ½ cups cooked from scratch)
- * 2 cups dark leafy greens: collards, kale, chard
- 15 oz. can coconut milk (full fat)
- * 2-3 tbsp Curry: Either Thai Kitchen Red Curry Paste OR Indian Curry Powder
- Salt to taste

Cook the beans according to directions (unless using canned).

In a deep skillet, sauté garlic and onions until soft. Add chopped veggies. Continue to sauté. Add greens. Cook for a few minutes.

In a bowl, whisk together coconut milk and curry. With the Thai Curry - taste as you add the paste to your desired level of spiciness. Pour the coconut milk mixture over the veggies and sauté for a few minutes.

Add the cooked/canned beans to the veggies. Cook for a few minutes. Add a little salt until the flavors pop. Serve over quinoa or rice.

My favorite combo: brown rice, veggies: carrots, broccoli, onion, potato, curly kale and Indian curry powder.

METHOD: Nutty, Roasted Chickpea and Veggie Salad

- 3 tbsp coconut oil
- Onions: 3 spring onions OR 1 red onion OR 3 shallots
- 4 cups (2 cans) cooked chickpeas
- 2 cups walnuts, pan toasted and roughly chopped
- * 4 cups chopped veggies: mushrooms, green beans, carrots, red pepper, eggplant, broccoli, cauliflower, zucchini, etc
- Salt & Pepper

Fresh & Creamy Dressing: Mix in food processor:

- ½ c lemon juice
- 1 tbsp melted coconut oil
- 4 tbsp tahini
- 2 cups loosely packed fresh basil leaves
- 1 tsp salt
- 1 tsp ground ginger
- 1 tsp garlic powder

Preheat oven to 400°.

In a large bowl, combine chickpeas, walnuts and all veggies except onions.

In a large pan, heat coconut oil and cook onion until soft. Pour melted coconut oil and onions in the chickpea/veggie bowl and combine. Transfer to a roasting pan, add salt and pepper and cook in the oven for 15 minutes.

Top with dressing.

My favorite combo: 10 oz mushrooms, 1 lb green beans, chopped in small rounds, 1 carrot, 1 red pepper.

METHOD: Indian Curried Veggies & Beans with Rice

- 2 tbsp coconut oil
- 3-4 cups chopped veggies: cauliflower, green beans, asparagus, cabbage, carrot, peas, zucchini, yellow squash, potatoes, etc.
- Tomatoes: 2 tomatoes, cored & cut into thin wedges OR 1 cup can tomatoes, crushed in bowl
- * Beans: 2 cups (or 1 can) cooked chickpeas or lentils
- Salt & pepper to taste
- 2 tsp curry powder (more if you love curry, like I do)
- ¼ tsp crushed red pepper
- ½ cup water.

In a large casserole, heat oil. Add veggies and cook, stirring constantly, for 2 minutes or until veggies absorb the oil.

Add the tomatoes, chickpeas, salt, pepper, curry powder, red pepper. Cook, stirring until veggies turn golden from curry. Add the water, cover the pan and cook for 10 minutes (or until veggies cooked through), stirring halfway.

My favorite combo: cauliflower and green beans

CHICKEN

Lemon & Herb Roasted Chicken

Source: Feeding the Whole Family, by Cynthia Lair

- 1 (3 to 5 pound) whole chicken, cut into pieces (or 2-3lbs of your favorite type)
- 2 tbsp fresh rosemary
- 3 to 4 tbsp fresh oregano (or 3-4 tsp dried)
- 4 to 6 cloves garlic
- 2 tsp sea salt
- Freshly ground pepper
- Zest of 1 lemon
- 2 tbsp lemon juice

Preheat oven to 450 degrees. Place chicken pieces in 9x13 inch baking dish. Make sure the breasts are bone side up.

Remove leaves from rosemary and oregano and place with garlic and salt on a wooden cutting board. Chop together until herbs are finely minced, and put into a small bowl. Add pepper to taste and zest to bowl with herbs and mix. Coat both sides of each chicken piece with herb mixture, using a brush or rubbing it on.

Put pan into oven and immediately lower temperature to 400 degrees. Let chicken roast, uncovered for 1 hour, or until meat is tender and skin has browned nicely. Remove from oven and sprinkle lemon juice over the meat before serving.

Chicken Savoy

Source: allrecipes.com

- 1 (3 to 5 pound) whole chicken, cut into pieces (or 2-3lbs of your favorite type)
- 1/8 cup extra virgin olive oil
- 1 cup chicken or vegetable stock/broth
- 1 clove garlic, crushed
- 1 tsp dried oregano
- salt and pepper to taste
- ¼ cup grated Romano or parmesan cheese
- 3 tbsp balsamic vinegar

Preheat oven to 450 degrees. Place chicken pieces in a 9x13 inch baking dish.

Pour oil and stock over chicken and sprinkle with garlic. Season with oregano, salt and pepper and top with cheese. Bake in the preheated oven for about 45 to 60 minutes, or until chicken is cooked through and no longer pink inside. Pour vinegar over chicken and serve.

BEEF

Lime Cilantro Steak

Serves 4-6

- 2 tsp minced garlic
- 1 Tbsp lime juice
- 1 tsp dried thyme
- 1 4/ cup course chopped cilantro
- 2 Tbsp olive oil or grape seed oil
- 1 Tbsp honey
- Salt to taste
- 1-2 lbs sirloin or flank steak

Mix first 7 ingredients in a large zipper bag. Add steak. Zip and squish around to mix. Marinate for at least 30 minutes, or up to overnight.

Broil steak until desired doneness. (usually 5-8 minutes per inch thickness)

Asian Beef Salad

Serves 4-6

- 1- 1 ½ lb flank steak
- ¼ cup brown rice vinegar
- 1 Tbsp minced garlic
- 2 tsp tamari
- 1 tsp brown sugar

For Salad:

- One to two bags of salad greens
- 4 green onions, finely sliced
- 1 serrano chile, chopped
- 1 red onion, sliced or chopped
- 1 cup grape tomatoes

Place first 5 ingredients in large zipper bag. Zip and squish around to mix. Marinate for at least 30 minutes, or up to overnight.

Toss the 1-2 bags of salad greens with other vegetables.

Place steak in greased 9x13 baking dish and bake at 350 for 50-60 minutes. Or broil until desired doneness (5-8 min per side per inch of thickness) When done, allow steak to sit for 5 minutes. Then thinly slice, against the grain.

Pour marinade into a saucepan. Bring marinade to boil for 2 minutes and remove from heat.

Top salad with sliced steak and use cooked marinade as salad dressing.

FISH

Easy Fish Packets

- 4 lemons
- 4-6 (3-4 oz) wild caught fish fillets (salmon, cod, mahi, mahi)
- 4 Tbsp butter
- 1 Tbsp steak seasoning
- 4-6 – 12x24" foil squares

Preheat oven 350 degrees.

Lay out foil squares. Slice lemons and lay equally onto each foil square. Place fish on top of lemon. Top each piece of fish with equally distributed pats of butter and steak seasoning. Fold up foil to make a "packet" leaving room for heat expansion.

Bake for 20-30 minutes or until fish flakes easily with fork.

Baked Dijon Salmon

Source: allrecipes.com

- ¼ cup butter, melted
- 3 Tbsp Dijon mustard
- 1 ½ Tbsp honey
- ¼ cup dry bread crumbs
- ¼ cup finely chopped pecans
- 1 tsp dried parsley
- 4 (3-4oz) fillets salmon
- Salt and pepper to taste

Preheat oven 400 degrees.

In a small bowl, stir together butter, mustard and honey. Set aside. In another bowl, mix together bread crumbs, pecans and parsley. Brush each salmon fillet lightly with honey mustard mixture, and sprinkle the tops of fillets with the bread crumb mixture.

Bake salmon 12-15 minutes or until it flakes easily with a fork. Season with salt and pepper.

SOUP

Fall Inspired Butternut Squash Soup

Source: Inspired by Gourmet Magazine

- 1 medium butternut squash (about 2 ¼ pounds)
- coconut oil
- 1 medium onion, chopped (about 1 cup)
- 1 tbsp freshly grated ginger OR 1 tsp ground ginger
- 3 tbsp butter
- 1 ½ tsp cinnamon
- ¼ tsp cloves
- 1/8 tsp cayenne
- 3 cups chicken or vegetable broth
- 1-2 cups water, as needed
- Salt & Pepper to taste

Cut squash in half lengthwise, and scoop out the seeds. Arrange the halves cut side down in roasting pan that has been greased with coconut oil or non-stick cooking spray. Bake squash in the oven for 40-45 minutes or until very tender. Set aside to cool. When the squash is cool, scoop the flesh from the skin.

While the squash is baking, cook the onion and the ginger in the butter in a soup pot, over moderately low heat, for 5 minutes or until the onion is softened. Add the cinnamon, cloves and cayenne and stir to combine. Add the broth and simmer the mixture for 10 minutes, covered.

Add the squash pulp to the sauce pan. Transfer the mixture to a blender or food processor, in batches, and puree until smooth. Add enough water to achieve the desired consistency, and salt and pepper to taste.

Return the soup to the sauce pan and cook over moderate heat until it is hot.

Island Kale & Sweet-Potato Soup

Source: Food & Wine

- 1 cup long-grain brown rice
- 2 tbsp coconut oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 jalapeno pepper, seeds and ribs removed, sliced thin
- $\frac{3}{4}$ pounds kale, tough stems removed, leaves washed well and shredded (about 1 quart)
- 1 $\frac{1}{2}$ pounds sweet potatoes (about 3), peeled and cut into $\frac{3}{4}$ -inch cubes
- 1 $\frac{1}{2}$ quarts chicken or vegetable broth
- 1 $\frac{1}{2}$ tsp salt
- 1 cup unsweetened, full fat, canned coconut milk

Cook brown rice according to package directions (or use Great Grains guide)

In a large saucepan, heat the oil over moderately low heat. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Stir in the garlic and jalapeno and cook, stirring until fragrant, about 30 seconds.

Stir in the sweet potatoes, broth and salt and bring to a boil. Reduce heat and simmer partially covered for 15 minutes. Add kale and continue to simmer until the potatoes are tender, about 5 more minutes. Add the coconut milk and just heat through.

Put a mound of rice in the center of each bowl. Ladle the soup around the rice.

RECIPES | DESSERTS

CHOCOLATE

Chocolate Fudge Truffles

- ½ cup soft, dried dates
- ½ cup raw nut butter of choice (almond, cashew, hazelnut, etc)
- ¼ cup raw cacao powder or carob powder

Pick a Bonus Coating: extra cacao powder, finely processed nuts, OR unsweetened, shredded coconut

Blend the dates separately first to ensure that they will be smooth in the final product. Then add the nut butter and cacao powder and blend until the entire mixture forms into a ball of dough.

Use a Tablespoon or small scoop to measure even amounts of dough and roll in your hands to form balls.

If desired, roll in one of the bonus coatings and place on plate.

Raw Chocolate Pudding

Source: Glow Health Coaching

- 1 almost over-ripe avocado (1 small or ½ large)
- 1 very ripe banana
- ½ can coconut milk
- 2 TB raw cacao powder
- 1 TB raw honey

Add ingredients to a bowl, blender or food processor. Blend until smooth, adjusting the amount of coconut milk if needed to get a nice creamy consistency similar to that of real pudding.

Chill for 30 minutes and enjoy! The raw chocolate pudding will keep in the fridge for few days.

Chocolate, Strawberry Waffles

- 1 whole grain waffle
- ¼ cup semi-sweet or dark chocolate chips
- 1 cup fresh or thawed, frozen, unsweetened strawberries

Top frozen whole grain waffle with chocolate chips and place in a toaster oven or oven set to 350F for 2 minutes to toast the waffle and melt the chocolate.

Top with 1 cup of fresh or thawed frozen unsweetened strawberries. Enjoy!

Chocolate Coconut Cranberry Crumble

- 1 cup nut butter (peanut, almond, cashew)
- ¼ to ½ cup brown rice syrup
- 1 cup almonds, chopped into small pieces
- 1 cup dried coconut
- ½ cup sunflower seeds
- ½ cup chocolate chips
- ½ cup dried fruit (cranberries, raisins, cherries, blueberries)

Mix everything together and press into a baking dish.

Either leave this recipe raw and place in the refrigerator as is OR bake at 350* for approximately 20 minutes to let the chips melt. Let cool before cutting

Simply Chocolate

Pantry Staple: a good, quality, dark chocolate bar.

Look for a minimum of 60% cacao/cocoa. Moving up in percentage will provide even more health benefits. 70-80% is a good range.

When the chocolate attack happens, I break of 1-2 squares of my favorite bar and indulge. I find that I don't need any more than that and am satisfied.

SWEET TREATS

Oatmeal Fruit Balls

Source: Kristi Skiles-Hyllen

- 2 cup oats plus extra for rolling
- 1 teaspoon ground cinnamon
- 1 cup pitted dates that have been soaked for at least 4 hours prior
- 1 cup dried fruit (blueberries, cranberries, cherries, currants, raisins, etc.)
- 1/2 teaspoon grated lemon zest plus a squeeze of fresh lemon juice

Combine oats and cinnamon in the food processor, add dates and process to mix well. Add the berries, lemon zest, lemon juice and pulse to mix.

Roll the dough into small balls then roll in the leftover oats.

Place on a cookie sheet in the refrigerator. Refrigerate for up to 3 to 4 hours. Then store in a container and keep in refrigerator.

Coconut Date Cookies

- 6-7 dried pitted dates
- 1 cup rolled oats
- 2 cups whole wheat flour
- 1/2 cup shredded coconut
- 1/2 tablespoon cinnamon
- 1/4 tablespoon nutmeg
- 1/2 cup coconut oil, melt until just liquid
- 1/2 cup maple syrup

Soak dates in 1 cup of water for 30 minutes.

Preheat oven to 375 degrees.

Combine oats, flour, coconut, cinnamon and nutmeg in a bowl. Add oil and syrup and mix until all ingredients are moist. Form little balls and place on a lightly greased cookie sheet. Press cookies lightly so they do not roll off cookie sheet.

Bake for 10 minutes. Take out cookie sheet and flip cookies. Bake an additional 10 minutes.

No Bake Energy Bites

Source: gimmesomeoven.com

- 1 cup (dry) oatmeal (I used old-fashioned oats)
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flaxseed or wheat germ
- 1/2 cup chocolate chips (optional)
- 1/3 cup honey
- 1 tsp. vanilla extract

Stir all ingredients together in a medium bowl until thoroughly mixed. Let chill in the refrigerator for half an hour. Once chilled, roll into 1" balls or whatever size you would like. Store in an airtight container and keep refrigerated for up to 1 week.

Makes about 20-25 balls.

RESOURCES - SPIRITUAL

RELATIONAL NETWORK STEWARDSHIP WORKSHEET

List all your friends, coworkers, neighbors and relatives you relate to. Use multiple sheets.

Date is when you plan to invite your friend to take the next step in their spiritual journey.

For unbelievers or unknown status, share the gospel and your testimony or invite them to be part of a CHAT group or a Hope Second group. If you find they are a believer or they become a believer then challenge them to start a Second group and offer to coach them.

For believers, challenge them to start a Second group and offer to coach them. Encourage them to start a CHAT group as well. Have them fill out a Relational Network Stewardship worksheet and follow up with those listed on it.

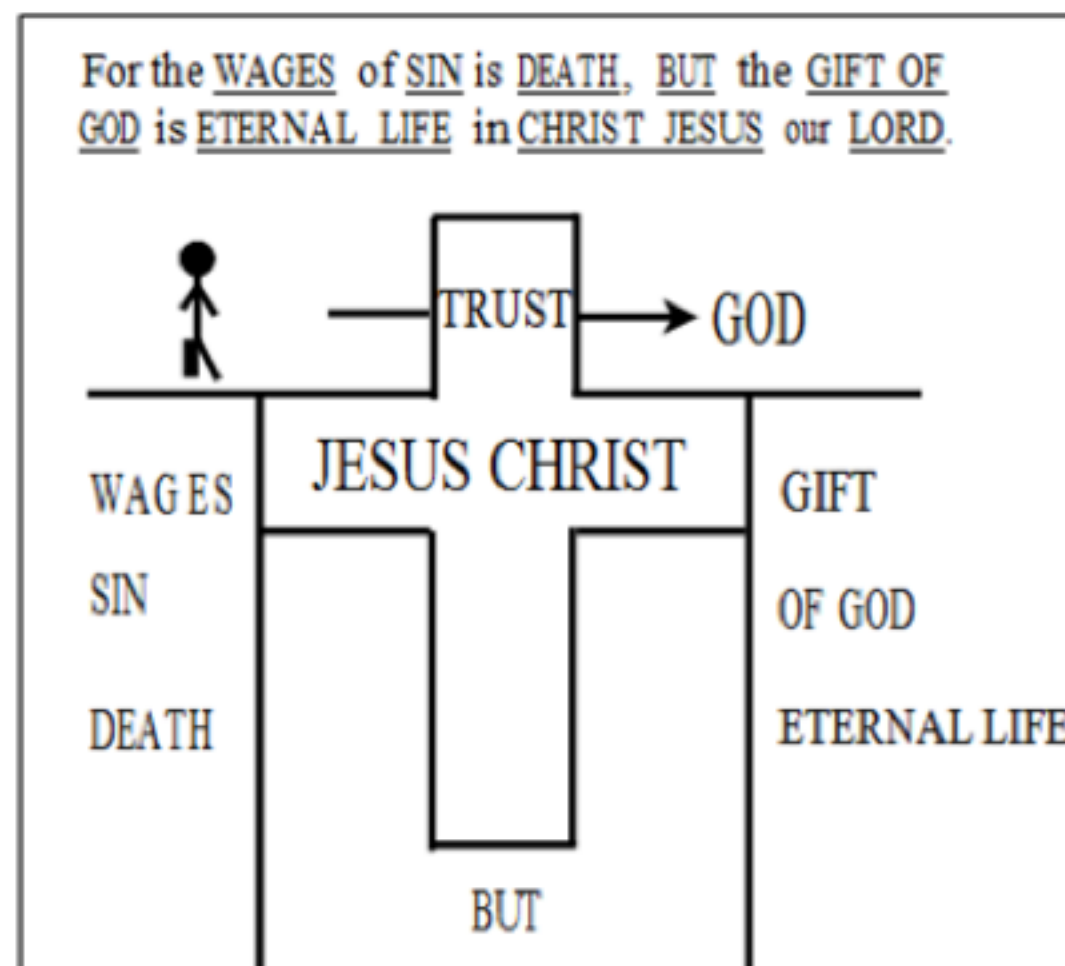
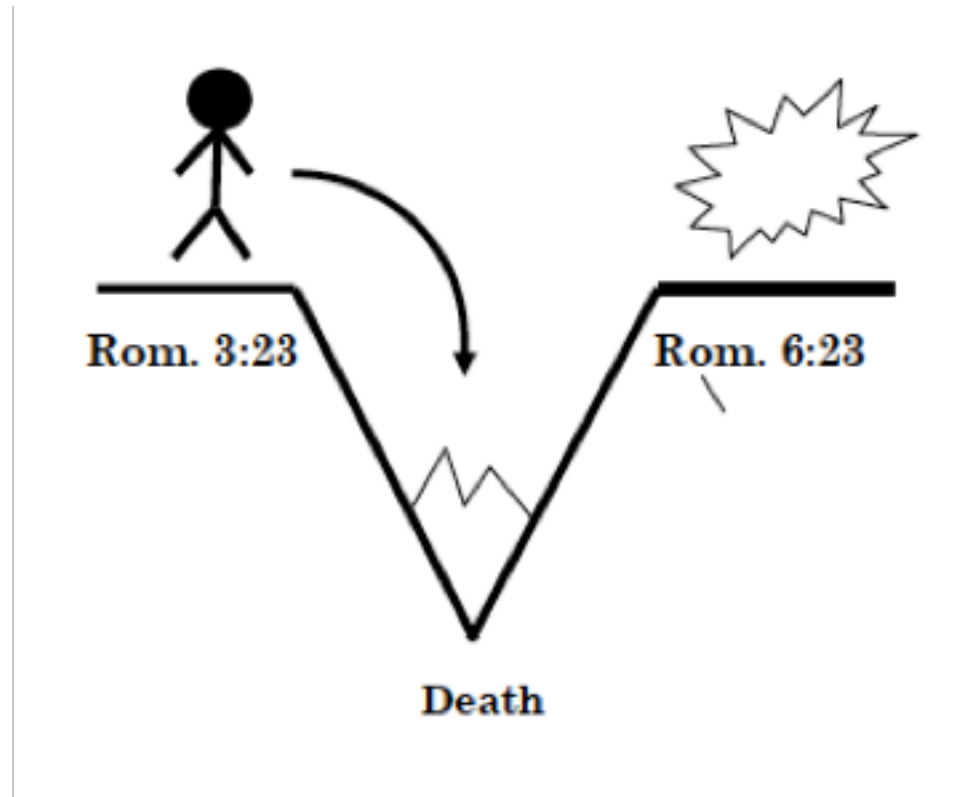
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In the beginning, God created a perfect world. He made man a part of His family. Man rebelled against God and brought sin and suffering into the world. This meant that man was separated from God's family.



God sent His son Jesus into the world to bring man back into relationship with Himself. Jesus lived a perfect life. He taught the people about God. He performed miraculous acts and healed many people to demonstrate God's love and power.



Despite the fact that Jesus lived a perfect life and therefore did not have to die, He chose to die on a cross as payment for our sins.



He was buried in a tomb. God saw Jesus' sacrifice for sins and accepted it. He demonstrated this by raising Him from the dead on the third day. So if we recognize Jesus as Lord (God) and that He died for our sins, repent of our sins and ask for His salvation then we are accepted back into God's family and He gives us His Holy Spirit to live in us.



Jesus stayed on earth for forty days after being raised from the dead. He taught His followers that through the power of the Holy Spirit they were to bring people from all over the world to be His followers as well, joining the family of God. Then He was taken up into heaven while His followers watched.



In the future He will return to punish His enemies, all those who do not follow Him, and to reign with His family forever.

Welcome to an incredible Christian health journey!

Total Transformation is a powerful 13-week curriculum designed and taught by 1 Body Ministries. Through this life changing program, 1 Body helps produce whole body health and wellness – for small groups and individuals alike.

The Total Transformation curriculum is comprised of three distinct Christian learning components : spiritual, nutritional and physical:

- Through the Spiritual lessons, you'll begin to know and experience God in ways that will change your outlook on life.
- Through the Nutritional and Physical lessons, you'll learn weight loss and management – all of the food and exercise secrets to creating more robust health.

To accomplish God's will in your life, we are going to build upon the three pillars: spiritual, nutritional and physical. Using this 13-week curriculum – and with our staff's coaching and encouragement – you'll now have the power to begin living the life that Christ has in store for you.

The Total Transformation curriculum was designed by and is enthusiastically taught by:



Lee Wood, a Pastor & Certified Personal Trainer
Katrina Sequenzia, a Registered Nurse and Certified Health Coach

Using our Bible-based approach to whole body health, the Total Transformation curriculum helps you become a greater blessing in your church and beyond. You'll become a change agent for abundance in your family as well as out in community!

For there is one body and one Spirit, just as you have been called to one glorious hope for the future. Ephesians 4:4 (NLT)

1 BODY MINISTRIES