

FIT 619

WELLNESS CLASS AT CROSSROADS

1 CORINTHIANS 6:19

INTRODUCTION

- **SIMPLE BUT EFFECTIVE**
- **SENSITIVE TO YOUR STRUGGLE, BUT WILLING TO MAKE YOU UNCOMFORTABLE**
- **WE ARE HERE TO HELP YOU!!**
- **UNDERSTAND YOUR DIFFERENCES**
- **EXAMPLES FROM SCRIPTURE ARE PARALLEL BUT NOT EQUIVALENT**
- **OUR GOAL IS NOT FOR YOU TO GET HEALTHY. THAT IS YOUR GOAL. OUR GOAL IS TO CONVINCEN YOU TO GET HEALTHY.**
- **THIS ISN'T A WEIGHT LOSS CLASS. IT IS TO ENCOURAGE A HEALTHY LIFESTYLE**

DEFINITIONS

- **DIET – YOUR STYLE OF EATING**
- **FAD DIET – DIETS THAT TEND TO BE RESTRICTIVE AND UNSUSTAINABLE**
- **FITNESS – EXERCISE IN ANY FORM**
- **HEALTH – YOUR DAILY PHYSICAL STATE OF BEING**
- **LIFESTYLE – A COMBINATION OF NUTRITION AND FITNESS**



THE WISE AND FOOLISH BUILDERS

- **THE PARABLE OF THE WISE AND FOOLISH BUILDERS**
 - **MATTHEW 7:24-27**
 - **THE FOOLISH MAN BUILT HIS HOUSE ON SAND**
 - **THE WISE MAN BUILT HIS HOUSE ON THE ROCK**

 - **ONE WAS IMPATIENT AND WANTED TO SEE RESULTS RIGHT AWAY**
 - **ONE KNEW HOW IMPORTANT IT WAS TO HAVE A SOLID FOUNDATION**

 - **WHEN THINGS GOT TOUGH THE WISE MAN'S HOUSE STOOD STRONG**
 - **THE FOOLISH MAN'S HOUSE COLLAPSED**



WHAT HAPPENS WHEN YOU DIG?

- **FIRST, YOU JUST DON'T WANT TO**
- **YOU GET DIRTY**
- **YOU GET TIRED**
- **YOU FEEL LIKE YOU ARE GOING BACKWARDS**
- **YOU MIGHT EVEN GET FRUSTRATED**
- **YOU END UP IN A HOLE**
- **BUT...YOU ESTABLISH A FIRM FOUNDATION**





WHICH ONE DESCRIBES YOUR TYPICAL N.Y.RESOLUTION



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BREAKING UP THE HARD GROUND

- **HOSEA 10:12**
- **BEFORE A FARMER SOWS SEED HE HAS TO PLOW THE HARD GROUND THAT HAS BEEN DORMANT FOR THE WINTER**
- **SOFT GROUND THAT HAS BEEN PLOWED IS BETTER ABLE TO RECEIVE THE SEED THAT IS PLANTED**
- **THE HARD GROUND REPRESENTS:**
 - **OUR PAST CHOICES AND ATTITUDES TOWARDS OUR HEALTH**
 - **MISCONCEPTIONS ABOUT HEALTHY LIFESTYLES THAT NEED TO BE ADDRESSED**
 - **EXAMPLE: “FEAR OF GOING TO THE GYM”**



WE ARE WEAK!

- **ROMANS CHAPTER 7**
- **WE STRUGGLE TO DO WHAT IS RIGHT, AND ARE INCLINED TO DO WHAT IS WRONG**
- **EVEN THE APOSTLE PAUL STRUGGLED GREATLY**
- **THE BATTLES WE GIVE IN TO LEAVE US FEELING DEFEATED**
- **THE BATTLE IS DAILY!**
- **THE ANSWER TO OUR PROBLEMS COME FROM WHO NOT WHAT**



OUR WEAKNESSES

- I GREW UP WITH MCDONALDS AND FRUIT LOOPS, OR SOMETHING SIMILAR
- I HAVE NEVER LEARNED ANYTHING ABOUT NUTRITION AND EXERCISE
- I KNOW I SHOULD EAT RIGHT AND EXERCISE BUT I JUST CAN'T FIND THE STRENGTH TO DO EITHER
- I HAVE A FEAR OF GOING TO THE GYM. OR AT LEAST FEEL UNCOMFORTABLE THERE
- I AM INTIMIDATED BY WHAT THE WORLD TELLS ME I SHOULD LOOK LIKE
- I HAVE NO IDEA WHAT HEALTHY FOODS TO BUY WHEN I GO TO THE STORE
- I HAVE NO IDEA WHAT I AM DOING AT THE GYM, OR WHEN EXERCISING
- I HAVE A HARD TIME BREAKING BAD HABITS
- MY LIFE IS TOO BUSY TO EXERCISE
- JUNK FOOD IS JUST TOO ACCESIBLE AND CHEAP

MY WEAKNESS – LOLOLOL!

- CHOCOLATE
- WORKING AT HOME AND HAVING ACCESS TO FOOD ALL DAY
- CREAMER IN MY COFFEE
- TRY TO STAY LEAN BUT BUILD MUSCLE
- PIZZA AND CHEESEBURGERS
- MY AGE
- JILL'S CHOCOLATE CHIP COOKIES, AMONG OTHER THINGS
- **COSTCO CAKE!!!**



GOD'S FIRST WORDS TO MANKIND

- **GOD'S FIRST WORDS TO ADAM WERE "YOU ARE FREE TO EAT!"**
- **OF ALL THINGS HE COULD HAVE SAID HE TALKS ABOUT FOOD**
- **GOD IS A GOD OF FREEDOM. EVERYTHING HE DIRECTS US TO DO POINTS US TO FREEDOM**
- **HE NEVER INTENDED FOR OUR DIETS TO BE RESTRICTED**
- **THE THINGS THAT WE ARE GIVEN FREEDOM TO DO ALSO BRING US FREEDOM WHEN WE DO THEM**



THE WORLD'S MESSAGE

- IT IS RESTRICTIVE
- IT TELLS US “DON'T DO THIS OR DON'T DO THAT.” SEE COLOSSIANS 2:21
- BEING RESTRICTED ACTUALLY HINDERS YOUR PROGRESS
 - **HAVE YOU EVER SEEN SOMEONE IN HANDCUFFS BEING PRODUCTIVE?**
- DIETS FAIL BECAUSE THEY CAN BE UNSUSTAINABLE
- DIETS LOOK GOOD ON THE SURFACE BUT MANY FAIL MISERABLY AT HELPING US TO REIGN IN OUR DESIRES
- DIETS DON'T ADDRESS DEEPER ISSUES
- DIETS RELY ON US BEING STRONG AND DISCIPLINED



THE DAILY STRUGGLE

- **AN ABUNDANCE OF POOR CHOICES EVERYWHERE**
 - **GROCERY STORES**
 - **FAST FOOD RESTAURANTS ON EVERY CORNER**
 - **GAS STATIONS**
- **ADVERTISING**
 - **WE ARE BOMBARDED WITH FALSE MESSAGES ABOUT FOOD**
- **BUSY LIFESTYLES**
- **PORTION SIZES ARE OUT OF CONTROL**
- **UNREALISTIC IMAGES OF WHAT WE SHOULD LOOK LIKE**
- **THE DAUNTING CHALLENGE OF GETTING STARTED**



WHAT TO DO?

- START LOOKING AT THE PURPOSE OF FOOD DIFFERENTLY
- 1 CORINTHIANS 6:12 “Everything is permissible for me,” but not everything is beneficial. “Everything is permissible for me,” but I will not be mastered by anything.”
- WHEN IT COMES TO EATING WE ARE FREE TO EAT WHATEVER, BUT NOT EVERYTHING WE EAT BENEFITS US
- THE BIBLE TELLS US TO NOT USE OUR FREEDOM TO INDULGE THE FLESH
- WE MUST UNDERSTAND THAT THOUGH WE ARE FREE TO EAT, WE MIGHT SUFFER THE CONSEQUENCES OF POOR CHOICES



NUTRIBULLET

1000 WATT MOTOR
18 SPEEDS
1.75 LITER
NUTRIBULLET

TAKEAWAYS

- **BUILD YOUR LIFESTYLE ON A SOLID FOUNDATION**
 - **GAIN KNOWLEDGE OF WHAT IS GOOD AND WHAT IS NOT**
- **RECOGNIZE YOUR AREAS OF WEAKNESS AND BEGIN TO WORK ON CHECKING THEM OFF YOUR LIST**
- **UNDERSTAND THE FREEDOM (PHYSICALLY) THAT COMES WITH AND FROM YOUR DIET**
- **ESTABLISH A DIET AND LIFESTYLE THAT GIVES YOU FREEDOM BUT DON'T BECOME A SLAVE TO YOUR LIFESTYLE**
- **BE REALISTIC**

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