

Body and Spirit

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King James Version New King James Version of The Holy Bible used.
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Note from the author-

Body and Spirit is a book that uses both science and The Word to help one live a balanced healthy life, in both body and spirit.

Oftentimes, when one is tired, lonely, angry or stressed, food is the chosen means by which to cope. Yet in the end, an honest glance in the mirror reveals that this choice has brought more harm than good.

Dealing with problems in any way other than the way that God states in His Word is sin. James 4:17 says, Therefore to him that knoweth to do good, and doeth it not, to him it is sin.

The precious church of God, bought and paid for by the blood of Jesus Christ, has learned how to mask so many things, except obesity: it can be excused but not masked. But there is hope! The same power that raised Jesus up from the dead is working in and through His children who live that crucified life. He empowers us to not respond according to our emotions but according to The Word of God.

If you have had enough of trying to get victory in your own power, then you may be ready to go on this journey; it's one that is good for both body and spirit. We will focus on the fine art of feeding and listening to The Spirit

For the gospel's sake,

A handwritten signature in black ink, appearing to be 'aDe'.

I Corinthians 9:23

Today
is
another
opportunity
to
get
it
right!

LISTEN *for*

God's
VOICE

in everything you do
& everywhere you go

HE IS

the **ONE**

that will keep you
on track. Proverbs 3:6

PREPARATIONS
for
Victory!

Something to Chew On

In my regular Bible reading for the day, part of the reading was in Genesis 3. We all know the story when the serpent deceived Eve. Afterward, The Lord walked in the garden looking for them and they had to admit what they had done.

Verse thirteen says: *Then The LORD God said to the woman, What is this you have done? The woman said, The serpent deceived me, and I ate.*

Oh my! I have taken that verse figuratively so many times, as just sin. But this morning it hit me that the sin can be the serpent deceiving me into eating!

Come on, you know you are impatient waiting .. here, eat a peanut butter sandwich while you wait. or.. You were so good to get out and walk today. Reward yourself with a Snickers.

Satan, you are a deceiver, but you are under my feet! With God as my strength I will resist your tricks!

Ruth Hogan
Body and Spirit member



1Corinthians 10:13

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Transformation Station

Text

1Corinthians 6

12 All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.

13 Meats for the belly, and the belly for meats: but God shall destroy both it and them. Now the body is not for fornication, but for the Lord; and the Lord for the body. {Meats: not flesh only, but food of any kind}

14 And God hath both raised up The Lord, and will also raise up us by his own power.

15 Know ye not that your bodies are the members of Christ? shall I then take the members of Christ, and make them the members of an harlot? God forbid.

16 What? know ye not that he which is joined to an harlot is one body? for two, saith he, shall be one flesh.

17 But he that is joined unto The Lord is one spirit.

18 Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.

19 What? know ye not that your body is the temple of The Holy Ghost which is in you, which ye have of God, and ye are not your own?

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.





Preparations for Victory

The Polishing

Discussion:

Psalm 144: 12 says: *..that our daughters may be as corner stones, polished after the similitude of a palace.*

What does it mean to be polished? How does one get polished? The word *polish* is a verb, so it requires

Notice the photo. Describe your first impression if you were to walk into this room.



Above: Catherine Palace Interior, Russia

Questions for thought

1. Why does one take the time to polish something?
2. What does polishing do?
3. What is the process of being polished?
4. Do you think, if the item were human, that it would like the process?
5. What is the goal of polishing?



Time to clean out the cupboard!

This cupboard, however, is the cupboard of your heart and mind. One often eats, not out of hunger, but because something is eating at them. To do this, one must unplug from everything else and be still.

And then-

- Make sure that there is no static in the line between you and God. (confess any known sin that would block this communication.)
- Ask Him if there is any root of bitterness or unforgiveness in your heart towards anyone, including yourself.
- Don't disconnect..
- Be still
- Listen
- If anyone comes to mind, anyone; husband, child, friend neighbor, enemy.. (Let God be true and every man a liar.) repent immediately. Get it all under the blood and then proceed with other preparations for victory,

The Unforgiving Spirit

There's nothing so cruel as
unforgiveness,
Because the hatred it stirs is
merciless;
The vengeance it seeks is
pitiless
And the captive it holds is
powerless.

Love covers a multitude of sins.
DD

Proverbs 28:13

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

POWER
for
Victory!

Something to Chew On

Grasshopper Wisdom

His toothless smile revealed that this little grasshopper was all of six years old. In his six-year-old mind, his legs could already hop higher than the stars, so why, he wondered, did he need to hop to the nearby park? *It would be quicker to drive.* he stated with hopes of ease in his journey.

Little Grasshopper, his Gramma began, *it is good to hop. It will build the muscles in your legs for a time when you will need to hop higher and farther.*

It was with a sigh that he kept hopping, to the best of a six-year old's ability. Gramma Hopper, who slowed her pace down to stay in step with him, knew that he would do well, for he never stopped to complain or whine; he just kept hopping.

In time, this little grasshopper understood that joy is not found just in the destination; it is in the journey, and the journey requires strong little grasshopper legs.

God could do all the work for His children and get us to our goal weight overnight, without a doubt. But we need those strong little grasshopper legs to enjoy the journey. What He does instead, is slow His pace down to walk with us and instruct us along the way, encouraging us to give Him strength.

Try, little grasshoppers, try.

Psalm 96:7 *Give unto The LORD, O ye kindreds of the people, give unto The LORD glory and strength.*

Transformation Station

Text- Psalm 144

1 A Psalm of David. Blessed be The LORD my strength, which teacheth my hands to war, and my fingers to fight:

2 My goodness, and my fortress; my high tower, and my deliverer; my shield, and He in whom I trust; who subdueth my people under me.

3 LORD, what is man, that Thou takest knowledge of him! or the son of man, that thou makest account of him!

4 Man is like to vanity: his days are as a shadow that passeth away.

5 Bow Thy heavens, O LORD, and come down: touch the mountains, and they shall smoke.

6 Cast forth lightning, and scatter them: shoot out thine arrows, and destroy them.

7 Send thine hand from above; rid me, and deliver me out of great waters, from the hand of strange children;

8 Whose mouth speaketh vanity, and their right hand is a right hand of falsehood.

9 ¶ I will sing a new song unto Thee, O God: upon a psaltery and an instrument of ten strings will I sing praises unto Thee.

10 It is He that giveth salvation unto kings: who delivereth David His servant from the hurtful sword.

11 Rid me, and deliver me from the hand of strange children, whose mouth speaketh vanity, and their right hand is a right hand of falsehood:

*12 That our sons may be as plants grown up in their youth; that our daughters may be as corner stones, **polished after the similitude of a palace:***

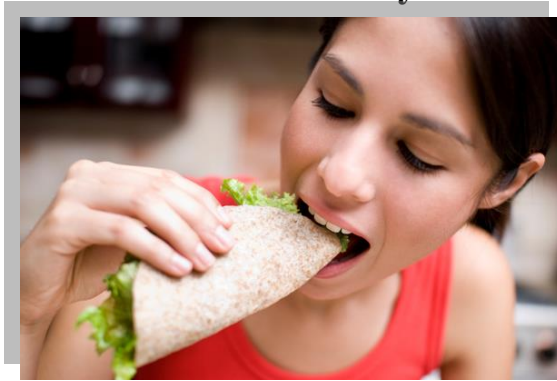
13 That our garners may be full, affording all manner of store: that our sheep may bring forth thousands and ten thousands in our streets:

14 That our oxen may be strong to labour; that there be no breaking in, nor going out; that there be no complaining in our streets.

15 Happy is that people, that is in such a case: yea, happy is that people, whose God is The LORD.

What
we *see*
affects
what
we
want,
which
affects
what
we
choose,
which
affects
what
we
eat.

Power for Victory



Psalm 144:1

A Psalm of David. Blessed be The LORD my strength, which teacheth my hands to war, and my fingers to fight:

This psalm was penned by King David, a man after God's own heart. He endured many battles, including battles of his flesh.

According to Psalm 144:1-

Blessed be The LORD my strength, which teacheth my hands to war, and my fingers to fight: Psalm 144:1

Who was the source of his strength?

What then can be said for the times in which he failed? _____

What did The Lord teach David? (Ps. 144:1)

1. _____
2. _____

In battles of any kind, one needs to know and recognize the enemy. What or who are the enemies of living a healthy life? _____



According to Ephesians 6:12, who does the believer fight against? _____

Ephesians 6:12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

From mind to hand,
from hand mouth.

John 4:24 *God is a Spirit: and they that worship Him must worship Him in spirit and in truth.*

According to the above verse, God is a _____

Romans 6:13 *Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.*

To whom is the believer to yield himself? _____

2Corinthians 10:4 *For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;*

What kind of weapons does God give His people? _____

I Corinthians 6

19 *What? know ye not that your body is the temple of The Holy Ghost which is in you, which ye have of God, and ye are not your own?*

20 *For ye are bought with a price: therefore glorify God in your **body**, and in your **spirit**, which are God's.*

What does the following statement mean? *Ye are not your own*



My life is not just all about me.

Who will benefit from our healthy choices?

Creation

Genesis 1:31 *And God saw everything that He had made, and, behold, it was very good.*

God saw that His creation was _____.

Check all foods that are included in your daily diet, noting if they are natural or processed.

Food comparisons

Food	Natural	Processed
Bread		
Cereals		
cheese		
fruit		
vegetables		
milk		
meat		
carbohydrates		
fats		
whole grains/nuts		
misc.		

Note the colors, textures, tastes and nutritional value of natural versus processed foods.

Jesus loves me just as I am, but He loves me too much to leave me here.

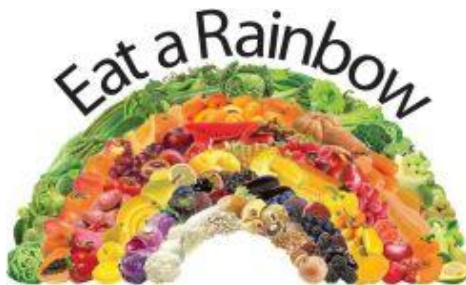
Glorify Him in body and spirit



Write out I Corinthians 6:20 in the space provided. This is ammunition that will be needed when temptation comes.

What was the price paid for our redemption?

Romans 12:1 and 2 says-



God has beautifully provided for all our needs.

I Think I Like Me Now

I think I like me now,
not that I have arrived,
but because of Jesus
Who took my cross and died.

I think I like me now.
Something of worth He saw
even before He set me free.
I hasten to answer His call.

I think I like me now,
because He hoped to see
that one day there would be more of Him
and so much less of me.

I think I like me now.
DD

The
JOY
of the LORD
is my strength!

Nehemiah 8:10

PROVISION
for
Victory!

Something to Chew On

Can I tell you something? I'm a peeker! Yes, I am. At Christmas, birthdays and any other time when there is something special waiting, unless I promise otherwise, I peek.

Dieting is no different. Something special awaits when effort is given to live a healthier life, eventually results will come. That is the science of healthy eating.

Well, I have put forth the effort for three days and, yes, I peeked! The scales did what they were designed to do, they revealed truth. I lost three pounds! All praise to The Lord! I will still use the weight that it shows on Friday, but I just had to peek.

Maybe the scales and I can be friends after all.

De



1Corinthians 2:9

But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him.

The Victorious Spirit

Spiritual battles require being filled with The Spirit.

Luke 24:49 *And, behold, I send the promise of My Father upon you: but tarry ye in the city of Jerusalem, until ye be **endued with power from on high.***

John 14:26 *But The Comforter, which is The Holy Ghost, whom The Father will send in My name, **He shall teach you all things, and bring all things to your remembrance,** whatsoever I have said unto you.*

Acts 1:8 *But ye shall receive **power,** after that The Holy Ghost is come upon you: **and ye shall be witnesses unto Me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.***

Ephesians 5:18 *And be not drunk with wine, wherein is excess; **but be filled with The Spirit;***

Ephesians 4:30 *And grieve not The Holy Spirit of God, whereby ye are sealed unto the day of redemption.*

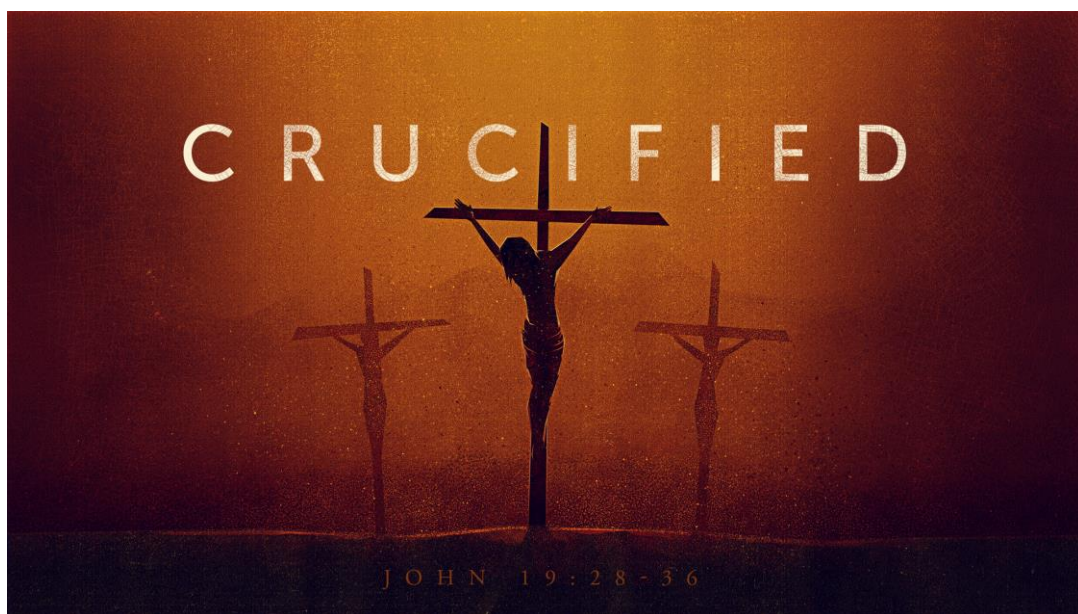
The disciples were told to wait for the promise of God. In what town were they told to wait? _____

What is the ministry of The Holy Spirit? _____

(John 14:26, Acts 1:8)

Being filled with The Spirit enabled the disciples to.. (Acts 1:8)

I Corinthians 6:19 Ye are not your own..



Write out Galatians 2:20

Alive bought blood dead body spirit God

Fill in the blanks using the words above.

We are to be _____ to self and _____ to Christ.

He _____ us with the _____ of His Son Jesus.

We are told in I Corinthians 6:20 to glorify Him in our _____ and in our _____ which belong to _____.

Transformation Station

Text- James 4

6 But He giveth more grace. Wherefore He saith, God resisteth the proud, but giveth grace unto the humble.

7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

8 Draw nigh to God, and He will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.

9 Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness.

10 Humble yourselves in the sight of The Lord, and He shall lift you up.

Isaiah 41

10 Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of My righteousness



Registered Nutritionists | Herbalists | Iridologists | Reflexologists

It is not a sin to be hungry.
Crucify the flesh!

Provision for Victory



In Isaiah 41:10 (page 29) what are the three things that God promised to do for His child?

What are the instructions to His child?

Each of His children qualify for victory because He is The One with the power.

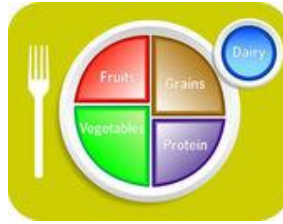
Write out Ephesians 3:20 and 21 and answer the questions that follow.

Who is The One able to do more than we can ask or think? _____

What is that power that works in us? _____

According to verse 21, where is He to be glorified? _____

Portion Controlled



Healthy living had gotten so careless that, instead of using self-control, I would overflow my bowl with cereal for breakfast and heap up a large scoop of potatoes with my supper, justifying this by telling myself, *Well, I walk.*

De, portion control, portion control! I scolded myself.
Sigh!

My mess is The Lord's mess, so He walks with me and instructs me on how to clean things up. In so doing, He spoke this verse to my heart a while back,

Lamentations 3:24 "

The LORD is my portion, saith my soul; therefore will I hope in Him.

My Portion.. hmm..

Yes, Lord, You are everything that I will ever need down here in this life. You feed me, You clothe me, You take care of me so well. Help me to allow You to be my Portion by being content with whatever food is served and by wanting large portions of only You!

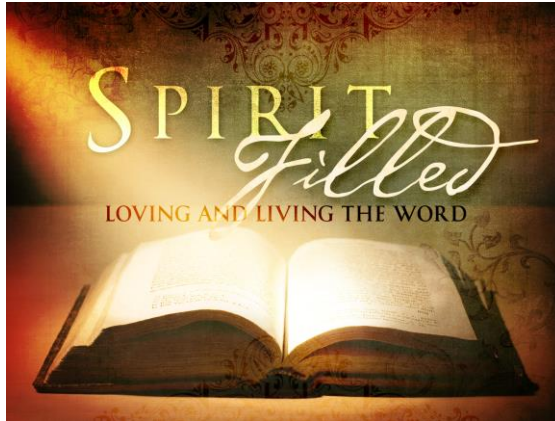
Your servant,

De

Set
your affection
on
things **above**,
not on
things
on
the **earth**.

Colossians 3:2

Invitation to a New Life



If you have had a time in your life when you repented of your sins and asked Christ to save you, The Holy Spirit lives within. He is what keeps you saved, or sealed. (According to Hebrews 13:5, He promises never to leave us.)

However, for Him to thrive, which means a victorious walk, you must feed Him and not quench Him by making ungodly choices.

The key to being filled with The Spirit is knowing The Word of God and allowing God to apply it to every nook and cranny of your everyday life.

Are you fully surrendered to God or when you came to Him, was it for only what would benefit you?

Selah

If you do not have The Holy Spirit living within, it is because you are without Christ. You can call upon Him now to save you from the penalty of sin. He will help you get victory after victory as you yield your body and spirit to Him.

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. John 3:16

Recommended tools for success



Be disciplined at least for the first 8 weeks by measuring food intake.

Use this same disciplined mind to exercise daily. If you're new to exercise, start with a 15 minute walk daily.



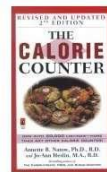
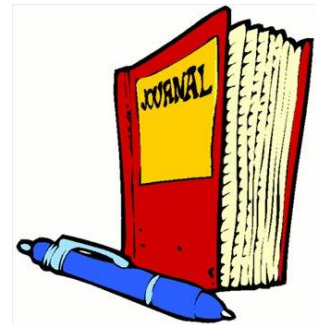
Drink plenty of water each day. Eight 8oz. bottles are recommended by Mayo Clinic.

Watch your salt intake. Weight yourself once a week.



Prepare for victory by preparing pre-measured healthy snacks and meals, before hunger comes. Use a calorie counting resource to know caloric value. Online counters work great and are free.

Journal food and water intake; victories, moods at the time of eating and overeating. Some of this information will be used in future discussions.



Dear Lord,



Recommended number of food servings per day

	Children			Teens		Adults			
	2-3	4-8	9-13	14-18 Years		19-50 Years		51+ Years	
	Girls and Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3



Battle Plan!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Milk & Milk Products	000	000	000	000	000	000	000
Vegetables	000	000	000	000	000	000	000
Fruits	00	00	00	00	00	00	00
Grains	000000	000000	000000	000000	000000	000000	000000
Meat & Beans	00	00	00	00	00	00	00
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Evening Snack							

Daily water intake _____

Notes: _____

This chart can be used to document calorie intake, water intake and weekly weigh-ins.

Copy as many as needed and have it handy throughout the day.



I will praise The Lord!



Psalm 9:1

I will praise Thee, O LORD, with my whole heart; I will shew forth all Thy marvelous works.

Pages of praise!

Photos

..after!



Praise!

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