



Journal Focus—Get cha Mind Right—Introductory Week

Day 1—Face the Facts

Get out your scales, tape measure (and camera if you're brave). Get the complete "before" picture of yourself... weight, measurements (waist, abs, hips, arms, thighs), etc.

Record how you feel about what you just wrote, what you plan to do, and why this is a forward journey for you—no turning back.

Read how God answered Jacob's prayer for a successful journey. Gen 24. Pray for success on your journey.

"Today ... I prayed: Lord, God of my master Abraham, if only You will make my journey successful!" Gn 24:42

Day 4—Imagine

Imagine yourself as the fit person you want to be.

What do you see?

Give details.

"Do you not know that your bodies are temples of the Holy Spirit, who is in you...? You are not your own; you were bought at a price. Therefore honor God with your bodies." 1 Cor 6:19-20

Day 2—No Excuses

Make 2 columns on your page. On the left side of your page list past excuses for not living a healthy life style. Beside each excuse write a new solution of how you plan to handle that excuse this time.

Read Matthew 19:16-28. Jesus was asking the rich man to give up the one thing that he valued more than God. It was hard and he decided he couldn't do it. He was right he couldn't do it on his own. Aren't you glad we don't have to do hard things, like get fit and healthy, all alone?

"With men this is impossible, but with God all things are possible." Mt 19:26

Day 5—They Count on Me

Answer the following...

Who in my life counts on me and in what way?

How would it hurt them for me to be unhealthy?

Would I be of more value to them, myself or to God's service if my health was improved and maintained? In what way?

"For we are His creation, created in Christ Jesus for good works, which God prepared ahead of time so that we should walk in them." Eph 2:10

Day 3—To Your Health

List as many health benefits as you can of a fit lifestyle. Google it. Research it. Dig deep to find as many as you can that would relate to your life.

Read your list. How would your life be different (right now and in your future) if you could claim all these health benefits as your own?

"...in all these things we are more than victorious through Him who loved us." Romans 8:37

Week End Wrap Up

You are God's creation and His child. You are valuable to Him just because. He loves you exactly the way you are. However, he wants the best for you.

Read Matthew 7:7-12. Just like we want the best for our children, God wants the best for us. Do you believe that statement?

Do you want the best for you? Are you ready to do what is best for a healthy you? Have you committed to Operation Fit at any level?

"If you then...know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask Him!" Mt 7:11