



Journal Focus—Detoxing the Mind—Week #1

Day 1—Face the Mirror

Look at your body in the mirror. Write down the first few things that pop in your head about your body.

Thinking about what you just wrote, read Ephesians 4:29 below. Was your self-talk beneficial to you? Did it build you up?

If not, try again. Look in the mirror and list some positive thoughts about your body. Focus on the positive this week!!

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Eph 4:29

Day 4—Our Battle

Read Matthew 4:1-11. Like Eve, Jesus was tempted with food. But unlike Eve, he was tempted right after a fast and when he was hungry. (We all know how hard it is to pass up food temptations when we are hungry!) But unlike Eve, he did not succumb.

How did He battle? He used God's Word! Have you ever applied that to your get fit strategy? I have given you a few of my favorite scriptures within your journal guide this last couple of weeks. Try memorizing or posting in a few strategic places around your home (mirror, pantry, fridge).

"I have hidden your word in my heart that I might not sin against you." Psalm 119:11

Day 2—Forget It!

Many of us have started and stopped this journey many times over. We've had victories, only to lose sight of them and have to start over. It is easy to feel like we've failed before, will fail again and shouldn't try.

Well the time has come to forget it. You've lived. You've learned. Now let's move on. You were not created to live in defeat.

Read Isaiah 43:14-19 in its entirety. How does the phrase "I am doing a new thing, Now it springs up" make you feel?

"Forget the former things; do not dwell on the past. See, I am doing a new thing!" Is 43:18-19

Day 5—The Positive

Are you following through with Day One's commitment to focus on the positive this week? Or have you subjected your mind to negative self talk? Today we are going to re-focus on the positive—accentuate even.

Make a list of several things that you like about yourself (your whole being and existence not just your body like in day 1).

Dwell on these things today and thank God for the "you" He made and designed.

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful" Ps 139:13-14

Day 3—In Weakness

Read Genesis 3:1-7.

Am I the only one that finds it ironic that Eve was tempted with food—and failed? That just proves that women have been dealing with food temptations since creation!

Have you, like Eve, been tempted this week with food that was "pleasing to the eye"? Write a short account in your journal on how you handled the temptation. How do you feel about how you had handled it? How do you hope to handle it next time?

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." ... For when I am weak, then I am strong. 2 Cor 12:9-10

Week End Wrap Up

Review this week and evaluate how you did with the strict detox (of the body and mind). It was a hard week but hopefully it reprogrammed your mind and body to get serious about getting fit and eating right.

Keep the positive vibe flowing. Keep your food clean (but go ahead and add back in the low fat dairy, eggs, whole grain breads and lean animal proteins back into your diet)

Next week we will focus on food awareness. Use your journal this weekend to brainstorm some healthy options and plan some meals.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." Romans 12:2