



the core

JOURNAL FOCUS – WEEK #4

Day 1—Humble Yourself

Today let's take the focus off of our own strength and our own self-discipline. Sometimes the pride of thinking it is all on us will cause us to fall. Let's humble ourselves and admit we are not in this alone. Use your journal to name others that are helping you along this journey and how you depend on them. You might want to consider thanking them for their help and encouragement as well as looking for others that you can help.

"If you think you are standing strong, be careful not to fall"
1 Corinthians 10:12

Day 2—Perspective

Think of some instances when you were in a social gathering or a family meal and everyone else was eating anything they wanted but you felt deprived. Describe how you felt. Do you think it is harder for you to eat right than for other healthy people? Why? Have you ever considered the fact that maybe they struggle too or with different temptations?

Temptations are real for everyone and come in many different forms. Some on this journey are tempted by unhealthy food. Others are tempted not to exercise. Others are tempted to not plan and therefore leave the results to chance. Others are tempted to give up and just quit or to never try. Our verse today tells us that our temptations are no different than anyone else's. Do you believe that? You're not the only one who is tempted. Would you trade your food issues and temptations with someone else's drug or alcohol temptations? It's good to keep it all in perspective when we are feeling sorry for ourselves.

"The temptations in your life are no different from what others experience."
1 Corinthians 10:13

Day 3—Faithfulness

Recall a time that you can say without a doubt that God was faithful to His word in your life. What was it and how did he work? Have there been numerous times? Based on the past, could you say that God has proven to be faithful? His word tells us that He will not allow the temptation to be more than we can stand. He is faithful and you can stand on that!

"And God is faithful. He will not allow the temptation to be more than you can stand."
1 Corinthians 10:13

Day 4—Way Out

Start looking for a way out of temptation before the temptation even arrives. Use your journal to list some different temptations that are most likely to come your way and plan (list) some escape routes. Don't forget to look for the way out when temptation arrives. It'll be there. You just have to find it.

"When you are tempted, he will show you a way out so that you can endure."
1 Corinthians 10:13



Day 5—American “Food” Idol

Could it be possible that you put your relationship with food before your relationship with God? If so, could food be considered an idol in your life? How does the thought of food being an idol make you feel?

Food is a necessary part of a healthy life. The worship of food is not.
Our goal should be to have a healthy relationship with food.

“So, my dear friends, flee from the worship of idols.”
1 Corinthians 10:14

Week End Wrap Up

CORE values to remember this week:

- You are not alone in this.
- You are not different from anyone else when it comes to struggles and temptations. We all have them and have to deal with them one way or another.
- This journey is hard but God is faithful and He is in control. He will uphold us in times of temptation and show us the way the out. Being aware of the way out is not enough; we have to take it.
- It is our choice on whether or not we will worship unhealthy food and give it a place of undue prominence and control in our life or whether we will enjoy the flavor and health benefits of good wholesome food that will build our bodies into the fit creatures that we want them to be.

“If you think you are standing strong, be careful not to fall. The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure. So, my dear friends, flee from the worship of idols.”
1 Corinthians 10:12-14