



JOURNAL FOCUS –RESISTANCE & BUILDING

Day 1—Dedication

Let's go back to a verse that we visited several weeks ago. Read the verse below and dwell on the thought of your body being a temple. Over the past few weeks we've been working on adding, or reinforcing, healthy habits to our lives that will help make our temples more honoring to God. Think back on your journey and note the positive changes that you have already made to improve your temple.

Take a moment to praise God for the strength that He has given you to make those changes and, if lead, dedicate these changes to Him. Let Him know that you could not have done it in your own power and that you want to continue on this journey as an offering of worship to Him.

"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—Sacrifice

We cannot continue on this journey as an offering to God, without considering the verse below from Romans 12. What comes to mind when reading this verse and thinking of yourself as a "living sacrifice"?

The first thing that comes to my mind is that a living sacrifice has the ability to continually crawl off the alter! I know I have. When you find yourself "off the alter", let me encourage you not to get discouraged and give up. Just get back up and crawl back on.

Think about how much more pleasing a living offering must be to God. He knows that we are choosing to be an offering even though we have the ability to climb off (and even stay off) the alter. Don't look at each "crawl off" as a defeat but at each "climb back on" as a triumph.

Does it make your fitness sacrifices any easier knowing that the sacrifice is not just for you but that they are a possible act of worship?

"Therefore, brothers, by the mercies of God, I urge you to present your bodies as a living sacrifice, holy and pleasing to God; this is your spiritual worship" Romans 12:1

Day 3—Rebuilding

Read Haggai 1:2-6. Keep in mind that God's people had returned from captivity in Babylon. Their temple was in ruin. Sound familiar? I know I've spent seasons in captivity only to return to find my temple in ruin and having to start this journey all over again. Verse 2 tells us that they had intentions of rebuilding the temple to honor God, they just had not started yet. These verses imply that they were waiting for a better time when they had more time and riches (when it was more convenient for them).

List any part of this fitness process of rebuilding your temple that you plan on doing but you have just been putting it off waiting on a better or more convenient time? What are you waiting for?

"Now, Lord, what do I wait for? My hope is in You." Psalm 39:7



Day 4—Priorities

Continuing with yesterday's text from Haggai, verses 3 & 4, ..." *The word of the Lord came through Haggai the prophet: 'Is it a time for you yourselves to live in your paneled houses, while this house lies in ruins?'*", we find that God's people were building up better houses for themselves instead on rebuilding God's temple. They were putting selfish, or worldly, desires before God's will. Keep in mind that anything we put before God becomes an idol as it takes God's position of first place in our lives.

In keeping with our theme this week on rebuilding the temple to honor God, what might you be putting before this task? What ways can you begin to rearrange priorities to put everything in its proper place?

"Or what agreement has the temple of God with idols? For we are the temple of the living God"
2 Corinthians 6:16

Day 5—Decision

Read Haggai 1:2-6 again and focus on verses 5 & 6. The Lord told His people to think carefully about their ways and then proceeded to remind them that they plant much but harvest little, they eat but are never satisfied, they earn money but never have enough, etc. Commentaries on this scripture suggest that they were neglecting God's temple in order to build up riches for themselves all the while God was punishing them for not following His will by not allowing them to collect riches. It was a vicious cycle that could only be remedied by putting God first.

Have you ever thought of your fitness struggles as possible obstacles that keep your mind distracted from putting God first in your life? What do you think would happen if we spent quiet time with Him before jumping on the scale first thing in the morning or rounding out our workout with a word of prayer and thanksgiving to Him? ...Or just simply putting Him first and let everything else just fall into place?

Is it that we just have too much to do to afford to take time out to pray and listen to God or that we have so much to do that we can't afford not to? We make this decision every day whether consciously or not.

"But seek first His kingdom and His righteousness, and all these things will be added to you."
Matthew 6:33

Weekend Wrap Up—Diligence

Don't be discouraged. It took 46 years to build the temple in the first place. It was built block by block and piece by piece. That is exactly how we build a body: one workout and one food choice at a time. Each workout and each healthy decision makes you stronger, in body and mind, and helps you resist the temptation to accept weakness and give up. It is a cycle. The harder you work, the stronger you will become so you can work harder. Let's re-build this temple. To quote the 6-million dollar man, "We can rebuild... we have the technology. We have the capability... Steve Austin (*insert your name here*) will be ... Better than he (*she*) was before. Better, stronger, faster."

Darius issued the decree below for the temple to be rebuilt. Let's do likewise and rebuild with diligence.
"... Let it be carried out diligently" Ezra 6:12



AT-HOME STRENGTH WORKOUT

- Warm up for 5-8 min and grab a set of dumbbells. 8-lbs are perfect for most but 5 or 10-lbs might work best for you.
- Do 10 repetitions of the following 8 exercises – in order with little to no rest between the exercises.
- Rest 1-2 minutes and repeat circuit 2-4 times (depending on your time availability and fitness level).
- You can do this strength training circuit 2-3 times a week on non-consecutive days.
- If done correctly, it should raise your heart rate and count toward some of your weekly cardio minutes.

1. Push Ups:



Ease it Up: do on knees or at an elevated surface (coffee table, counter or wall)



Ramp It Up: lower down slow and explode up fast –or – do with hands (or one hand) on a medicine ball or basketball

2. Squat and Press:



Ease it Up: do only the upper or lower body – or – do a partial range of motion

Ramp it Up: lower down slow and explode up fast – coming up on tippy toes or to a small hop

3. Bent Over Row:



Ease it Up: do one arm at a time while the other is supported on one knee (in a staggered stance)

Ramp it Up: use heavy weights – or – double / triple the

repetitions – the back is a big muscle and can handle it! Make sure you squeeze the back muscles around the spine at the top of the movement.

4. Burpees:



Ease it Up: use a bench or elevated surface for hands and/or walk feet back and up one at a time

Ramp it Up: add a small jump at the end

5. Dips:



Ease it Up: bring feet closer to the body

Ramp it Up: straighten legs and/or lift one leg to add to body weight

6. Walking Lunge with Bicep Curl:



Ease it Up: do only the upper or lower body

Ramp it Up: add 2-3 pulses with each lunge and curl

7. Seated Rear-Delt Raise:



Ease it Up: alternate one arm at a time

Ramp it Up: increase weight or the amount of repetitions

8. Plie Squat with Upright Row



Ease it Up: do only the upper or lower body

Ramp it Up: add 2-3 pulses with each squat and row