

WORDshop Week 1 – WHY are you doing this?

Every diet plan out there recommends that you establish your “why” before you start your weight loss and wellness journey. That is excellent advice, but it usually falls short because the “why’s” are not grounded in the Word, which is where every success is grounded.

When I finally decided, once and for all, to walk in health and wellness, I came up with a “why” - “This Time is Different”. It had to be, because I had already lost over 100 pounds four times in my life, then gained it all back, plus more! This time, I determined to look at everything that had been an obstacle in the past and turn it into opportunity. I was going to learn from what had tripped me up and somehow change things. However, my “why” is deeper than “This Time is different”. It is the answer to the question, “Why is this time different?” That is my true “why”, and the answer is found in the Word. My ultimate “why” can only be found in that context.

Colossians 2:20-23, *“You have died with Christ, and he has set you free from the spiritual powers of this world. So why do you keep on following the rules of the world, such as, “Don’t handle! Don’t taste! Don’t touch!”? Such rules are mere human teachings about things that deteriorate as we use them. These rules may seem wise because they require strong devotion, pious self-denial, and severe bodily discipline. But they provide no help in conquering a person’s evil desires.*

1 Corinthians 6:19-20, *“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. **So glorify God in your body.**”*

1 Peter 1:18-19 *“For you know that God paid a ransom to save you from the empty life you inherited from your ancestors. And it was not paid with mere gold or silver, which lose their value. It was the precious blood of Christ, the sinless, spotless Lamb of God.*

Romans 12:1-2, *“And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”*

1 Corinthians 10:31, *“So, whether you eat or drink, or whatever you do, **do all to the glory of God.**”*

This time is different because my “why” is to glorify God in my body and to eat and drink to the glory of God. When this became the foundation of my weight loss and wellness journey, things changed – I changed. When I got it into my heart and spirit that my body was not just mine, but was bought with a price – the precious blood of Jesus Christ – getting healthy became a different mission. Saying “no” to certain things and “yes” to others became a victory in a spiritual battle. God has a deeply vested interest in our bodies! Part of the atonement that was provided through Jesus was healing for our bodies.

In **Proverbs 3:5-8**, we are reminded that right relationship with God is life to our body and health to our bones! “Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do and he will show you which path to take. Don’t be impressed with your own wisdom. Instead, fear the LORD and turn away from evil. Then you will have healing for your body and strength for your bones.

Romans 12:1 urges us to submit our bodies as a living sacrifice, which is an act of worship and service to God. The things we do, with, and in our bodies are intended to be for His glory. Thankfully, what glorifies Him, benefits us. That is the beauty of how God designed fellowship with Him! Once I realized this, I began to position myself in such a way that the fruit of the Spirit could grow – especially self control.

When I looked at this battle with weight through this new lens, things began to come into focus like never before. As I applied the Word, my mind was renewed, and then transformation occurred. (Romans 12:1-2) It has been slow, VERY slow! I have had missteps and misunderstanding along the way, but it has been permanent change. Fear of going back to who I was, or gaining all of the weight back has been vanquished, because God has walked me through this process – confronting me and convicting me of the sins of gluttony and sloth, all while empowering me to change, and assuring me that I'm forgiven. That is the point of the Word!

2 Timothy 3:16 & 17, *“All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right. God uses it to prepare and equip his people to do every good work.”*

God's grace gives us the freedom to change. He will strengthen and encourage us in our journey, but we must take the steps. It is incumbent on us to respond to the Word and be obedient to it, not for God's benefit, but for our own. He's made provision for every need, but we have a part to play. Notice in 2 Timothy 3:17, the last word is “work”. We have work to do! God will not do it for us, but He will prepare us and equip us by His Word!

ENGAGE:

- ▶ What would each day look like if you treated your body like it was bought with the blood of Jesus Christ?
- ▶ How would you need to feed, move and rest your body to glorify God in it?
- ▶ What would you need to change in regard to your eating and drinking in order to do it to the glory of God?

APPLY: Reflect on what have been your biggest obstacles and hindrances to walking in health and wellness. Take some time to write them down and identify ways to overcome them. Think about how you can apply the Word to these areas. Maybe you are unsure or don't know enough of the Word yet, but make your list and we will address these things as we Explore the More.

The answers to these questions, along with anchoring your “why” in Christ/the Word, will begin to change your journey and your life! Come next week with a new why and actions to take based on glorifying God in this journey.

Additional Scriptures mentioned in the WORDshop:

Philippians 4:13, *“For I can do everything through Christ, who gives me strength.”* (NLT)

Matthew 6:31-33, *“Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33But seek first the kingdom of God and his righteousness, and all these things will be added to you.”* (ESV)

John 14:6, *“Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me.’”* (ESV)

John 16:13, *“When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.” (ESV)*

Psalms 119:105, *“Your word is a lamp to my feet and a light to my path.” (ESV)*

2 Corinthians 2:14, *“But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere.” (ESV)*

Romans 10:10, *“For with the heart one believes and is justified, and with the mouth one confesses and is saved.” (ESV)*

READ ALL OF ROMANS 8!

Psalms 103:1-5, *“Bless the LORD, O my soul, and all that is within me, bless his holy name! Bless the LORD, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle’s.” (ESV)*

Revelations 3:20, *“Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me.” (ESV)*

1 Timothy 4:3-5, *“who forbid marriage and require abstinence from foods that God created to be received with thanksgiving by those who believe and know the truth. 4For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, 5for it is made holy by the word of God and prayer.” (ESV)*