

## Stage Two Step One Week Two: Controlling our Actions ~ Bible Study

For the next two weeks we're going to work on controlling our portions. This requires self control. Let's look at the many different ways we might need to control ourselves.

### Proverbs 25:28

1. How does a city whose walls are broken down really compare to a person who has no self control?
2. In what ways has your life felt like a city whose walls are broken down?
3. How could having more self control help rebuild your walls?

### I Thessalonians 4:3-8

These verses obviously refer to control over sexual immorality, but for our discussion today, let's look at them without the references to that.

*It is God's will that you should be sanctified: . . . [4] that each of you should learn to control his own body in a way that is holy and honorable, . . . [7] For God did not call us to be impure, but to live a holy life. [8] Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.*

4. What does it mean to make your eating and fitness "holy & honorable?" Would you say that your eating and fitness regimen could be called "holy & honorable"?
5. What can this group do to help you be pure and/or holy in your eating and fitness?
6. What can you do in your own life to help your lifestyle become more holy and pure?

**Nutrition Tracker** Stage 2 Step 2 Week 2: Week of \_\_\_\_\_

OK, it's time to begin the journey. A walk from where you are now to a healthy lifestyle. For the next six weeks, counting calories will be important. We're going to retrain our bodies to eat within limits. Record everything you eat & add your daily total. Figure your calorie highs & lows on page Week 1-7 or online and write them here:

Between \_\_\_\_\_ & \_\_\_\_\_ calories per day.

	Food Eaten	Calories		Food Eaten	Calories
1			31		
2			32		
3			33		
4			34		
5			35		
6			36		
7			37		
8			38		
9			39		
10			40		
11			41		
12			42		
13			43		
14			44		
15			45		
16			46		
17			47		
18			48		
19			49		
20			50		
21			51		
22			52		
23			53		
24			54		
25			55		
26			56		
27			57		
28			58		
29			59		
30			60		

Stage 2 Step 2 Week 2 Continued: Week of \_\_\_\_\_

	<b>Food Eaten</b>	<b>Calories</b>		<b>Food Eaten</b>	<b>Calories</b>
61			91		
62			92		
63			93		
64			94		
65			95		
66			96		
67			97		
68			98		
69			99		
70			100		
71			101		
72			102		
73			103		
74			104		
75			105		
76			106		
77			107		
78			108		
79			109		
80			110		
81			111		
82			112		
83			113		
84			114		
85			115		
86			116		
87			117		
88			118		
89			119		
90			120		

# Tracking My Progress

# Stage 2 Step 2 Week 2

Dates: \_\_\_\_\_

Weigh In	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Avg/Wk	Points
(5 pts each day)									
Nutrition Tracker		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Points
Days I Track My Calories (1 point/day)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Days I was within my calories (1 pt/day)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spiritual Tracker (1 pt/mark)		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Points
My Spiritual Goal		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fitness Tracker (1 pt/mark)		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Points
My Fitness Goal		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Motivational Tracker (1 pt/mark)		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Points
My Motivational Goal		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Action Steps Completed		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	POINTS
Stage 2 Week 1 Goals		1 point for each mark!							
MEASURE MY SERVINGS		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Don't forget to track your average weight on the chart in the back of the booklet!

**Attending This Week's Meeting (5 points)** \_\_\_\_\_

**Action Step 1 Completed: (Buy or dig out your measuring cups) (5 points)** \_\_\_\_\_

**Action Step 3 Completed: (Create a Leftover Storage System) (5 points)** \_\_\_\_\_

**Reading this week's Articles (1 point each)** \_\_\_\_\_

*[http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=177](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=177)*

*[http://www.sparkpeople.com/resource/Nutrition\\_articles.asp?id=160&page=2](http://www.sparkpeople.com/resource/Nutrition_articles.asp?id=160&page=2)*

**Total Points to Report to my Group this Week** \_\_\_\_\_

**out of a possible 93 points**

**What I did best this week:**

**What I want to improve on next week:**

**I can't control my weight, but I can control what I eat!**

## Stage Two Step One Week Two Leader's Notes: Controlling our Actions

1. In Old Testament times an unfortified city was an invitation for the enemy to come in and destroy it. Broken walls were a guarantee that the city would have problems. Likewise, with no self control our lives are an open invitation for destructive behavior and problems. We need to remember we also have an enemy and lack of self control is like a hole in our defense that allows him to come in and destroy parts of our lives.
2. Be prepared to share
3. Self control blocks Satan's attacks. Even when we have lapses in our self control, developing this characteristic (also part of the fruit of the Spirit - Galations 5:22-23) will help us not only in our eating and healthy lifestyle, but as we develop self control in this area it will help us have self control in other areas. You might ask what self control does for self-esteem as a follow-up question. Because as we have more self control and see that we can overcome those things that use to control us, we will have more self-confidence.
4. To give more consideration to this question, you might ask what Jesus would say would be holy and honorable eating.
5. Encourage the group to be accountable to one another. This journey that the group is taking will be much easier if it's done together.
6. When we focus on Christ, it is much easier to live a holy and pure life. Regular spiritual disciplines like prayer, Bible Reading and Christian fellowship are just a few ways to help us keep our lives holy.

Encourage everyone to look at the Action Steps for Week One of this Stage. Everyone should measure portions for at least these first several weeks so they can begin to see exactly how much they SHOULD be eating. The measuring cups action step probably won't be too hard for anyone. The one I had most trouble with was "creating a leftover storage system" We don't cook, so we don't have leftovers. If they do eat leftovers, encourage them to find small single serving containers so that they can measure those servings and only thaw what they need instead of thawing everything and then feeling guilty if it doesn't get eaten. Another idea is to take everything they cook and put it in those leftover storage containers even before it's cooked (make mini-meatloafs for example) and freeze it raw. If they won't be using the left over storage system encourage them to familiarize themselves with the portion size guide included on the goal page. (in the first set of pages from the original book)

Point out the calorie calculator so group members will know where they need to be with calories. The calculator is also available in Excel format online at [www.sycamoretreechurch.com/caloriecounter.htm](http://www.sycamoretreechurch.com/caloriecounter.htm)

(If members of the group don't have access to a calorie list, they can still bring me a list of stuff they eat on a regular basis that don't have nutritional information.)