

Stage Two Step Four: Living Water ~ Bible Study

As you read this week's "Healthy Habit" article, you'll discover the importance of water in your diet. It's called the "cornerstone" of your diet. One of the interesting things about that is the number of times the word "water" appears in the Bible. 482 to be exact. Jesus called Himself the "Spring of Living Water" This week your nutrition goal will be to add water to your lifestyle. Perhaps you can make your spiritual goal to add water to your lifestyle also!

Read Jeremiah 2:13 & 17:13 & John 4:7-14

1. God called himself the "spring of living water" in the Old Testament. Why was this Samaritan, who claims (see vs. 20) she worshipped God, so confused when Jesus talked about "living water"?
2. What was she most focused on that may have made it difficult to really see what Jesus was saying?
3. What is it that tends to take your focus off of what Jesus might be trying to tell you?
4. The woman asked where the water came from, but Jesus never really answered, so where does it come from? (for a hint see John 7:38-39)
5. What can this "spring of water" do in our lives? How does it compare with a tall, cool glass of drinking water or a shower? To really compare, make a list of reasons you need water physically and write down a spiritual need that is similar and how the "spring of living water" fills this need.

1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____
9	_____	_____

6. What Spiritual Goal can you set for yourself this week to help you "drink" a few extra glasses of the "spring of living water" this week?

Healthy Diet Habits *Habit #4—Drink Water*

If you pick up one habit early on in your program that will make a major difference in your weight loss, this is it.

The list of benefits of water is so long, you'd think people were selling it as an 18th-century miracle tonic. There is evidence that fully hydrated bodies have higher metabolisms and can burn fat at a faster rate than thirsty, dry bodies. Water also helps you:

1. Digest food
2. Feel fuller
3. Look and feel fresher
4. Have more energy
5. Think more clearly

When you drink more water, and your body gets used to it, you ironically store less water. Seems that your body needs to trust that it'll continue to get plenty of the good stuff, otherwise it'll hold onto what little water it does receive. Less water means less weight. Early on, losing several pounds – even if it's water weight – can be a huge motivator.

A healthy diet should NOT rely on fluids to provide calorie or nutrient needs, but water is necessary for metabolism and normal physiological function. In fact, water is the only fluid that the body truly needs. How much water do you need? Most people need about 8 cups every day, but active people usually need to drink more. Remember that water can come from lots of different sources--even foods contain the water that your body needs!

Fresh fruits and veggies are tremendous sources of water. Fruit juices, milk, teas and decaf coffee also count. Watch out for caffeinated beverages. Caffeine can actually increase your need for more water; so a lot of caffeinated coffee or soda may do more harm than good.

Relying on thirst is not a good strategy. By the time the brain signals thirst, you're already dehydrated. If you're working out, by the time you're thirsty, your performance can drop 5-10%. The idea is to stay consistently hydrated for optimal performance and weight loss. Seesawing between hydration and thirst can hold you back. Again, your body needs to know that it'll get what it needs all the time; otherwise it'll store some back.

WATER TIPS

- Find the water bottles with pop tops. They're easier to carry around and use than twist-off caps.
- Keep a water bottle in the car.
- Take a water break instead of a smoke break at work.
- Have a rule with your water glass: once it's empty, it gets filled back up right away.
- Drink orange juice or eat fruit in the morning.
- Get two water bottles, one for work and one for home. Fill up one every day when you leave to go home, and fill up the other before you go to bed each night.
- Order water at restaurants instead of soda. Even if you have something else to drink, have water too.
- Weekends are the toughest, so be aware of your water and fluid intake throughout Saturday and Sunday. Keep more than one water bottle in the fridge so you always have a cold one.
- Follow the example of the SparkPeople member who put a water glass on her windowsill with 8 pennies on one side. Each time she filled up her glass and drank it, she moved a penny to the other side, until all the pennies were moved. Great reminder system!

Stage 2 Week 4 Action Steps

1. Day 1 drink 1 (8oz) cup of water; day 2 drink 2; day 3=3; and so on . . . Day 7 drink 7
2. Drink one of your cups of water first thing in the morning
3. Make sure you have a water bottle or water cup at home, at work and in the car

http://www.sparkpeople.com/myspark/stage_diet_strategies.asp?diet_stage=2&strategy_num=4

Water 101

Learn All the Ways to Get Your H2O -- By Zach Van Hart, Staff Writer

Everyone on the Atkins Diet, raise your hands. Everyone on the South Beach Diet, raise your hands. Everyone who counts calories, raise your hands. Everyone on the jelly bean diet, raise your hands.

What do you all have in common? Water. No matter if you eat zero carbs or 3 servings of beef jerky each day, water is the cornerstone of every diet.

Today, there is an abundance of ways to get your water. Tap water, mineral water, spring water, fitness water, water from bottles, water filters, water coolers, and the list goes on and on. What works? What's the difference between them? How much does it all cost? Here's some help.

Bottled water

It's becoming more and more popular, despite costing a dollar or two per bottle. There are typically two kinds of non-flavored water you can purchase – mineral and spring. And yes, there is a difference between the two. Spring water derives its name from the fact that it comes from underground water springs. It receives the same filtration treatment that all water receives, including tap water, but that's it. It is the more natural water and is typically characterized as tasting more refreshing.

Mineral water is spring water that goes through a chemical treatment process. This adds minerals to the water, but in exchange, causes water to lose some of its refreshing taste. The technical name for the added minerals is "Totally Dissolved Solids." If there are less than 250 mg/liter in the water, it's considered spring. Above 250 and it's mineral water. In fact there are three different levels of mineral water. The low mineral content is what's normally found in stores. Bottles of water typically go for \$1.25, or you can buy them in packs of 6 for \$5-6.

Another option is flavored water. Gatorade recently launched its own line of flavored fitness water, but there are many other options. These waters go through a similar process to mineral water, adding not only minerals and vitamin fortification, but also a hint of artificial flavoring. It's not much different than mineral water; its main attraction is for individuals who do not like the taste of plain water. Flavored water costs nearly the same as regular bottled water.

Filters

Water filters are a more economically sound purchase. Filters come in several forms; the most popular choices are a filtered water pitcher to be stored in your fridge, or an attachment to your sink faucet. The filters block several elements of tap water, including zinc, chlorine, copper, lead, sediment and other materials, up to 99 percent of each item that comes through your sink. (These additives come from the pipes they flow through, so they are not in bottled spring water). Filters can be purchased for anything from \$20 to \$60, and are great alternatives to buying bottled water all the time.

Water coolers

Thought these were only for the office? While they require a bit more maintenance than filters, water coolers are another alternative to bottled water. The cooling units are more expensive to buy up front, (the cheapest ones start at \$100) but in the long run, will save you money. Five-gallon jugs can be purchased for less than \$10 and they equate to 32 regular size bottles of water (20 ounces). Plus, companies will regularly bring you new jugs at your convenience.

The choice is yours, between bottled, flavored, filters or coolers; just make sure you're drinking 8-12 cups per day. Find out what works best for you and stick with it! It could be key to reaching your nutritional goals.

http://www.sparkpeople.com/resource/nutrition_articles.asp?id=195

Nutrition Tracker Stage 2 Week 4: Week of _____

Don't forget to track your calories and mark every day that you are between your limits and (♥) make a mark next to every food that is high in complex carbs or a fruit or vegetable.

My calorie limits: From _____ to _____

	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 Week 4 Continued: Week of _____

	Food Eaten	Calories	♥		Food Eaten	Calories	♥
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 Week 4

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"/>	<input type="checkbox"/>	
Days I was under 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"/>	<input type="checkbox"/>	
♥ 5 Servings of Good Carbs each day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
♥ 5 Servings of Veggies/Fruit each day	<input type="checkbox"/>	<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 (may change every wk)	<input type="checkbox"/>	<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
Motivational Goal (may change ea wk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fitness Tracker (from wk 3)		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Points
Stretch every day 10-15 min.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Alt Cardio/Strength Every Day		C	S	C	S	C	S		
Action Steps Completed		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	POINTS
Stage 2 Week 4 Goals	1 point for each glass of water & 1 point for each mark!								
# OF 8 OZ CUPS WATER/EQUIV	#	#	#	#	#	#	#	#	
1 CUP WATER/EQUIV FIRST THING	<input type="checkbox"/>	<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) _____

Reading this week's Articles (1 point each) _____

*http://www.sparkpeople.com/myspark/stage_diet_strategies.asp?diet_stage=2&strategy_num=4
http://www.sparkpeople.com/resource/nutrition_articles.asp?id=195*

Put a water bottle at home, in car, at work (2 points per place) _____

Total Points to Report to my Group this Week _____

out of a possible 110+ points

What I did best this week:

What I want to improve on next week:

Stage 2 Step Four Week One Leader's Notes: Living Water

INTRO—Don't forget to ask about points and what's going good and bad with everyone's attempts to change their lifestyle.

1. Like most folks today, the Samaritans and even most Jews didn't know the scriptures. If they figure that out, you might ask, "why not"? Unfortunately for us they had an excuse, they had to rely on priests and older people to pass on the info, most of us have at least two Bibles in each household. So, after the group discovers what the Samaritan woman's excuse is, you might ask, "So what's our excuse for not knowing the scripture . . . Did anyone in your group know that God called himself, the "Spring of Living Water" in Jeremiah?
2. She was focused on getting water to drink and she couldn't seem to see past that.
3. We usually tend to focus on our most immediate needs and have a hard time getting past them.
4. The Holy Spirit brings the living water.
5. Jesus said the spring of water will "flow from within [us]" Below is a list of a few of my ideas to compare, but encourage the group to come up with others. I used the list on page 29 for help.

1 Refresh/Rehydrate	Holy Spirit refreshes our soul, gives joy
2 Digests our food	Holy Spirit helps us "digest" the Word of God
3 Feel Fuller	Holy Spirit gives us fuller life
4 Think Clearer	Holy Spirit helps us be less confused & gives direction
5 Gives Energy	Holy Spirit give us power
6 Cleaning	Holy Spirit cleanses our conscience when we accept Christ
7 Water exercise burns more calories w/less exertion	Holy Spirit makes the tough stuff seem easier
8	
9	

6. Encourage everyone to set a daily goal to help them really experience the "Living Water."

Examples:

Pray everyday to receive the Holy Spirit

Pray before reading scripture for a better understanding of Scripture

Pray daily for life direction

Pray to see the Power of the Holy Spirit

Write in a journal everyday listing the joys that Christ has given them that day, the tough stuff that seemed easier, etc.