

## Stage Two Week Five: Living on Purpose ~ Bible Study

Perhaps you've read Rick Warren's Book "The Purpose Driven Life." If not, I encourage you to pick it up. It will help you realize what you were put on this earth for. This week we're going to focus on "Eating on Purpose" so our study will kick off with a few verses reminding us that not only our eating should be on purpose, our entire living should be.

**Read Galatians 4:18:** *It is fine to be committed to something, if the purpose is good. And you shouldn't be committed only when I am with you. You should always be committed. (New International Reader's Version)*

**Read Philippians 2:13:** *God is working in you. He wants your plans and your acts to be in keeping with his good purpose. (New International Reader's Version)*

1. The Bible speaks often of purpose. The more we read scripture, the more we discover God had/has a purpose in everything he did/does. The verse above from Galatians says that we should be committed to things with a good purpose. What things are you good at committing to or have a hard time committing to?
2. This week's theme is "Eating on Purpose." What do you think your purpose in eating should be?
3. What are some reasons that we eat that aren't in "keeping with God's good purpose?"
4. **Read 1 Corinthians 3:16** How does this verse put the purpose of your eating in perspective? How can remembering this verse help us with our eating habits.
5. The Message says: "*Form your purpose by asking for counsel, then carry it out using all the help you can get.*" (Proverbs 20:18) How can this group provide counsel and help you "form your purpose" as you change your attitude toward a healthy lifestyle?
6. This group's purpose is to give you "all the help you can get." What's the one thing you've discovered so far that you need help with? How can the group help you?

**Nutrition Tracker** Stage 2 Week 5: 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, low in fat or cholesterol, a non-fried protien 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 5 Continued: Week of \_\_\_\_\_

	<b>Food Eaten</b>	<b>Calories</b>	<b>♥</b>		<b>Food Eaten</b>	<b>Calories</b>	<b>♥</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 Week 5

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 checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Days I was under my calories (1 pt/day)		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
♥ 5 Servings of Good Carbs each day		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
♥ 5 Servings of Veggies/Fruit each day		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
# OF 8 OZ Cups of Water/Equiv		#	#	#	#	#	#	#	
Spiritual Tracker (1 pt/mark)		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Points
My Spiritual Goal (may change every wk)		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Motivational Tracker (1 pt/mark)		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Points
Motivational Goal (may change ea wk)		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Fitness Tracker (from wk 3)		Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Points
Stretch every day 10-15 min.		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" 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 5 Goals		1 point for each mark!							
EAT IN SAME PLACE EVERY DAY		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
RECORD & TRACK PURPOSE FOR EATING		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
PLAN MEALS AHEAD OF TIME		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" 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)** \_\_\_\_\_

**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 Five Week One Leader's Notes: Living on Purpose

Points . . . sharing

1. The verses are on the page today because I like the wording in those translations.
2. Our purpose in eating should be to build a healthy body, to be able to live healthier to do more for Christ.
3. Emotions, boredom, not to offend someone, to keep people company, are just a few
4. Hopefully by studying together and learning more about what is good for you, you can become healthier together. It's so much easier to do something hard when you have friends with you.
5. Our bodies are the temple of God. You might encourage conversation by asking some of these questions: Are we treating them as such? Not just in our eating, but what about fitness? Are our hearts healthy? What kinds of things does exercise and eating correctly do to make our temples more like a place worthy of Christ to dwell in?
6. Encourage everyone to ask for help where they need it. Perhaps brainstorm ways you can help each other. Maybe one person can call another each evening about the time the second person normally gets the munchies. Maybe set a time to exercise together. Be Creative

Go over this week's Action Steps. If anyone needs to substitute one this week try to make them commit to the new goal before they leave.