

Stage 1 Week 2: Have you been made new?

Hopefully this past week you've begun (if you haven't done it earlier in your Christian journey) to realize that you were hand crafted by God as a precious jewel, a valuable treasure. I pray if you remember one verse from last week, you'll remember that in Jeremiah God said He "loves you with an everlasting love. You are irreplaceable as far as your creator is concerned.

Our problem is that as somewhere in our life we've learned some habits that aren't healthy. We've kind of messed up what God created perfect. The good news is that Jesus came to make us just like new again. Stop and think about it. If you bought a fine watch and after many years it started gaining time, would you take it to any old jewelry repairman if the person who handcrafted it was available to make the adjustments. And especially if his services were free!

Let's take this week to look at having the Craftsman of our Lives helping us make the adjustments we need to live a full and abundant life in Him.

1. **Read Ephesians 4:17-24** - We're going to look at this scripture from the angle of healthy living, so let's reword the first three verses to relate more closely to a healthy/unhealthy lifestyle (without compromising the Word of God)

So I tell you this, and insist on it in the Lord, that you must no longer live as the _____ do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all _____, they have given themselves over to _____ so as to indulge in every kind of _____, with a continual _____ for more.

2. Make of list of futile "dieter" thinking? Which ones are you willing to give up?
3. In verse 23 Paul says to be make new in the attitude of your minds. What kind of attitude toward dieting and weight loss do you need to change so you are living to be healthy instead of being concentrating on losing weight?
4. How can a new attitude help you put on a "new self"?
5. Of all the changes you've talked about this meeting what one thing can you adapt to your new healthy lifestyle?

Track Your Food

Don't forget to list EVERYTHING. A ham sandwich for example would be listed as 2 oz. of ham, 1 oz. cheese, 1 T. mayo, 3 pieces of lettuce, 2 slices of bread, etc.

Stage 1 Week 2: Week of _____

	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 1 Week 2 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 1 Week 2

Dates: _____

Weigh In (5 points for each day you weigh in)								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Average for the week	Points

My Fast Break Goals	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	POINTS
STAGE 1 WEEK 2	1 point for each mark!							
NUTRITION	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
FITNESS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
MOTIVATION	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
SPIRITUAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Days I Tracked What I Ate (5 Points per day)							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Points
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Attending Week 2 Meeting (5 Points) _____

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

http://www.sparkpeople.com/resource/nutrition_articles.asp?id=162

http://www.sparkpeople.com/resource/Motivation_articles.asp?id=620

Total Points to Report to my Group this Week _____
out of a possible 105 points

What I did best this week:

What I want to improve on next week:

Week 2 Leader's Notes: Have you been made new?

Begin by having everyone share their points, worst and best from the week before. Don't let anyone beat themselves up and try to discourage folks giving advice. Help them to only share their experience rather than try to fix anyone else. Anyone who made over 50 points (if they actually set goals that they weren't already doing) deserves kudos. That means they are doing tremendously better than they were doing last week and that's what counts! Not what they didn't do, but how they improved over last week.

1. Here are the things I thought of when I was imagining this study, but you and your group might have other words that would work as well.

*So I tell you this, and insist on it in the Lord, that you must no longer live as the **unsaved dieters** do, in the futility of their thinking. They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all **sense of what's healthy**, they have given themselves over to **whatever food is in front of them** so as to indulge in every kind of **unhealthy living**, with a continual **hunger** for more.*

2. Here's some starter ideas, but have the group come up with others "ideas" they've hung on to . .

Skipping meals will help

Laxatives

No Carbs

Lose 10 lbs in one week

Weight Loss Pills

3. This question will require your listening skills. Pay attention to what folks have said up till now and help them see some healthy attitudes toward eating. Help the group come to the conclusion that they need to have an attitude, not to diet, but to change their lifestyle.
4. By gradually changing lifestyle habits, we become new people.
5. Help each person come up with one thing. Encourage everyone to make it a challenge (something they aren't doing now), but something very attainable. The goal through this whole lifestyle change will be to make small changes one at a time until lives are completely transformed.