

To Do-ers List: Day 1, Love God



Day 1

To Do-ers List: Love God

*“37 Jesus said to him, “You shall love the LORD your God with all your heart, with all your soul, and with all your mind.’
38 This is the first and great commandment.” Matthew 22:37-38*

God is a list maker.

He made the greatest list known to mankind: The Ten Commandments. Immediately after giving His people the commandments, God reveals the Greatest Commandment. **Love God** with all your heart, soul, mind, and with all your strength. What is the heart of the Greatest Commandment? **Love**. More important than keeping a list of rules is a heart that beats with **Love** for **God**. The Greatest Commandment is the key to keeping all the other commandments.

Love God.

How do you act when you are in love with someone? You think of them constantly. You spend every moment possible in their presence. You can't wait to hear from them. You constantly listen for a text or call. You know their voice anywhere. You find ways to please them. You learn everything you can about your Love.



Loving God.

First on our **To Do-ers List** is **love God**. How will that look for you? How will you **love God** at work, at home, while running errands? How will you direct your thoughts God-ward? When will you be in His presence? How will you listen for His voice? What will you do to learn about Him?

Perhaps you feel anxious about today's **To Do-ers List** because you know you don't **love God** as you should. Talk to Him. Tell Him you are willing to love Him with all your heart, soul, mind and strength. He will change your heart. Don't wait for your feelings. Do the love thing.

[Right feelings follow right actions.](#)



[Tweet This](#)

For Today:

Spend a few moments in prayer. Ask God to help you love Him with all your heart. He will give you a new heart that beats only for Him. Look for ways to show your love for God in everything you do today.

Use the To-Doers List Study Guide or a journaling app to plan and journal your day.

- [To Do-ers List Study Guide PDF](#)
- [Days Lite: My Wonderful Life App](#) free app from App Store.

Below are a few resources to help you spend time with Him.

- [One Place](#)
- [Living Proof Ministries](#)
- [Joyce Meyer Ministries](#)

Don't forget to leave a comment in the comment section below or leave a comment on our private To Do-ers List Facebook page.

Love God.

Have a blessed day.

Mary Kane

all rights reserved.

copyright 2015.

Faith & Fit: Week 6, Lesson 2



We are so glad you have joined us for Week 6, Lesson 2 Make Three Meals of our journey to greater spiritual and physical health! Listed below is your Faith & Fit work for today. Please click on the links or the play buttons to access each resource! Remember to leave a comment about your experience at

the Speak Your Mind section at the bottom of the page. In Christ, we can grow stronger. Let's do it!

Everyday Faith Teaching Video:



Everyday Faith Bible Study

Please click on the link below to access Week6, Lesson 2.

[Week 6, Lesson2 Bible Study](#)



Everyday Fit Physical Challenge:

Week 6, Lesson 2

We are focusing on a simple exercise that almost everyone can do: **walking**. You can choose to walk indoors or outdoors. Weather permitting, my preference is to be outdoors enjoying the fresh air and sunshine (get that Vitamin D!). We will also give you options to supplement with some other types of exercise in Extra Fit for those who would like to.

For those of you who prefer to walk indoors, you can use a treadmill, or I would recommend Leslie Sansone's Walking DVDs. Her DVDs are available for purchase in stores like Target and

Walmart, on her website, for live streaming on Walk TV , and some for free on YouTube and on her site when you sign up (free) for her Walk Social Club.

One fun way to track your walking is to use a **pedometer** and aim for a certain number of steps per day. The American Heart Association recommends 10,000 steps each day. We will work up to that. Ten thousand steps is approximately 5 miles, but that is based on an average stride being 2.5 feet. Your total may differ from that based on the length of your stride.

Pedometers can be found in just about any sports or discount store and range in price from about \$10 to \$125 for more elaborate ones with additional features. I use a Fitbit to track my steps each day. It also tracks flights of stairs climbed, calories burned, miles walked, hours slept, and the time. It also allows me to set a silent, vibrating alarm. It syncs with an website, which includes many more features.

Basic Walking Guidelines

Begin your walk with a warm up. This basically means start walking slowly for a few minutes, giving your body time to warm up. Save any stretching for the end of your walk, as you should not stretch cold muscles. If you have body parts that are very tense and need to be stretched before your main walk, do your warm-up first and then stretch them. You should also still follow your walk with a stretch at the end.

The Walking Site has some wonderful stretches for walkers, and here is a link to their [stretching page](#).

As you are walking, walk tall, pull in your stomach and tighten your bottom.

When you have finished your exercise for the day, be sure to let the Faith and Fit group know by posting on our Facebook page. Great job!

Beginner Level Exercise:

For Day 13, we are going to set the goal of walking 2 miles or the rough equivalent of 4000 steps. If you wear a pedometer all day long, this is in addition to the total that is already showing on your pedometer. So, when it is time to log your walk, check your pedometer and note how many steps/miles you have already walked that day. Add 4000 steps or 2 miles to that total and begin walking. When you get to that total you may stop. If you are fairly fit and would rather choose the goal of two miles, then aim for 4000 steps on your pedometer or another 2 miles on the total. How have you done with your walking/exercising? If you have time, please go to our [Facebook page](#) and let us know what you have accomplished.

Let's change things up this week by adding weights to our walk.

You can do this a few different ways:

1. Purchase wrist weights that slip over your hands like bracelets.
2. Purchase small weights that you just hold in your hand.
3. Purchase weight gloves.

You can simply carry these weights while you are walking, or you can engage your muscles more by actually doing some presses or curls. See this one minute video to give you a few ideas for your next walk.

Experienced Level: Today make it your goal to walk for 60 minutes. Walk at a pace you are comfortable with and that your are able to carry on a conversation. By the end of your walk you should be sweaty and tired but not exhausted. As always, check with your doctor before beginning any physical workout to be sure you are up for the challenge!

For an extra challenge try jogging today! If you have never

jogged before set your goal for walk a half mile jog for a half mile. If you are an experienced jogger run your usual route and up it by a half mile! you can do it!

Lower Body Focus Day Six with Coach Dan!Let's do it!

Rainy Day? Too hot? No worries! click on the link below for a great indoor workout with Leslie Sansone!



[Five Fast Miles!](#)



Everyday Fit Food Challenge:

Make Three Meals

Today I'd like to share this link to a two-week [menu plan from Clean Eating Magazine](#). It's one of my favorite food magazines, and you can buy it at the grocery store, book store, or Whole Foods. This menu plan will take you through our last two weeks with its wonderful meals all planned out for you. Take a look – you're sure to see something you want to try. Keep up the good work, and let us know if you try any of these recipes.



Extra Faith:

Need a little extra spiritual challenge added to your day? Take advantage of the following resources!

Today I'd like to share a link I found for a free e-booklet from Stormie Omartian called [The Seven-Day Prayer Warrior Experience](#). I've recently downloaded it myself, so I haven't read it yet, but I've read several of her other prayer books and have loved them. I hope this encourages you in your prayer life and interceding for others!



Extra Fit

Need an extra challenge? Get your abs in shape with Team Beachbody Coach and Founder of Team Let's Go Fitness at Dan Vukmirovich. Dan's videos are short, effective and productive! Let's go!

Remember, we can do all things through Christ who strengthens us (Philippians 4:13). Keep up the good work and let us know about your progress on our [Facebook page](#).

Faith & Fit: Week 5, Lesson 2



We are so glad you have joined us for **Week 5, Lesson 2, Water Week**, of our journey to greater spiritual and physical health. Jane and I are praying God's peace and grace over you this day. Listed below is your Faith & Fit work for today. Please click on the links or the play buttons to access each resource. Remember to leave a comment about your experience at the Speak Your Mind section at the bottom of the page. In Christ, we can grow stronger. Let's do it!

Everyday Faith Teaching Video:



Everyday Faith Scripture Reading

To access Everyday Faith Scripture Reading for Day Twelve, please click the link below:

[Week 5, Lesson 2 Scripture Reading](#)



Everyday Fit Physical Challenge:

Water Week

For week 5 we have been focusing focus on a simple exercise that almost everyone can do: **walking**. You can choose to walk indoors or outdoors. Weather permitting, my preference is to be outdoors enjoying the fresh air and sunshine (get that Vitamin D!). We will also give you options to supplement with some other types of exercise in Extra Fit for those who would like to.

For those of you who prefer to walk indoors, you can use a treadmill, or I would recommend Leslie Sansone's Walking DVDs. Her DVDs are available for purchase in stores like Target and

Walmart, on her website, for live streaming on Walk TV , and some for free on her site when you sign up (free) for her Walk Social Club.

One fun way to track your walking is to use a **pedometer** and aim for a certain number of steps per day. The American Heart Association recommends 10,000 steps each day. We will work up to that. Ten thousand steps is approximately 5 miles, but that is based on an average stride being 2.5 feet. Your total may differ from that based on the length of your stride.

Pedometers can be found in just about any sports or discount store and range in price from about \$10 to \$125 for more elaborate ones with additional features. I use a Fitbit to track my steps each day. It also tracks flights of stairs climbed, calories burned, miles walked, hours slept, and the time. It also allows me to set a silent, vibrating alarm. It syncs with an website, which includes many more features.

Basic Walking Guidelines

Begin your walk with a warm up. This basically means start walking slowly for a few minutes, giving your body time to warm up. Save any stretching for the end of your walk, as you should not stretch cold muscles. If you have body parts that are very tense and need to be stretched before your main walk, do your warm-up first and then stretch them. You should also still follow your walk with a stretch at the end.

The Walking Site has some wonderful stretches for walkers, and here is a link to their [stretching page](#).

As you are walking, walk tall, pull in your stomach and tighten your bottom.

When you have finished your exercise for the day, be sure to let the Faith and Fit group know by posting on our Facebook page. Great job!

Beginner Level Exercise:

For the rest of this week, we are going to set the goal of walking 1.5 miles or the rough equivalent of 3000 steps. If you wear a pedometer all day long, this is in addition to the total that is already showing on your pedometer. So, when it is time to log your walk, check your pedometer and note how many steps/miles you have already walked that day. Add 3000 steps or 1.5 miles to that total and begin walking. When you get to that total you may stop. If you are fairly fit and would rather choose the goal of two miles, then aim for 4000 steps on your pedometer or another 2 miles on the total.

Experienced Level: Today make it your goal to walk for 60 minutes. Walk at a pace you are comfortable with and that you are able to carry on a conversation. By the end of your walk you should be sweaty and tired but not exhausted. As always, check with your doctor before beginning any physical workout to be sure you are up for the challenge!

For an extra challenge try jogging today! If you have never jogged before set your goal for walk a half mile jog for a half mile. If you are an experienced jogger run your usual route and up it by a half mile! you can do it!

Coach Dan has Day Five Lower Body Focus all ready for us! Let's do it! **Try this once every day.**

Rainy Day? Too hot? No worries! click on the link below for a great indoor workout with Leslie Sansone!



[Five Fast Miles!](#)



Everyday Fit Food Challenge:

Water Week

Today we will look at an article on [the importance of water during exercise](#). The page also links to several other articles on water as well. An important factor I want to point out is that if you are buying your water in plastic bottles, you need to be sure that the plastic is marked as being BPA-free. Here's an [article on BPA](#) so you understand the possible danger it presents.



Extra Faith:

Need a little extra spiritual challenge added to your day? Take advantage of the following resources!

I love this YouTube video by the Salvation Army on **prayer walking**. What a great idea for our Faith & Fit study!



Extra Fit

Need an extra challenge? Get your abs in shape with Team Beachbody Coach and Founder of Team Let's Go Fitness at Dan Vukmirovich. Dan's videos are short, effective and productive! Let's go! **Try these once every day.**

Remember to post on our [Facebook page](#) or at the bottom of this page!

Faith & Fit: Week 4, Lesson 2



We are so glad you have joined us for Week 4, Lesson 2 Take Your Time of our journey to greater spiritual and physical health. Listed below is your Faith & Fit work for today. Please click on the links or the play buttons to access each resource. Remember to leave a comment about your experience at the Speak Your Mind section at the bottom of the page. In Christ, we can grow stronger. Let's do it!

Everyday Faith Teaching Video:



Everyday Faith Bible Study

Please click on the link below to access Faith & Fit Scripture Reading!

[Week 4, Lesson 2 Bible Study](#)



Everyday Fit Physical Challenge:

Week 4, Lesson 2

This week we continue to focus on walking. You can choose to walk indoors or outdoors. Weather permitting, my preference is to be outdoors enjoying the fresh air and sunshine (get that Vitamin D!). We will also give you options to supplement with some other types of exercise in Extra Fit for those who would like to.

For those of you who prefer to walk indoors, you can use a treadmill, or I would recommend Leslie Sansone's Walking DVDs. Her DVDs are available for purchase in stores like Target and Walmart, on her website, for live streaming on Walk TV , and

some for free on her site when you sign up (free) for her Walk Social Club.

One fun way to track your walking is to use a **pedometer** and aim for a certain number of steps per day. The American Heart Association recommends 10,000 steps each day. We will work up to that. Ten thousand steps is approximately 5 miles, but that is based on an average stride being 2.5 feet. Your total may differ from that based on the length of your stride.

Pedometers can be found in just about any sports or discount store and range in price from about \$10 to \$125 for more elaborate ones with additional features. I use a Fitbit to track my steps each day. It also tracks flights of stairs climbed, calories burned, miles walked, hours slept, and the time. It also allows me to set a silent, vibrating alarm. It syncs with an website, which includes many more features.

Basic Walking Guidelines

Begin your walk with a warm up. This basically means start walking slowly for a few minutes, giving your body time to warm up. Save any stretching for the end of your walk, as you should not stretch cold muscles. If you have body parts that are very tense and need to be stretched before your main walk, do your warm-up first and then stretch them. You should also still follow your walk with a stretch at the end.

The Walking Site has some wonderful stretches for walkers, and here is a link to their [stretching page](#).

As you are walking, walk tall, pull in your stomach and tighten your bottom.

When you have finished your exercise for the day, be sure to let the Faith and Fit group know by posting on our Facebook page. Great job!

Beginner Level Exercise:

For Lesson 2, we are going to set the goal of walking 1.5

miles or the rough equivalent of 3000 steps. If you wear a pedometer all day long, this is in addition to the total that is already showing on your pedometer. So, when it is time to log your walk, check your pedometer and note how many steps/miles you have already walked that day. Add 3000 steps or 1.5 miles to that total and begin walking. When you get to that total you may stop. If you are fairly fit and would rather choose the goal of two miles, then aim for 4000 steps on your pedometer or another 2 miles on the total.

Experienced Level: Today make it your goal to walk for 60 minutes. Walk at a pace you are comfortable with and that your are able to carry on a conversation. By the end of your walk you should be sweaty and tired but not exhausted. As always, check with your doctor before beginning any physical workout to be sure you are up for the challenge!

For an extra challenge try jogging today! If you have never jogged before set your goal to walk a half mile and then jog for a half mile. If you are an experienced jogger run your usual route and up it by a half mile! you can do it! Please join Coach Dan for Day Four Lower Body Focus!

Rainy Day? Too hot? No worries! click on the link below for a great indoor workout with Leslie Sansone!



[Five Fast Miles!](#)



Everyday Fit Food Challenge:

Take Your Time

Today we are going to further explore **the importance of families regularly eating meals together**. It's so important for healthy relationships for families to interact with each other over shared meals. This website has some wonderful information on why it is important as well as lots of suggestions and resources on how to implement it with kids of all ages: [The FamilyDinnerProject.Org](http://TheFamilyDinnerProject.Org). Be sure to check out this site.

I'd also like to share a quick, nutritious main meal recipe for those busy days when there just isn't much time to fix a meal. I was inspired to try this from the precooked chickens that you can pick up at most grocery stores these days. This recipe couldn't be simpler.

Slow-cooker Chicken

1 whole free-range chicken

Olive oil

herbs and spices (I like garlic, rosemary, and thyme)

sea salt

1/4 cup water

Remove the neck and gizzards from the inside of the chicken if they are stuffed inside. Place the chicken (breast side up) in the slow cooker. Rub 1 or 2 tbsp. of olive oil around the

outside of the chicken and sprinkle with 1 tsp rosemary and 1 tsp thyme and sea salt to taste. Mince 1-2 cloves of garlic and rub that on the outside of the chicken. Pour the water around the edges of the cooker and cover. Cook on low for 8 hours or high for 4-5 hours. This makes a tender, juicy chicken.

This recipe is easy to customize. Instead of olive oil, use honey to coat the chicken and sprinkle with lemon pepper, garlic, and sea salt. Or try using just barbeque sauce for a tangy chicken. You can also add some whole red potatoes to the pot and they will cook right along with the chicken. Enjoy!



Extra Faith:

Need a little extra spiritual challenge added to your day? Take advantage of the following resources!

Today we are going to explore how to fast safely with a guide by CRU. Fasting is a discipline that has been used for thousands of years by Christians. The idea is to replace food with prayer; fasting is often used by people who need a spiritual or health breakthrough in their lives. If you have medical issues or are on medication, be sure to check with your doctor before attempting a fast. Keep in mind you can ease into fasting by trying the following fasts:

- Fasting for just one meal a day
- Fasting from desserts
- Fasting from social media, TV, etc.

If you have any tips on fasting, please share below or on our Facebook page.



Extra Fit

Need an extra challenge? Get your abs in shape with Team Beachbody Coach and Founder of Team Let's Go Fitness at Dan Vukmirovich. Dan's videos are short, effective and productive! Let's go!

Let us know how you're doing in this challenge. Be sure to post your comments, thoughts, recipes, prayer requests, and fitness tips on our [Facebook page!](#)

Faith & Fit: Week 1, Lesson 2



We are so glad you have joined us for Week 1, Lesson 2, on our journey to greater spiritual and physical health! Listed

below is your Faith & Fit work for today. Please click on the links or the play buttons to access each resource. Remember to leave a comment about your experience at the Speak Your Mind section at the bottom of the page or on our [Facebook page](#). In Christ, we can grow stronger! Let's do it!



Everyday Faith Teaching Video:



Everyday Faith Bible Study

Please click on the link below to access the Everyday Bible study!

[Week 1, Lesson 2 Bible Study](#)



Everyday Fit Physical Challenge:

Simple Sustenance Lesson 2 For these seven weeks, we are going to focus on a simple exercise that almost everyone can do: **walking**. You can choose to walk indoors or outdoors.

Weather permitting, my preference is to be outdoors enjoying the fresh air and sunshine (get that Vitamin D!). We will also give you options to supplement with some other types of exercise in Extra Fit for those who would like to. For those of you who prefer to walk indoors, you can use a treadmill, or I would recommend Leslie Sansone's Walking DVDs. Her DVDs are available for purchase in stores like Target and Walmart, on her website, for live streaming on Walk TV , and some for free on her site when you sign up (free) for her Walk Social Club. One fun way to track your walking is to use a **pedometer** and aim for a certain number of steps per day. The American Heart Association recommends 10,000 steps each day. We will work up to that. Ten thousand steps is approximately 5 miles, but that is based on an average stride being 2.5 feet. Your total may differ from that based on the length of your stride.

Pedometers can be found in just about any sports or discount store and range in price from about \$10 to \$125 for more elaborate ones with additional features. I use a Fitbit to track my steps each day. It also tracks flights of stairs climbed, calories burned, miles walked, hours slept, and the time. It also allows me to set a silent, vibrating alarm. It syncs with an website, which includes many more features. ***Update. After destroying two Fitbits in water, I switched to the Misfit Shine.** It operates differently than the Fitbit in that it takes into account other exercise than walking toward reaching your goal. It also tracks cycling, soccer, tennis, and swimming, basketball, and sleeping.

Basic Walking Guidelines Begin your walk with a warm up. This basically means start walking slowly for a few minutes, giving your body time to warm up. Save any stretching for the end of your walk, as you should not stretch cold muscles. If you have body parts that are very tense and need to be stretched before your main walk, do your warm-up first and then stretch them. You should also still follow your walk with a stretch at the end. The Walking Site has some wonderful stretches for

walkers, and here is a link to their [stretching page](#). As you are walking, walk tall, pull in your stomach and tighten your bottom. When you have finished your exercise for the day, be sure to let the Faith and Fit group know by posting on our Facebook page. Great job!

Beginner Level Exercise:

For Day 2 we will again set the goal of walking 1/2 mile or the rough equivalent of 1000 steps. If you wear a pedometer all day long, this is in addition to the total that is already showing on your pedometer. So, when it is time to log your walk, check your pedometer and note how many steps/miles you have already walked that day. Add 1000 steps or 1/2 mile to that total and begin walking. When you get to that total you may stop. If you are fairly fit and would rather choose the goal of one mile, then aim for 2000 steps on your pedometer or another 1 mile on the total: [Walking Program](#) Need an indoor exercise routine? Here's a Leslie Sansone 1-mile walking video!

Experienced Level: Today, make it your goal to walk or ride your bike for 45 minutes. Exercise at a pace you are comfortable with and are able to carry on a conversation. By the end of your walk/ride you should be sweaty and tired but not exhausted. As always, check with your doctor before beginning any physical workout to be sure you are up for the challenge!

Rainy day? Don't fret! Click on the link below for a challenging indoor work out with Leslie Sansone!



4 Fast Miles!



Everyday Fit Food Challenge

Simple Sustenance Today we're going to concentrate on salads. Autumn is a wonderful time to make a salad because there is so much fresh produce around – either from a farmer's market or your own garden. Did you know that greens are a cool weather crop? They love to grow in cool weather, so fall is the perfect time to plant lettuces, spinach, kale, and other kinds of greens.



If you don't already have a plot dug up and ready to go, get a pot, fill it with potting soil, and plant your seeds in that. Looking for a fast, and I mean FAST turnaround? Plant micro green seeds. You can plant and harvest these little gems in just 5-10 DAYS! They will even grow indoors in the winter. I love these and plant them in my garden.

Just in case you're lacking for ideas in the salad department, here's a link with [101 recipes for salads](#). Some of them are

very creative. So, munch away!



Extra Faith:

Need a little extra **spiritual challenge** added to your day? Take advantage of the following resources!

As we continue this week with the Simple Sustenance theme, it's important for us to become clear on our priorities in life. Mary helps us do that with the following post. Take some time to work through the questions she poses in this devotion.

[Follow with All of Your Heart](#)



Extra Fit

Need an extra challenge? Get your abs in shape with Team Beachbody Coach and Founder of Team Let's Go Fitness at Dan Vukmirovich. Dan's videos are short, effective and productive! Let's go!

As a bonus we are offering Dan's Mind Body Spirit Challenge! Let's go!

Don't forget to post below or on our [Facebook page](#) any questions, workout information, recipes, prayer requests, and encouragement to others. Please introduce yourself.

Blessings and congratulations on Week 1, Lesson 2!

Great job today! See you next week!