

# Boost Your Faith and Your Fitness in Seven Weeks



## Sign Up Today!

*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. 3 John: 2*

**Have you ever wanted to step out in faith for a work you felt God was calling you to do yet felt that something was holding you back?**

It can be frustrating trying to figure out what you're missing. Over the years Mary and I have discovered a few things that it takes to be an effective worker for God's kingdom.

### **Three Important Steps**

1. **Availability.** God tells us in 2 Chronicles 16:9a "For the eyes of the Lord move to and fro throughout the earth that He may strongly support those whose heart is completely His." God is watching for people who are willing to be used so He can work through them. Mary and I realize the importance of watching for those

opportunities that Jesus brings your way. That doesn't mean you sign up for every opportunity, but for the ones God has prepared in advance for you to do. Knowing what those are takes ...

2. **Prayer.** Prayer should be the foundation for everything we do, including any new works we are considering. We need to pray that God will reveal whether we should be involved and that we will know how to proceed. I like to pray that God will open the doors I should walk through and close the ones I should not. It also helps to be in good ...
3. **Physical health.** As much as we can control it, we need to make wise choices concerning our **fitness** and **health** so that we aren't limited when Jesus comes calling. Now that's not to say He can't use us if we have a chronic illness. What we're thinking about here is protecting our physical health to the best of our ability by taking care of ourselves.

## **Seven-Week Online Bible Study/Fitness Challenge**

We are excited to announce a 7-week **online Bible study and fitness challenge** called [Faith & Fit](#) that combines all of these things. Will this solve all your challenges? No, but it will jump-start you on the road to spiritual and physical health to help prepare you for what God has next in your life!

Here is what to expect: Every week we will follow a theme for that week, and you will receive two emails, one on Monday morning and one on Friday morning that contain the following:

- **Two Everyday Faith challenges** (a short video teaching and scripture reading and study questions) and
- **Two Everyday Fit challenges** (a physical challenge and a food challenge)

- **Extra Faith** and **Extra Fit** options for those who have more time and want to integrate a **spiritual discipline** and a target fitness video.

## How It Works

When you receive Monday's email, work on those challenges from Monday-Thursday. Early Friday morning you will receive the second email. Work on those challenges on Friday, Saturday, and Sunday. **Every Wednesday evening we will have a live Community Call on Talk Shoe to discuss the previous week's work.**

We'd love to have you join us in this study; as a matter of fact, you can [sign up right now](#). NOTE!! If you do not have a PayPal account you may still sign up by following these instructions:

1. Choose the option that says *Have a PayPal account?*
2. Ignore the email and PayPal password fields and hit the login button
3. After you hit the login button a new tab should pop up below that offers the option of paying with a credit or debit card or Bill Me Later.

In addition to the all the above, we'll also include some recipes that Mary and I have created made with healthy ingredients that taste good, because we think that good health should be fun too. Here's a sneak peek at one of the recipes to have as an occasional treat.

## Tropical Sunrise Smoothie



1 cup yogurt (Greek or regular), plain  
2 oranges, seeds removed  
1/2 lemon juiced  
1 banana sliced into chunks  
2 wedges cantaloupe sliced into chunks  
Coconut water as needed (look for this in cartons in the Gatorade aisle)  
Ice cubes to your liking

Juice the lemon first and pour it in the blender. Add all the other ingredients and process until smooth. **Serves two.** (If you are diabetic, this recipe may be too high in sugar for you.)

**You'll also have access to a private Facebook Faith & Fit page to post your workouts, share your successes and challenges, and share your prayer requests and encouragement.**

What do you have to lose, except some bad habits? : ) Grab your Mom, sister, friends, or yourself and [sign up today](#). We begin on **Monday, September 8**. Hope to see you there!

*Jane*