

Session Scripture

*For what profit is it to a man if he gains the whole world and loses his own soul?
Or what will a man give in exchange for his soul?
Matthew 16:26 NKJ*

Key Points

- I am a designer original for which there is no comparison!
- My perfect body weight is as unique as the weight of my life's callings.
- I will not allow any part of my TRIUNE being to be measured by false standards.
- I choose to live a healthy life in the eyes of unchanging God, not the flighty fads and fashions of man. "Therefore we also, since we are surrounded by a great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us." Hebrews 12:1 NKJ
- When I am content with what I have, I deny obsession any space in my mind; and I am thus more open and able to receive God's majestic moves in my life.
- The Lord is my Shepherd, I shall not want...and I shall not crave because I know that God has already given me everything I need to fulfill my Divine purpose.
- I do not esteem my body more highly than I should, but I take good care of it as a "one-of-a-kind" vehicle God has given me to operate in this earthly life.
- I am comfortable in my own skin because I know that God "has made everything beautiful in it's time." (Ecc. 3:11) To imagine anything else is vanity.
- I trust God with my dreams, even when they seem to evaporate in the heat of battle; and I say, as did Job, "I know that thou canst do every thing." Job 42:2 KJV

Questions

1. What am I working for when I workout and what is the purpose of living a "healthy" life if I am not supposed to compare myself to others?

2. Why is the comparison game so destructive to my life? Do I have a "grudge match" going on in my life? What are the danger signs of a "compare" I need to be aware of?

3. When I break free of comparison with others, what do I become free to discover?

4. When I become blinded by my present, what do I have? Who in biblical history became blinded by her present? What did this cost her?

5. Why does the use of my own limited perception mislead me into the flawed game of "shadowboxing"?

6. What sobering questions must I ask myself daily to keep myself focused on living a healthy and purposeful life that is true to my calling?

7. How do I center myself both physically and mentally? How do I keep my focus on track to follow God's path in the midst of the storms?

8. The bible tells us to treat our body as a temple. What do I do to not only treat my physical body as a temple, but to treat my mind as a temple?

Journal

I was thinking...

I was reminded of God's words that says...

It is my prayer that...
