

KATE'S FAITH AND FITNESS FIT GUIDE



Kate's Faith and Fitness ministry

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Fit Guide 2016

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Do you feel tired most of the day? Are you having trouble keeping your fitness goals? Do you feel somewhat stuck or in a rut? Are you wasting more time and money with unhealthy habits, addictions or even unhealthy relationships that keep you from experiencing God's best for your life? Would you like a new healthy, fit focus in your life with more purpose, joy and fulfillment? Would you like to help others get fit?

Welcome to Kate's Faith and Fitness where we want to honor God with our bodies, mind and spirit and encourage each other to get fit for Kingdom service! God has an amazing plan for you! God loves us so much and He wants to help us with everything in life including our health and wellness. Kates Faith and Fitness is a fitness ministry and fit social community to encourage, uplift and motivate each other by sharing helpful tips and healthy scriptures for 5 Fit elements I believe are needed for an abundant, rich life~ **Eat naturally, Exercise daily, Experience God, Encourage others and Enjoy life!** Kate's Faith and Fitness is the healthy substitute for unhealthy thoughts, habits and addictions.

In 2010 I needed a new focus. For many years I depended on various unhealthy habits and addictions for satisfaction, instant gratification or to make me feel better. I turned to food, sugar, alcohol, drugs, extravagant spending, shopping, unhealthy relationships and ideas and I became depressed and found my life in chaos and disorder. I was very broken and in a seemingly hopeless situation. I realized I needed a new healthy focus to get me back on track spiritually, physically, emotionally, financially and relationally. I began an intentional new life focused on growing my faith in God of the Bible, fitness and exercise which became the healthy substitutes I needed exchange for my unhealthy habits I had developed over the years. I surrendered to God instead of simply trying to do things and do life my own way. I began memorizing and speaking scripture over my life which described my new identity in Christ. These promises from God were directly related to my problems and my new goals. God's Word helped change my way of thinking to this new faith and fitness focus and I was saved, healed, made whole and healthy and am walking in a completely new life! I focus now on the 5 Fit elements of Kate's Faith and Fitness and share helpful tips that I have learned from others and my research on the latest fitness and health news. I also share encouraging healthy scriptures from more than 7000 promises found in God's Word that specifically speak about who God made us to be and His best way to live. The key is to intentionally utilize successful healthy lifestyle tips and apply and meditate on related scriptures or promises from God and surrender and yield daily to His Word, His Holy Spirit and then God is able to totally transform our lives! God says I am a new creation in Christ- 2 Corinthians 5:17. "Create in me a clean heart, Oh God and renew a right spirit within me" Psalms 51:10-12. God promises in Matthew 6:33- if we "Seek first His kingdom and His righteousness, and everything else will be given to you as well! This includes fitness, health and wellness.

This Fit Guide contains my 5 Fit elements and helpful tips for each that have I have learned from others which have contributed to my super healthy lifestyle. Also included for each fit element are healthy scriptures for meditation. Meditate means to chew on God's ideas, His Truths and get these promises and truths deep down into our spirit, memorizing them and applying them to our life and remembering who God says we are, who we are in Christ! We want to be Word people, not worldly people, speaking God's truth over our lives, allowing it to change us according to what God says, not letting the world change and control us. Remember, the Word = Jesus (John 1:14) = God = Holy Spirit so it is the Powerful Word of God that can totally transform us from the inside out and help us to truly live the healthy, active life God has always planned for us! We really are what we eat, meditate on, think about, listen to, spend time doing and who we are around.

Use this Fit Guide with an accountability partner, in your small group Bible study or during your daily family devotional time and discuss the helpful tips and healthy scriptures but also share what is working for you personally with each other. I can't wait to learn from you too 😊 Please share helpful tips and healthy scriptures that have you have gleaned in our Fit Community on FB. Kates Faith and Fitness seeks to uplift, encourage and motivate but also provide a safe, healthy place where we can exchange helpful ideas and learn from one another. Be sure to follow me, Kathryn Lyn Williams and Kate's Faith and Fitness on Facebook, Kates_faithandfitness on Instagram and on our website to receive daily healthy tips and healthy scriptures on which you can meditate and apply to your new life! Thank you for your contribution to this ministry as we seek to make America Fit again!

Eat Naturally helpful tips:

- Eat more of what God made. We have so many nutritious fruits and vegetables, nuts, grains and seeds from which to choose! Remember the healthiest foods in the grocery are around the perimeter, avoid the boxed sections in the middle as these are full of processed ingredients with little health benefits.
- I use frozen fruits for smoothies and frozen veggies when available as these keep longer in the freezer, buying organic when available. My favorite fruits are mangos, pineapples, blueberries, strawberries and raspberries. Healthy veggies include healthy red, yellow, orange peppers, garlic, peas, broccoli, brussel sprouts, cauliflower and spicy jalapenos, spinach, and kale- which I add to everything from salads, quinoa veggie dishes, brown rice and beans and veggie turkey spaghetti.
- Make nutritious veggies the main thing instead of the side dish food. For example, if you make spaghetti, consider adding more colorful veggies to the gravy or sauce and use less meat. Season with spices like turmeric, cumin, Italian spices, Bragg Organic Sea Kelp Delight seasoning, a healthy salt substitute or spice it up with cayenne to add more flavor.
- Always read food labels, if you cannot pronounce it, your body doesn't know how to process it and these items stick to the insides of our bodies and can cause sickness, disease, and obesity. Avoid foods with corn syrup at the top of the list as this is a GMO; ingredients are always listed in order of prominence in the food. GMO-Genetically Modified Organisms such as corn, soy, canola, sugar beets have been artificially manipulated through chemical engineering and cause harm to our bodies. Look for Non-GMO labels. Do not buy foods with "partially hydrogenated oils", this processed oil is very damaging to our cells and causes inflammation. Also, most white pastas have "enriched" in the label, so look for Brown rice pastas as a healthy substitute instead and quinoa pastas or spinach pastas are also available. I would refrain from eating anything "white" or "enriched"- white flour, white sugar, white bread, white pastas have all been bleached to appear white and "clean" in color. White rice is a little different and is ok, however, jasmine rice and brown rice have more nutritional value.
- If you are trying to lose weight, keep a food diary for 2 weeks, writing down everything you are eating then going back and review in your quiet time with God or a Fit partner. When you visualize a list of what you are ingesting you can get a better picture of what types of foods you have been eating and what you can cut back or eliminate from your diet. I suggest eating more fruits, veggies, leafy greens, grains like quinoa or brown rice and much less sugary processed starches and foods. Look also at what you drink more of during each day and look especially at your water intake-6-8 glasses a day is healthy. See what you need to replace with healthy substitutes-you can always find a healthy substitute to whatever you desire or crave!
- Clean water is a necessity so consider having your tap water tested or buy bottled or spring distilled water or install a water filter. Publix grocery stores, Whole Foods stores and several others have safe reverse osmosis filtration systems where you can bring your gallon or 5 gallon jug and refill these at a very low cost. The successful thoroughbred Secretariat drinks Mountain Valley Spring water!
- Your stomach is slightly larger than the size of your fist - our bodies can only process that much at a time so using your fist as a guide, consider eating less at each sitting. Instead of 3 big meals each day think about 3-5 smaller ones with healthy snacks in between and focus on eating living, natural foods – fruits, veggies, grains, nuts, pure water and seeds-that will feed your living cells. Make sugary desserts for special occasions, birthdays and celebrations. I eat breakfast and a big lunch, no big dinner meal but with healthy snacks throughout the day.
- Chew each bite of your food 30-40 times and become full much quicker and this will allow for easier digestion of the smaller pieces. Consider more communication and inquisitive discussion with each other when dining together such as talking descriptively about how the food tastes or ask about each other's day. Eating can be new time of discussing the health benefits of what you are chewing and also a time of sharing and training others on how easy healthy meals are to prepare.
- Try and eat more home meals where you are able to control exactly what you are placing into your temple! (God calls our bodies His temple, Ephesians 2:21-22). Make healthy meals and extra servings in advance and freeze in relative serving sizes for easy future use. If you eat meals out, prepare to ask for

a to-go box and remember your stomach-is-the-size-of-your-fist visual! They usually provide large servings to charge greater prices so this way you can make 2 meals out of 1.

- Start each day with a probiotic. This provides your digestive tract with good bacteria to support your body's ability to absorb nutrients and fight infection. I use Dr. Ohhira's Probiotics or Dr. Axe Live Probiotics or the Vitamin Shoppe generic is also great.
- Get plenty of sleep. Rest helps your heart by reducing levels of stress and inflammation in your body. We can fully and properly digest the day's food intake when we abstain from eating for 10-12 hours at night, get 8 hours sleep and allow all "systems"-digestion, immune, nervous and other restorative systems to function properly. Sleep helps our long term memory, repairs and renews nerve cells and tissues, restores proper chemical levels in our bodies, helps heal wounds, produces growth hormones and helps repair muscles.
- Use Coconut oil daily –virgin, unrefined coconut oil has so many health benefits as well as 100% virgin olive oil. Nutty tasting, alkaline coconut oil is my healthy substitute for all oil and butter and is especially great mixed in quinoa and brown rice pasta. I also take a tablespoon each day in my morning smoothie. Coconut oil supplies our brain and cells with healthy fats and energy, may prevent the spread of cancer, dementia, Alzheimer's and enhances the immune system. It is anti-inflammatory, fights bacteria, viruses and fungus and improves nutrient absorption and is non-toxic to humans and animals. Coconut oil is also a wonderful skin moisturizer and can also be used to condition your hair!
- Eliminate sodas from your diet and weaken high calorie and caffeine iced tea or juices with water. Diet drinks are very high in calories and along with the pink and blue sugar packets, this kind of diet sugar dulls our senses to naturally sweetened foods, triggers insulin which sends your body into fat storage mode and has shown to cause headaches and depression. Diet drinks actually cause weight gain! I drink water and add a few splashes of iced tea or juice for flavor instead of putting the entire sugary drink or fruit juice in my "temple", God's name for our bodies! Sparkling water is good but not a substitute for getting your daily water goal intake-8 glasses!
- Fresh juice squeezed from a lemon then added to a big glass of filtered water first thing each morning helps alkalize our body. Lemon itself is acidic but after it is metabolized it has an alkaline effect.
- Most foods we eat- sugar, coffee, animal products, high fat fried foods, white pastas, processed foods and alcohol leave our bodies too acidic and this provides unhealthy breeding ground for yeast and inflammation that causes disease including heart disease, diabetes, stroke, Alzheimer's and cancer. Drinking a tablespoon of organic or regular apple cider vinegar alone or in a glass of water each day will also help alkalize our bodies. Try and eat more leafy greens, vegetables and brown rice or quinoa and wild caught fish.
- Get your greens! Enjoy a shaker cup mixed with half water, half orange juice and a tablespoon barley grass or a greens blend powder in the mornings before breakfast. This will help clean and detoxify your colon and body, strengthen your immune system and maintain healthy skin. It will also help alkalize your body and promote health and healing.
- Breakfast ideas-Steel cut oatmeal with berries; also soak Buckwheat groats (in Whole Foods self-serve bins) overnight in water, then mix with almond milk and fruit, chia seeds and nuts. Chia seeds alone mixed with almond milk or milk in a container can be kept overnight for a healthy pudding like breakfast in the morning, just add blueberries! I also heat up a bit of quinoa for breakfast sometimes and add blueberries and almonds.
- Smoothies are a wonderful healthy substitute to a meal when trying to lost weight. Start with a little juice or water or almond milk in a blender, add frozen fruits like mangos, pineapple and blueberries or strawberries and bananas. You can also add a teaspoon of plant, whey, hemp or bone broth protein powder, add a whole food vitamin powder to get real food vitamins and add chia seeds for energy, a splash of cinnamon, turmeric to fight inflammation and a tablespoon coconut oil if you need healthy fat then blend! Regular blenders or a Nutra bullet works great for blending smoothies. Use a Vitamix to make acai bowls which are more like ice creams in consistency. Sometimes I make enough for left overs, place in small plastic round Tupperware containers and freeze, remove the night before and place in refrigerator for quick and easy smoothie already prepared for the next day! Or I enjoy these smaller smoothie treats as my evening snack.

- Hard boiled organic, cage free eggs are another easy breakfast or snack that can be prepared ahead of time. Try scrambled eggs with quick frozen veggies or fresh spinach + garlic and jalapenos if desired. I also love placing my fav veggies in a baking dish, pour over 7 -8 eggs and cook at 400 for 45 minutes for a wonderful healthy egg bake for 4!!
- Superfoods that help us fight disease, promote anti-aging and feed our brains include bell peppers, kale, broccoli, wild caught Alaskan salmon, blackberries, blueberries, raspberries, tomatoes, avocados, sweet potatoes, garlic, chia seeds and dark chocolate. Avoid sugar, diet drinks, corn syrup and enriched breads and pastas as these accelerate the aging process and can cause various health problems over time.
- Take a coffee break, a break from coffee! Hot green tea, caffeinated or decaf, and other herbal teas are healthy substitutes to the highly acidic coffee. Use a little stevia, Organic Sweetleaf, Truvia, brown sugar, sugar in the raw packets, organic raw honey, organic or grade A dark maple syrup. Avoid the blue and pink packets which have been proven to cause cancer, seizures and blindness. I bought a milk frother to make healthy Golden Milk-add powdered ginger, turmeric and cinnamon to hemp or almond milk in the frother, then after frothed, pour this mixture into a mug of hot water or to your fav hot tea with a tablespoon of coconut oil. You can also use a frothing stick for cold drinks. Roasted hemp seeds are also a healthy substitute. Carob powder is a healthy substitute to cocoa if you want a caffeine free hot chocolate.
- Investigate living a fasted lifestyle-eating for life, eating much smaller quantities and only what nutrients our bodies need so we can be free of unwanted fat and hear more clearly from God, His Word and His Holy Spirit. We are Spirits made after God's image and He is spirit. We have a soul and we live in a body. So I believe we should be more interested in feeding our spirits the things of God and the Word of God instead of being so focused on feeding our flesh and satisfying the things of our flesh!
- Fasting is a Biblical idea used for cleansing, healing and for spiritual refreshment. Jesus said in Matthew 6, "When you give, when you pray, when you fast..." – Jesus did not say "if you fast". Jentzen Franklin has a great book, Fasting, to read while doing this and also has You Tube videos for inspiration. Try going one meal, one day or a 3-5 day period each month or 21 day period at the beginning of each year without eating, drinking water only or chicken or veggie broth and really spend those vacant meal times to draw close to the Lord, praying for your family and others to cleanse your body, soul, and spirit! Fasting the cells for even a small period is the best way to promote anti-aging and allows our digestive system and bodies time to 'catch up'. I fasted 21 days at the new year drinking fresh squeezed lemon juice with cayenne and grade B maple syrup called the Master's Cleanse. It was a tremendous experience and I plan to do it each year! You can even try fasting from electronics, TV, unhealthy relationships or your phone. Get the trash out with fasting!
- Almond, organic soy, hemp milk and cashew milk are healthy substitutes to non-organic cow milk which has lots of added hormones and these poisons will go into our bodies.
- Dried apricots, figs, dates and organic Fiji apples, kiwi fruit are great healthy substitutes to sugary cookies and snacks! Frozen blueberries blended with frozen bananas, almond milk and honey make a natural, healthy sorbet and is an excellent substitute for sugary desserts after a nice meal. I sometimes eat a 70% or higher organic dark chocolate square each day-one small square will satisfy that persistent chocolate habit. I even take this with me in a small plastic baggie each day so if I eat out I won't be tempted to eat sugary, restaurant made desserts or bring a healthy date energy ball so I won't order the key lime pie! Also try an excellent coconut milk, brown rice pudding recipe that you can find on the internet.
- Brazil nuts, walnuts, almonds, pumpkin seeds, sunflower seeds in small doses are very healthy for us providing protein, vitamins, minerals, anti-oxidants and omega 3 healthy fats. Also, ground flax seeds and chia seeds can be sprinkled on meals or included in smoothies. 1 or 2 brazil nuts each day gives us the mineral selenium our body needs to try and fight cancers including prostate, Crohns' disease and even asthma and arthritis. Nuts are a healthy substitute to big protein meals and they really fill you up. I keep a mixture of them in a glass jar on my counter top in plain view for easy access and as a healthy reminder and I also keep a small bag of these healthy nuts in my car for a pick me up.
- Salads should be made with (organic if possible) thoroughly washed kale, spinach, mixed greens, romaine, arugula or watercress lettuces- iceberg has little nutritional value. Use lemon juice mixed with a tsp of

100% extra virgin olive oil for salad dressing; remember store bought dressing usually have very unhealthy oils included. Healthy olive oil are usually packaged in dark, glass containers, have 100% olive oil and are a bit more expensive but worth it. Remember you are taking care of your Holy Spirit filled temple! Grape seed oil and coconut oil are also healthy substitutes. Bring your own dressing in a small bottle out to dinner if you need to.

- Beans and lentils are the new protein. LIVE foods are the best to feed our LIVING cells! I add beans to my spaghetti, soups and frequently make fresh hummus with garbanzo or chickpea beans, garlic, red pepper and olive oil and jalapenos. Live foods including fruits, veggies, grains (quinoa), nuts and seeds can heal our living cells! Sugar and dead food feed our dead cells, diseased cells or cancerous cells-if we stop feeding or starve our unhealthy cells with dead foods and replace them with living, nutrient rich foods the cancers can be healed! Quinoa cooked with veggie bouillon cubes or a high protein bone broth adds wonderful flavor. Quinoa has all 9 essential amino acids and is a complete food great for breakfast, lunch or dinner and can be mixed with frozen or fresh veggies, fish or chicken for a complete meal.
- Buy wild caught fish found in the freezer section of the grocery store or fresh fish caught hours before in the ocean at your local fish market. This is a healthy substitute to non-organic chicken or beef. The wild caught salmon has a rich, dark pink color providing our bodies with the anti-oxidant, omega 3 rich Astaxanthin which comes from the healthy algae and small fish they consume. Farm raised fish has fewer nutrients, more calories and fat, may contain toxic materials and are usually caged with too many fish. Wild Halibut also provides the healthiest omega 3's for lowering cholesterol and reducing inflammation preventing heart attacks. Both of these "wild caught" fish can also be ordered online thru various companies.
- Take a bun break! Cut back on how much bread you are eating each week. At home try Ezekiel Bread or Genesis 1:29 sprouted grain bread stored in the freezer as this is a healthy substitute to enriched, bleached white or enriched whole wheat bread. You can opt for a paleo menu in some restaurants-ask if they have lettuce wrap sandwiches or use 2 large mushrooms as healthy substitutes to the white, sugary unhealthy bun.
- Try replacing white, enriched flour with brown rice flour, almond flour, millet flour, whole wheat, oat or rye flour. Pasta and bread most commonly contain white flour but pay attention as many processed and frozen foods contain enriched flour, always read food labels.
- Turkey breast, ground turkey breast and turkey meat or turkey bacon is a healthy substitute for beef, chicken and pork and can be used in spaghetti, tacos or hamburgers. Grass fed beef and chicken is another healthy option as these have less toxic hormones injected into the animal and are not fed genetically modified corn meal as some farms use to plump up the cows or chicken. Eat for health and building up your body with nutrients, enjoy delicacies on those special occasions and eat with a purpose. Nourish your temple today and be fit for kingdom service tomorrow!
- Visit healthy websites, read nutritional articles and books and watch healthy shows to renew your mind into thinking about eating naturally and healthy. My favorite websites and You Tube shows are Know the Cause with Doug Kauffman- www.knowthecause.com or Recipes for Life with Dr. Beth - www.recipesforlifewithdrbeth.com , and also watch Food Network for helpful cooking tips and ideas!

The Bible says that Believers have the same power living inside of us in the Holy Spirit that raised Jesus from death to life! (Romans 8:11) and "as Jesus is so are we in this world" (1 John 4:17) We can utilize His power to substitute good habits for bad ones. But the first step is always acknowledging or admitting there is a problem, repent and ask God to forgive you then decide to turn from the problem and walk in a new way and believe that God will help you overcome. Our job is to receive His unearned favor and power of great grace and do not beat yourself up if you are prone to gluttony~ simply repent and say "Jesus I receive your grace to do much better next time"! The Word says His mercies are new every morning. The faithful love of the LORD never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning." (Lamentations 3:22-23) Remember life is all about the journey, about the process and Jesus is the true bread of life. He wants us to feed on His Word more than we feed on the world and as spirit beings we should feed our spirit more spiritual food, more than we feed our flesh the worldly food. This is how we renew our mind! Find a Fit accountability

Partner and thank the Holy Spirit for guiding you every day. Remember to eat less, pray more, know God! Download and learn who God says you are on my identity in Christ scriptures at www.katesfaithandfitness.org/identityinChrist

Eat Naturally Healthy Scriptures - Meditate or chew on God's promises, renew your mind with His Truth, watch your mind line up with God's thinking, continue to ask God for help and thank God for all He is doing in your life! He wants to help us with everything in life including our diet. When we get these Words of life in our spirit, God will guide us into healthy eating.

1 Corinthians 10:31- So whether you eat or drink, or whatever you do, do it all for the glory of God.

Genesis 1:29-Then God said "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food

Proverbs 25:27- It's not good to eat too much honey, and it's not good to seek honors for yourself.

1 Corinthians 6:12-13-You say, "I am allowed to do anything"—but not everything is good for you. And even though "I am allowed to do anything," I must not become a slave to anything. You say, "Food for the stomach and the stomach for food, and God will destroy them both." The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body.

1 Corinthians 10:3-4 -They all ate the same spiritual food and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them, and that rock was Christ.

Proverbs 23:20-21- Do not carouse with drunkards or feast with gluttons, for they are on their way to poverty, and too much sleep clothes them in rags.

Matthew 4:4- But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" (Eat, meditate on God's Word for our spiritual food!)

Proverbs 23:1-2- While dining with a ruler, pay attention to what is put before you. ² If you are a big eater, put a knife to your throat;

John 6:33-35- The true bread of God is the one who comes down from heaven and gives life to the world." ³⁴ "Sir," they said, "give us that bread every day." ³⁵ Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.

John 6:55-59 - For my flesh is real food and my blood is real drink. ⁵⁶ Whoever eats my flesh and drinks my blood remains in me, and I in them. ⁵⁷ Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. ⁵⁸ This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever." (Jesus is the Word-John 1:14-so meditate or "chew" on him daily for complete nourishment!

1 Corinthians 10:6 - These things happened as a warning to us, so that we would not crave evil things as they did, ⁷ or worship idols as some of them did. As the Scriptures say, "The people celebrated with feasting and drinking, and they indulged in pagan revelry

2 Chronicles 29:5 - He said to them, "Listen to me, you Levites! Purify yourselves, and purify the Temple of the Lord, the God of your ancestors. Remove all the defiled things from the sanctuary! (We are now God's temple!)

John 4:13-15- Jesus said to her, "Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life." The woman said to him, "Sir, give me this water, so that I will not be thirsty or have to come here to draw water."

John 7:37-38- On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'"

Exodus 25:25 - “You must serve only the Lord your God. If you do, I will bless you with food and water, and I will protect you from illness. 26 There will be no miscarriages or infertility in your land, and I will give you long, full lives.

Deuteronomy 8:3- He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

Philippians 3:18-21 - For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. 19 Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. 20 But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, 21 who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

1 Corinthians 8:8 - But food does not bring us near to God; we are no worse if we do not eat, and no better if we do.

Daniel 1:8-20 - But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank...

Deuteronomy 14:8 - The pig is also unclean; although it has a divided hoof, it does not chew the cud. You are not to eat their meat or touch their carcasses

Deuteronomy 8:7-8 - For the LORD your God is bringing you into a good land—a land with brooks, streams, and deep springs gushing out into the valleys and hills; ⁸ a land with wheat and barley, vines and fig trees, pomegranates, olive oil and honey

Ezekiel 4:9 - “Take wheat and barley, beans and lentils, millet and spelt; put them in a storage jar and use them to make bread for yourself.

Genesis 2:9 - The LORD God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil.

Leviticus 7:22-26 - The LORD said to Moses, 23 “Say to the Israelites: ‘Do not eat any of the fat of cattle, sheep or goats. 24 The fat of an animal found dead or torn by wild animals may be used for any other purpose, but you must not eat it. 25 Anyone who eats the fat of an animal from which a food offering may be presented to the LORD must be cut off from their people. 26 And wherever you live, you must not eat the blood of any bird or animal.

Ezekiel 47:12 - Fruit trees of all kinds will grow on both banks of the river. Their leaves will not wither, nor will their fruit fail. Every month they will bear fruit, because the water from the sanctuary flows to them. Their fruit will serve for food and their leaves for healing.”

Joel 2:12 -That is why the Lord says, “Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning

Genesis 9:3 - Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything.

Psalms 103:5 - Who satisfies your mouth with good things, so that your youth is renewed like the eagle's.

Proverbs 17:1 - Better a dry crust eaten in peace than a house filled with feasting—and conflict.

Mark 16:18 - They will be able to handle snakes with safety, and if they drink anything poisonous, it won't hurt them. They will be able to place their hands on the sick, and they will be healed.”

Ecclesiastes 10:16-17 - Woe to you, O land, when your king *is* a child, And your princes feast in the morning!
17 Blessed *are* you, O land, when your king *is* the son of nobles, And your princes feast at the proper time—
For strength and not for drunkenness!

John 6:56-58 – “He who eats My flesh and drinks My blood abides in Me, and I in him. (Eat, meditate on, chew on God’s Word as Jesus is the Word!) ⁵⁷ As the living Father sent Me, and I live because of the Father, so he who feeds on Me will live because of Me. ⁵⁸ This is the bread which came down from heaven—not as your fathers ate the manna, and are dead. He who eats this bread will live forever.”

Proverbs 23:20-21 - Do not mix with winebibbers, *Or* with gluttonous eaters of meat; 21 For the drunkard and the glutton will come to poverty, And drowsiness will clothe *a man* with rags

Proverbs 23:29-33 - Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes? 30 Those who linger over wine, who go to sample bowls of mixed wine. 31 Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly! 32 In the end it bites like a snake and poisons like a viper. 33 Your eyes will see strange sights, and your mind will imagine confusing things.

1 Corinthians 6:13 -Don’t you realize that those who do wrong will not inherit the Kingdom of God? Don’t fool yourselves. Those who indulge in sexual sin, or who worship idols, or commit adultery, or are male prostitutes, or practice homosexuality, 10 or are thieves, or greedy people, or drunkards, or are abusive, or cheat people—none of these will inherit the Kingdom of God. 11 Some of you were once like that. But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God.

Philippians 3:18-20-For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. 19 Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. 20 But our citizenship is in heaven.

2 Peter 2:19 - They promise freedom, but they themselves are slaves of sin and corruption. For you are a slave to whatever controls you.

Genesis 25:34 - Then Jacob gave Esau some bread and some lentil stew. He ate and drank, and then got up and left. So Esau despised his birthright.

Psalms 34:8-Taste and see that the LORD is good; blessed is the one who takes refuge in him.

Proverbs 26:6 - Sending a message by the hands of a fool is like cutting off one’s feet or drinking poison.

Deuteronomy 12:7 - There, in the presence of the LORD your God, you and your families shall eat and shall rejoice in everything you have put your hand to, because the LORD your God has blessed you.

Joel 2:12 - “Even now,” declares the LORD, “return to me with all your heart, with fasting and weeping and mourning.”

Exercise Daily Helpful Tips:

- Get plenty of rest (7-9 hours) each night and wake up each day with an active faith mindset-declare health, wholeness and prosperity over your life today! I speak Psalm 118:24-“This is the day that the Lord has made, I will rejoice and be glad in it! Thank you Lord for another day and I pray health, wholeness and prosperity over my whole body today, and every cell, every organ, every joint, every muscle, every system is healed by His stripes in Jesus name!”
- Before you even get out of bed lets stretch: lying on your back, lift both legs up into the air and hold, this will get your whole lower back, legs, your transportation system going. Rotate your ankles and feet around in circles. Next, tuck your legs in to your chest and hold and stretch that lower back. Finally, reach both arms overhead and to the right and at the same time cross the right leg over to the left across your body. This really stretches your spine and wakes up your muscles. Switch sides and raise both arms overhead and to the left while taking your left leg across the right side of your body. You can also dangle your leg over the side of your bed to stretch the thigh, then switch sides.
- After enjoying a green barley and wheat grass powder drink mixed with water and oj or a nice glass of fresh squeezed lemon in a glass of water, warm up your body before stretching as warm muscles can stretch more effectively and easily. I warm up with my Simply Fit board-it is super easy and I just do the twist for a few minutes. It can fit under your bed or in your garage. Or I march in place lifting my knees high while stretching my arms high overhead or walk around for 5 minutes. Warming our muscles up before stretching also provides better results and prevent injury. If you have good knees a rebounder or small trampoline is another great way to warm up jumping for 5 minutes. During my warm up and at the start of my day I always pray, thank God for giving me breath and life then watch Christian TV or listen to praise and worship music while stretching and exercising, feeding my spirit while I work out my body. What a great combination!
- Always stretch before the day and before a work-out, this will save you much injury and pain later in the day. I spend 15-30 minutes stretching. I reach high overhead, bend down at my waist and touch my toes or dangle your arms as low as possible and hold for a minute, then walk my hands on either side of my feet to stretch my side. Next, sit down on the floor and touch your toes or bend over as far as possible being careful not to bounce. Then spread your legs apart and stretch or lean forward then to over to each side. Sit or stand and gently pull your neck to one side and stretch. Next lie on the floor with your knees bent and you can sway your knees to one side then the other. I next do core tightener healthy sit ups using your core to raise you up, not your back or neck. Bend knees and do slight raises with your stomach area or core. I also do a few (female!) push-ups. Morning Yoga TV shows or You tube videos also provide excellent stretching instruction. Also, search You tube for “simple stretches” or even “simple chair stretches” if you need to sit in a chair. Get your cells moving early and this jump starts your metabolism and energy for the day!
- I like to exercise in the morning if the weather is pleasant as I seem to find excuses later in the day. Make time in your daily schedule for exercise. I walk at the beach or ride my beach cruiser or mountain bicycle around the neighborhood while playing my You Version Bible App One Year daily Bible reading and it is so nice to have a pleasant sounding teacher read the daily Bible segment to me every day. I have been reading or listening to the One Year Bible New Living Translation most every day since 2010 when I decided to recommit to God and totally give my life to the Lord Jesus! When I exercise while listening to God’s powerful, life giving Word, I feel like I can walk or bicycle for hours! I believe listening to Christian worship music or the Bible app can positively influence and encourage our desire to work out. There are many Christian radio stations usually in the lower numbers of the radio dial. KLOVE and Moody Radio apps or Spanish Radiomood.org is great to add to your app collection. GoVictory.com and the Go Victory app and CCVB.FM and the CCVB app are also my fam. Exercise your faith in Christ, receive supernatural power from God’s Holy Spirit and enjoy fitness in every area of life!
- Wear cushioned and supportive running, walking or tennis shoes when exercising to protect your important feet and toes! Healthy shoes include all running and walking shoes, Vionic brand sandals including supportive flip flops, and many others. I also use an arch support insert in my shoes that have

no arch support. You can search the internet for “healthy boots” or “healthy walking shoes”. Be mindful of wearing high heels too often during the day as this will injure your ankle and upper body in the long run.

- My favorite exercise involves the ocean-I call it my Spiritual surf walk and it involves walking in the water above my ankles while dragging my legs through the water leading with my thighs with my hips slightly forward. This is a great walking workout to strengthen your upper legs, especially if you have had knee surgery like me. Building up the muscle above the knee removes any knee pain. If you don't have an ocean nearby some pools have wading areas and this will also work. Spiritual surf walks are great for praising Jesus and talking to God about the day. The aerobic and anaerobic exercise builds my heart and tones my legs!
- Bicycling is another favorite form of exercise and a beach cruiser or any type of bicycle is a perfect way to begin. Mountain bikes and speed bikes allow for quicker movement but wear necessary safety equipment. Soccer and tennis are other high energy, high calorie burning sports that you can play with a friend or even alone against a wall. Find what you enjoy doing and this will help you stick to a regular exercise schedule!
- Exercise activity and avg. calories burned in 30 minutes:

Brisk walking – 120	Stationary cycling – 251
Tennis - 285	Lap swimming -251
Light weight lifting – 107	Outdoor cycling – 286
Water aerobics – 143	Running 5 mph – 286
Step aerobics -low impact – 179	Jumping rope – 358
Step aerobics -high impact – 251	Running up stairs - 537
- Exercise with purpose and be more apt to do it. Purposeful exercise include praying for friends and family or those you pass by while walking or running. Asking God for our own personal requests and prayer requests for others gives us something to do while we work out, especially if you are not used to incorporating an exercise time into your daily schedule.
- Exercise your faith by meditating on God's Word and promises of who we are in Christ while exercising. Download my Identity in Christ scriptures and memorize the ones you like and repeat during your exercise, shouting them to God as I like to do! Intentionally focus on the things of God to effectively direct your mind, body and spirit. Just as we need to have active bodies, we also need to be mindful of having active faith; training and feeding our spirit, renewing our minds with things of God and our bodies will follow and effortlessly change and heal. Let us get fit and remain fit for kingdom service! This involves a daily, intentional faith plan and weekly schedule to avoid distractions to our main purpose here in life- we are Ambassadors for Christ, we are His representatives and remember this is the highest calling in life! Intentionally focus on God and His promises when life's problems begin to take over.
- Be mindful of the flow of every system in our bodies and remember that to keep our heart pumping and blood circulating and food digesting we must move and not be sedentary. If you sit at a desk for hours at a time be sure and get up each half hour to get your cells and body parts moving. Posture is so important and correct form will prevent and even reverse pinched nerves in your neck, back and legs and also disc herniation. Yoga and Egoscue posture stretch classes, which teaches focused intentional stretches, provide stability and mobility in our joints and muscles. These will help you keep your shoulders back and provide a more supportive core. Downward dog and upward dog yoga stretches will stretch tight shoulders. Some use ergonomically designed chairs to help retrain your body toward good posture. Lift up your computer screen so you are looking straight ahead and keep your shoulders back by pulling up your chair more towards the desk and take stretch breaks. God has helped me reverse a herniated disc in C6-C7 and L-1 by walking and sitting now with my shoulders back and not stretching my neck forward, all through physical therapy suggested exercises and Egoscue exercises. Have someone to take a picture of you sitting at your computer or desk and see what your posture really looks like. Or let someone video yourself walking-your arms should be freely moving by your side!

- The more you exercise your mind and body the better it will become! Remember to take baby steps and think small goals if you need to. Start with what you can do for a short amount of time and gradually increase your movement each day, be patient, thank God and watch Him transform your life!
- Swimming is the safest form of exercise but unless you live in Florida this may be difficult year round, although there are plenty of indoor YMCAs or LA Fitness' with pools. I swim freestyle, backstroke and breaststroke laps but also like to just jog in place in the pool, walk back and forth in the pool, perform twists to my spine and tread water to get my heart rate going. Water exercise places least amount of stress on your body. YMCA's and your local swim club offer swim lessons for you or your family. I am so grateful I learned to swim when I was young!
- Walking for 30-45 minutes is a super fit exercise and can be done almost anywhere! Walk the steps of your building, walk around the block, around your home, down your driveway and back, around a school track, in a park-anywhere! Walking with an accountability partner/ Fit Partner is very helpful as you can talk about what God is doing in your lives and share and exchange fit ideas for all 5 Faith and Fitness elements. Find something you like to do and enjoy your aerobic work out and keep your heart rate going for 15 – 30 minutes!
- Be willing to change whatever it takes to get physically fit and also spiritually fit and become more like Jesus! One of the best ways to find your destiny is to allow God the freedom to change you and transform your spirit, mind and body. He always has our best in mind, He is our heavenly dad!
- Exercising is a great time to think about kingdom ideas, pray and talk to God. He downloads many ideas while I am walking and talking with Him. He even gave me this Kates Faith and Fitness idea while walking in the ocean!
- I keep a list of exercise ideas so when I need to take a break from life, if I am having a meltdown, if I want to go back to an old unhealthy habit or something isn't going my way I go outside for a walk around the condo or over to the board walk or wherever I am. Take every stressful or anxious thought captive and give it all to the Lord Jesus who died for these unhealthy thoughts too! He doesn't want us to suffer from muscular, heart or digestion problems that stress can cause. Pray and call a friend and begin praising the Lord for what is going well in your life and for the good things you can see clearly and believe He will work everything out.
- Try and inspire young people to find some exercise they enjoy at an early age; the younger you begin an exercise schedule the easier it will be to keep the habit going as you age. Go for family walks after dinner or after church! Encourage your children and grandchildren and nieces and nephews to begin a regular exercise habit early on and this positive routine will continue throughout their entire life.
- Indoor Yoga DVDs or other recorded exercises are perfect if raining outside. Gyms and YMCA's or YWCA's also offer a variety of affordable classes and personal or group instruction. Cardio is most important in circulating our blood and allowing all of our systems to function properly for health and fitness but strong arms and legs are also very important. I sometimes use 3 lb weights for strengthening and toning my arms.
- Talk a walk after each meal, in the restaurant parking lot or up and down a flight or stairs. We need to move our bodies to better able digest the nutrients all throughout our beautiful "temples". God calls our bodies His Temple and He thinks just as highly of it as King Solomon's beautiful temple in all of its golden, ornate design! We are God's representatives, the highest calling in life so take care of your body!
- Continue in a daily, consistent exercise habit-it is so much easier to keep fit than to begin a new fitness plan every few months. Daily maintenance is so much easier than starting over so keep this in mind. Exercising and getting your heart rate up for at least 15-30 minutes each day and developing this healthy habit into your daily schedule is possible; it will take time, even months or a year but ask God to help you and the Holy Spirit will strengthen you-You can do it!!! Your health is too valuable, never take it for granted.
- Don't forget to rest your eyes, brain and body for a few minutes throughout the day. Stress causes all sorts of health problems and it isn't healthy to always be so busy. It takes a few minutes to just ask God to help you or to give you peace 😊

- Park far away from your destination and use this opportunity to walk across the parking lot.
- Take an Epsom salt mineral bath a few times each week for improved heart and circulatory health, it lowers blood pressure, relieves stress and headaches, reduces inflammation and cramps and provides our bodies with magnesium which maintains proper calcium levels in our bodies. Buy Epsom salt at most drug stores and use 2 cups for at least 12 minutes and feel great!
- Try intentional deep spiritual breathing while sitting for 5-10 minutes to fill up your lung capacity and transport more oxygen throughout your body. Breathe in through your diaphragm below your stomach and exhale as you bring your stomach in. Breathe in God's love, grace, forgiveness, and peace and breathe out sin, sinful thoughts and repentance. We can be confident He forgives us this easily because of Jesus' death at the cross!
- Try various exercises to keep your work outs interesting and exciting and share your progress! Our bodies are marvelous temples of the living God and getting our circulation going our heart pumping and blood flowing is very important. It especially helps start our metabolism first thing in the morning☺
- Start a Fit Group in your neighborhood or church! Or just post on Facebook at Kates Faith and Fitness that you are hosting a Fit Group with the when and where info. Just spend an hour with other Fit partners discussing, sharing and exchanging Fit ideas and healthy scriptures for each of the each of the 5 Kates Faith and Fitness Fit elements. You can have a weekly or monthly standing Fit Group in your area! I had a 5 week Fit group that met in the table area of Whole Foods Market or also at Panera Bread. Just ask them and they won't mind you meet there.
- Share with us your ideas and achieved goals and how you personally keep your body and mind sharp on Facebook as I post exercise Fit elements On Tuesdays. Thank you for becoming part of the Fit community to help make America and the world Fit again~

Exercise Daily Healthy Scriptures: When we exercise our faith in Christ, we receive supernatural power from the Holy Spirit and we will enjoy fitness in every area of life. There is supernatural power in God's holy Word and acknowledging the Holy Spirit and feeding our Spirit God's Word and walking intentionally in faith in His Word will keep us strong and powerful against temptations of the enemy. Effortless change occurs powered by Jesus and His great grace as we renew our minds and meditate on scriptures relating to whatever you need to overcome. The Holy Spirit changes us from the inside out! Meditate, chew on God's promises, renew our minds with His Truth, watch our mind line up with God's thinking and thank God for his help with our health! Remember, God wants to help us with everything including our exercise habits. Use these scriptures as meditation while stretching and exercising for optimal results.

1 Corinthians 6:19-20- Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20 for God bought you with a high price. So you must honor God with your body.

Philippians 4:13-For I can do everything through Christ, who gives me strength

3 John 1:2- Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.

Hebrews 12:1-3- Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. 2 We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. 3 Think of all the hostility he endured from sinful people; then you won't become weary and give up

1 Corinthians 9:27- I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.

1 Corinthians 9:24-25 - Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize.

Proverbs 14:30- A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.

1 Corinthians 20:6 - you were bought at a price. Therefore honor God with your bodies.

Proverbs 3:5-8- Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight. 7 Do not be wise in your own eyes; fear the LORD and shun evil. 8 This will bring health to your body and nourishment to your bones.

Proverbs 4:20-23 My son, pay attention to what I say; turn your ear to my words. 21 Do not let them out of your sight, keep them within your heart 22 for they are life to those who find them and health to one's whole body. 23 Above all else, guard your heart, for everything you do flows from it.

Psalms 91:14 "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name. 15 He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. 16 With long life I will satisfy him and show him my salvation."

Romans 12:1-I urge you brothers and sisters by the mercies of God to present your bodies as a living sacrifice, holy and acceptable and pleasing to the Lord. This is your true and proper worship.

Psalms 10:17 - You, LORD, hear the desire of the afflicted; you encourage them, and you listen to their cry.

2 Chronicles 16:12 - In the thirty-ninth year of his reign Asa was afflicted with a disease in his feet. Though his disease was severe, even in his illness he did not seek help from the Lord, but only from the physicians. 13 Then in the forty-first year of his reign Asa died and rested with his ancestors

2 Corinthians 5:7 - For we walk by faith, not by sight.

Galatians 6:9 -So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.

Hebrews 12:12-13 - Therefore, strengthen your feeble arms and weak knees. 13 "Make level paths for your feet," so that the lame may not be disabled, but rather healed.

Psalms 37:30-31 - The mouths of the righteous utter wisdom, and their tongues speak what is just. 31 The law of their God is in their hearts; their feet do not slip.

James 1:4- Let perseverance finish its work so that you may be mature and complete, not lacking anything.

1 Thessalonians 5:23 - May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.

John 3:16-17 - For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. ¹⁷ For God did not send his Son into the world to condemn the world, but to save the world through him.

1 Peter 3:4 - You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.

Hebrews 6:10 - For God is not unjust. He will not forget how hard you have worked for him and how you have shown your love to him by caring for other believers, as you still do. 11 Our great desire is that you will keep on loving others as long as life lasts, in order to make certain that what you hope for will come true. 12 Then you will not become spiritually dull and indifferent. Instead, you will follow the example of those who are going to inherit God's promises because of their faith and endurance.

2 Peter 1:5-7 - In view of all this, make every effort to respond to God's promises. Supplement your faith with a generous provision of moral excellence, and moral excellence with knowledge, 6 and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, 7 and godliness with brotherly affection, and brotherly affection with love for everyone.

Psalms 107:20 - He sent out his word and healed them; he rescued them from the grave.

Proverbs 10:4 - Lazy people are soon poor; hard workers get rich.

Matthew 15:16 - In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Proverbs 20:29 - The glory of young men is their strength, gray hair the splendor of the old.

Isaiah 40:28-31 - Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. 29 -He gives strength to the weary and increases the power of the weak. 30 Even youths grow tired and weary, and young men stumble and fall; 31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Philippians 3:13-14 - Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Proverbs 25:5-The wise are mightier than the strong, and those with knowledge grow stronger and stronger.

Proverbs 31:17 - She equips herself with strength [spiritual, mental, and physical fitness for her God-given task] And makes her arms strong.

2 Timothy 4:7 - I have fought the good fight, I have finished the race, I have kept the faith.

Proverbs 22:6 - Train up a child in the way he should go, And when he is old he will not depart from it.

Exodus 23:25 - So you shall serve the Lord your God, and He will bless your bread and your water. And I will take sickness away from the midst of you. 26 No one shall suffer miscarriage or be barren in your land; I will fulfill the number of your days.

1 Timothy 4:8- For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

Proverbs 25:28 - A person without self-control is like a city with broken-down walls.

1 John 4:4 - You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

Ephesians 4:22-24 -throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23 Instead, let the Spirit renew your thoughts and attitudes. 24 Put on your new nature, created to be like God—truly righteous and holy.

Ephesians 6:10 - Finally, be strong in the Lord and in his mighty power.

Colossians 3:1-3- Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 For you died, and your life is now hidden with Christ in God. 4 When Christ, who is your life, appears, then you also will appear with him in glory.

Luke 15:18 - I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you. 19 I am no longer worthy to be called your son; make me like one of your hired servants.’ 20 So he got up and went to his father. “But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

Malachi 4:2 - "But for you who fear my name, the Sun of Righteousness will rise with healing in his wings. And you will go free, leaping with joy like calves let out to pasture.

Matthew 5:1 - One day as he saw the crowds gathering, Jesus went up on the mountainside and sat down. His disciples gathered around him, 2 and he began to teach them. 3 “God blesses those who are poor and realize their need for him, for the Kingdom of Heaven is theirs. 4 God blesses those who mourn, for they will be

comforted. 5 God blesses those who are humble, for they will inherit the whole earth. 6 God blesses those who hunger and thirst for justice, for they will be satisfied. 7 God blesses those who are merciful, for they will be shown mercy. 8 God blesses those whose hearts are pure, for they will see God. 9 God blesses those who work for peace, for they will be called the children of God. 10 God blesses those who are persecuted for doing right, for the Kingdom of Heaven is theirs. 11 “God blesses you when people mock you and persecute you and lie about you and say all sorts of evil things against you because you are my followers. 12 Be happy about it! Be very glad! For a great reward awaits you in heaven.

Hebrews 12:7 – Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father?

Revelation 3:20 - Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.

John 15:4-6- Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. 5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned.

1 Peter 5:8-9- Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9 Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings

2 Corinthians 4:7-10 – We are hard pressed on every side, but not crushed; perplexed, but not in despair; 9 persecuted, but not abandoned; struck down, but not destroyed. 10 We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

Matthew 26:41 - “Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.”

Psalms 23:1-4 - The LORD is my shepherd, I lack nothing. 2 He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul. He guides me along the right paths for his name’s sake. 4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Romans 12:1-2 – Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

John 15:7- If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.

2 Timothy 3:14-16-But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, ¹⁵ and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. ¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness,

2 Corinthians 2:14 – But thanks be to God, who always leads us as captives in Christ’s triumphal procession and uses us to spread the aroma of the knowledge of him everywhere.

Ephesians 6:2-3- “Honor your father and mother”—which is the first commandment with a promise—³ “so that it may go well with you and that you may enjoy long life on the earth.”

Psalms 91:16- With long life I will satisfy him and show him my salvation

Isaiah 53:4-5 - Surely He took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. 5 But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.

Jeremiah 30:17- But I will restore you to health and heal your wounds,' declares the LORD

1 John 2:6-Whoever claims to live in him must live as Jesus did.

Colossians 1:23 – if you continue in your faith, established and firm, and do not move from the hope held out in the gospel. This is the gospel that you heard and that has been proclaimed to every creature under heaven, and of which I, Paul, have become a servant.

Colossians 2:6-7- So then, just as you received Christ Jesus as Lord, continue to live your lives in him, ⁷ rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

Colossians 3:5-7- Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. ⁶ Because of these, the wrath of God is coming. ⁷ You used to walk in these ways, in the life you once lived.

Colossians 3:1-3- Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God.

Colossians 3:12-14- Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.

Colossians 3:15- Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

Colossians 3:23-24- Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, ²⁴ since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Revelation 2:19- I know your deeds, your love and faith, your service and perseverance, and that you are now doing more than you did at first.

Romans 5:3-4 - Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope.

2 Thessalonians 3:5- May the Lord direct your hearts into God's love and Christ's perseverance.

Mark 13:13 - And everyone will hate you because you are my followers. But the one who endures to the end will be saved

Psalms 30:2- 2 LORD my God, I called to you for help, and you healed me.

Malachi 4:2- "But for you who fear my name, the Sun of Righteousness will rise with healing in his wings. And you will go free, leaping with joy like calves let out to pasture.

1 Peter 2:24- He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed." ²⁵ For "you were like sheep going astray," but now you have returned to the Shepherd and Overseer of your souls.

Experience God Helpful Tips:

- You are a beautiful work of ART, created in the image of God! In order to experience God and receive the benefits of the 5000 +promises we have as children of God found in His Word we must have a personal relationship with Him through His son, Jesus and this is available to everyone! You are a beautiful work of ART in God's eyes~ART-Admit you are a sinner and even if you have committed one sin you are in need of a Savior (Romans 3:23); Repent of your sins, ask God to forgive you, share with a mentor or partner or tell Jesus what you have done then begin to walk and live in the opposite direction honoring God and leave your old life behind. (Acts 2:38); Trust in Jesus' life, death and resurrection alone for salvation-He is the only way to God and has removed all sins, guilt and shame and receive by faith Jesus' finished work on the cross. (John 14:6, 2 Corinthians 5:21); now Surrender and submit to God and His Word each day! (Romans 12:2, James 4:7) Angels rejoice whenever one person is born again!
- Walk in love as an ambassador for Jesus, glorify Him in all you do and walk in obedience to His Word walking and living in Christ. (John 14:15, 1 Chronicles 16:28-29) God never created us to walk independent of His love and partnership.
- Pray often and talk to God just as you talk to a friend. Ask Him what you need each day and thank Him in advance for providing everything we need. God is our Source for all things. He owns everything and has everything to give! (I Corinthians 8:6, Philippians 4:19)
- Use the ACTS prayer model. You can start with A-Adoration (praise God for who He is and for His unchanging, loving character), Then C-Confession, (repent and confess our sins each day to God), Next offer T-Thanksgiving, (thank God for everything He does for us), and finally S-Supplication, (pray specific requests for others and make our own prayer requests known to God) (1 Thessalonians 5:17, James 4:2)
- Meditate on scripture and read your Bible or a One Year Bible reading each day. Speak God's supernatural Word over your life, family and situations. Honoring God, His Word and spending time with God helps build a personal relationship with Him and Jesus made this possible! When we feed our Spirit and renew our mind with the holy, unchanging Word of God we will become confident, strong and bold in life and this strengthens our faith. The world says we are to live by self-efforts, self-improvement, self-help but God says use Holy Spirit-effort, Spirit-improvement, Spirit-help!
- When you prayed to receive Jesus as Savior and repented of your sins you received the Holy Spirit, the same spirit of God! So be mindful and remember you have God's Holy Spirit living inside of you now, the same Holy Spirit raised Jesus from the dead! (Romans 8:11) Feed your Spirit more than you feed your flesh because we are spirit beings, with a mind or soul in a fleshly body. Feeding your spirit will renew your mind and then your body will follow new, healthy behaviors! Spiritual food includes prayer, the Word of God, service to others, meeting together with others and praise. Praise God for all He has done for you, giving thanks having a very thankful, grateful heart.
- Use your Believers Authority and speak words of life over your problems, pain and sickness! (Luke 9:1-2, Matthew 10:1, Matthew 10:7-8) We have the same Holy Spirit authority as Jesus did so do what Jesus did and command demons of sickness and disease to come out of your body! Download and speak my Identity in Christ scriptures during your exercise time or speak these throughout the day as a reminder of who you are in Christ and of your true identity. I also say "fear, confusion, doubt get out of my life today!" and "satan get out of my thoughts today". (James 4:7)
- Never forget the powerful Grace of God that He has given each of us! Great grace is the power we need to not feel condemned over our behavior but the merciful power to get us back up again! God will always forgive us and He sends us more grace each time we fall. The greater the challenge in your life the greater His grace is available to transform it for God's glory. God's grace rescued me from addictions of all sorts so I could come back and tell others how God helped me overcome! Thank God for His great grace today in your life and know it is available every time you need it. (Romans 8:1, Ephesians 1:7)

- Forgive others and yourself just as God has forgiven you. (Matthew 6:14-15) Forget all past mistakes or offenses towards you, get unstuck and let God take you somewhere new. Give all problems to God, leave them at the Cross of Christ. He will carry all of our burdens and promises to help us through anything. Sometimes we must wait for God's perfect timing but this allows us to grow in Him and His Word. Look up promises relating to the problem or topic at hand in a concordance or on the internet and meditate on these. I wrote a fake letter to my ex-husband thanking him for all of the wonderful times we had but then telling him I wouldn't let him abuse me any longer, to please forgive me for my part in our failed marriage and that I forgave him. Then I released him or gave him to God. I never actually mailed this letter but I tied it to a helium balloon and released it to the heavens! I did eventually find my ex on the internet and asked him to please forgive me for the awful things I did to him and he said the same in return.
- Identify sin in your life and get rid of it! Sin is anything unhealthy, unclean and poisons our mind, body and spirit. Sin can be anything we place above God. "First sin fascinates, then it assassinates; First sin thrills and then it kills." God says we are to put off the old man, our old nature and our old ways and put on the Lord Jesus, put on love, joy, kind words and everything good!
- Get involved and worship in a local Bible teaching church. After accepting Jesus as your personal Lord and Savior and making an intentional decision to give your life to Him find a church where you can serve, greet, participate and help out in a Bible Study class or encourage others and be encouraged. The church is our new family and Jesus is coming back soon for His bride-the church!
- You should be water baptized after receiving Jesus as Lord and Savior! This can be done at your church, in the ocean with someone or even in a bathtub like Justin Bieber recently did-he surrendered to Jesus with NYC Hillsong church Pastor Carl Lenz in Tyson Chandler's 7 foot tub!
- Begin tithing to your church and giving to ministries that help you grow as God leads you. Giving a tithe or 10% of your income each week will ensure God's blessings and it is the only area where God says "test me in this" (Malachi 3:10) Giving back to God a small amount of the eternal joy He has provided us is an honor! True prosperity is wholeness in every area of life and Jesus has given us everything we need for life and godliness. (2 Peter 1:3)
- Ask Jesus to fill you daily in the supernatural power of his Holy Spirit! (Matthew 3:11) When we surrender to God and ask Jesus to be our Savior, we receive his Holy Spirit. However, there is another desired, continual filling of the Spirit that gives us boldness and all fruits of the Holy Spirit to talk to others about what Jesus has done for us and we can ask Jesus for this too. We can be filled daily with a Power greater than ourselves! We must not live in the realm of intellectualism and logic but we are called to walk in the Spirit and He will guide and direct you. (John 4:23). Be mindful of the Holy Spirit and His ability to comfort us, assist us, being aware of His helpfulness, and His encouragement and thank Him for these traits and then see Him more clearly. One of the best ways to find our destiny is by allowing God the freedom to change us from the inside out and the Holy Spirit will transform you as you surrender daily to Him.
- Be strong in the Lord and the power of His might putting on His full armor every day! Ephesians 6:10-18. Put on your helmet of assurance of your salvation, the breastplate of your righteousness, belt of Truth, shoes of the peace of the good news, shield of faith, the sword of the spirit which is God's Word and pray always about everything-talking to God! His other weapons include love, hope and the Holy Spirit.
- Focus on God instead of your problem and the magnified God will shrink your problem. He will help you with everything in life. Be patient, wait for His plan and purpose to unfold in every situation, God is always working everything out for good! (Romans 8:28, Psalm 37:7) Your life will follow what you are focused on so set your eyes on Jesus.
- "Go and make disciples" – this was one of Jesus' last instructions to us before he left earth! This involves building relationships, making friendships, encouraging each other and spending time talking about the Word of God together, sharing individual "God revelations" and learning from each other.
- God wants to use us, each of us for His glory. He has given all of us a dream and a destiny that God wants us to fulfill and the key to prospering in this is staying in the presence of God. He will use our gifts and talents, passions and even past mistakes and problems for His glory and for our success as we

surrender to His plan! Identify God's allowance of tests or tough situations and difficulties in your life so you can learn and grow and He can work miracles in and through you for others to see.

- Look at the big picture-see life through God's eyes. Get a fresh view of yourself and of others, seeing all through God's viewpoint! Discover how He is working in everyone's life-working everything out. Recognize God's handiwork and glorify and thank Him throughout the day as we recognize His presence in the sun, clouds, wind, nature, interesting people and all of His creation! Let your life be a life of worship to our Savior and walk with God-confidence. Continue walking each day in the unconditional love and grace of God. Thank Jesus as you freely receive His love and His blessings and keep your spiritual atmosphere free and clear to receive the flow of His favor and blessings by forgiving, repenting, and praising. Our heavenly dad has everything to give us for He owns it all! Don't be discouraged if it seems God is slow in responding, He is only trying to teach you a truth. Just keep praising, asking, knocking, and seeking! Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. (Matthew 7:7) "You don't have what you want because you don't ask God for it. James 4:2.

Experience God Healthy Scriptures : God offers us a free gift of eternal SALVATION through His son Jesus who died for our sins, hurts, mess-ups and guilt in life-all we need to do is receive this free gift and say thank you Lord. Salvation = Soteria. The word "salvation" in its original Greek language is "soteria" (so-tay-ree-a) which means rescue, safety, deliver, health. The word "saved" in the Greek language is "sozo" (sode'zo) and it means to save, deliver or protect, to be made completely whole-in health, prosperity and peace of mind. God wants us saved from whatever is keeping us stuck in our lives! God needs us healthy and prosperous to serve Him and others. He wants to help us get fit for Kingdom service and He will bring us out of our own problems and our own heads to help others. Luke 10:27 says Love the Lord your God with all your heart, and with all your soul and with all your strength and with all of your mind and Love your neighbor as yourself. God will help you succeed in all areas of your life~Meditate, chew on God's promises, renew our minds with His Truth, watch our mind line up with God's thinking and thank God for his help with our health! He wants to help us with everything and continue building a personal relationship with Him through Jesus=the Word.

Romans 5:1- Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.

1 Thessalonians 5:23-24- Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. 24 God will make this happen, for he who calls you is faithful.

Romans 12:1-2-12 -And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. 2 Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

Romans 10:17 - So then faith comes by hearing, and hearing by the word of God

Psalms 103:1-5- Let all that I am praise the LORD; with my whole heart, I will praise his holy name. 2 Let all that I am praise the LORD; may I never forget the good things he does for me. 3 He forgives all my sins, and heals all my diseases. 4 He redeems me from death, and crowns me with love and tender mercies. 5 He fills my life with good things. My youth is renewed like the eagle's!

Acts 17:24-25 "The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by human hands. 25 And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else.

Hebrews 4:16-Boldly come to the throne of our gracious God where we may find grace to help us in our time of need.

Matthew 11:28-Then Jesus said “Come to me all of you who are weary and carry heavy burdens and I will give you rest. Take my yoke upon you. Let me teach you because I am humble and gentle and you will find rest for your soul. For my yoke fits perfectly and the burden I give you is light.”

Proverbs 18:21-Death and life are in the power of the tongue, and those who love it will eat its fruit-(speak the Word of God and its promises out loud!)

John 6:63- The Spirit alone gives eternal life. Human effort accomplishes nothing. And the very words I have spoken to you are spirit and life.

Galatians 5:22- But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control.

2 Corinthians 5:7 - For we live by faith, not by sight

2 Peter 1:3-4- By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him, the one who called us to himself by means of his marvelous glory and excellence. 4 And because of his glory and excellence, he has given us great and precious promises. These are the promises that enable you to share his divine nature and escape the world’s corruption caused by human desires.

1 John 4:17- And as we live in God, our love grows more perfect. So we will not be afraid on the Day of Judgment, but we can face him with confidence because as Jesus is so are we in this world.

Revelation 21:6- And he said to me, “It is done! I am the Alpha and the Omega, the beginning and the end To the thirsty I will give from the spring of the water of life without payment.

Proverbs 1:33 - but whoever listens to me will live in safety and be at ease, without fear of harm.”

2 Corinthians 5:21-God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

2 Chronicles 16:9 - For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him. You have done a foolish thing, and from now on you will be at war.

Exodus 33:14-20 - The LORD replied, “My Presence will go with you, and I will give you rest.” 15 Then Moses said to him, “If your Presence does not go with us, do not send us up from here. 16 How will anyone know that you are pleased with me and with your people unless you go with us? What else will distinguish me and your people from all the other people on the face of the earth?” 17 And the LORD said to Moses, “I will do the very thing you have asked, because I am pleased with you and I know you by name.” 18 Then Moses said, “Now show me your glory.” 19 And the LORD said, “I will cause all my goodness to pass in front of you, and I will proclaim my name, the LORD, in your presence. I will have mercy on whom I will have mercy, and I will have compassion on whom I will have compassion. 20 But,” he said, “you cannot see my face, for no one may see me and live.”

Isaiah 45:11 - Thus saith the LORD, the Holy One of Israel, and his Maker, Ask me of things to come concerning my sons, and concerning the work of my hands command ye me.

Psalms 37:4- Take delight in the Lord and He will give you your heart’s desires.

Joshua 1:8- Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.

James 1:22- But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves.

Matthew 15:8- These people honor me with their lips, but their hearts are far from me.

John 15:4-8- Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. 5 “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me,

you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. 7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. 8 This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

Job 22:28- You will also decree a thing, and it will be established for you; And light will shine on your ways.

Psalms 18:6 In my distress I called to the LORD; I cried to my God for help.

1 Corinthians 6:9 -Don't you realize that those who do wrong will not inherit the Kingdom of God? Don't fool yourselves. Those who indulge in sexual sin, or who worship idols, or commit adultery, or are male prostitutes, or practice homosexuality,¹⁰ or are thieves, or greedy people, or drunkards, or are abusive, or cheat people—none of these will inherit the Kingdom of God.¹¹ Some of you were once like that. But you were cleansed; you were made holy; you were made right with God by calling on the name of the Lord Jesus Christ and by the Spirit of our God.

Acts 1:8-but you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth."

Ezekiel 36:26-I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh

Mark 11:22 - Have faith in God," Jesus answered. 23"Truly I tell you, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but believes that what they say will happen, it will be done for them. 24 Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. 25 And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins."

2 Corinthians 5:20 - We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God.

Song of Solomon 4:7-You are altogether beautiful, my love; there is no flaw in you. (This is what God thinks of you!)

Psalms 37:7 - Be still in the presence of the Lord and wait patiently for him to act. Don't worry about evil people who prosper or fret about their wicked schemes.

Genesis 39:2 - The Lord was with Joseph so that he prospered, and he lived in the house of his Egyptian master

2 Corinthians 10:4-5 - For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, 5 casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ

Genesis 12:2- I will make you a great nation; I will bless you and make your name great; And you shall be a blessing. I will bless those who bless you and curse those who treat you with contempt. All the families on earth will be blessed through you"

Ephesians 3:20-Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us

John 3:36 - Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on them

1 Samuel 16:7 - But the LORD said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart."

Jeremiah 1:19 - They will fight against you but will not overcome you, for I am with you and will rescue you," declares the Lord.

Acts 14:15-16 - "Friends, why are you doing this? We too are only human, like you. We are bringing you good news, telling you to turn from these worthless things to the living God, who made the heavens and the earth and the sea and everything in them. 16 In the past, he let all nations go their own way. 17 Yet he has not left himself

without testimony: He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy.”

Luke 11:34 - The eye is the lamp of your body. When your eye is clear [spiritually perceptive, focused on God], your whole body also is full of light [benefiting from God’s precepts]. But when it is bad [spiritually blind], your body also is full of darkness [devoid of God’s word].

Luke 10:31 - But the Lord said to her, “My dear Martha, you are worried and upset over all these details! 42 There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Proverbs 8:13 - All who fear the LORD will hate evil. Therefore, I hate pride and arrogance, corruption and perverse speech.

Matthew 14:27-29 - But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.” 28 “Lord, if it’s you,” Peter replied, “tell me to come to you on the water.” 29 “Come,” he said. Then Peter got down out of the boat, walked on the water and came toward Jesus.

Psalms 46:10 - He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Deuteronomy 6:5 - And you must love the LORD your God with all your heart, all your soul, and all your strength. 6 And you must commit yourselves wholeheartedly to these commands that I am giving you today. 7 Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up.

2 Timothy 1:6-7 - This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. 7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

Romans 8:6 - So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

Ecclesiastes 7:29 - But I did find this: God created people to be virtuous, but they have each turned to follow their own downward path.

1 Peter 2:24 - “He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.”

Revelation 3:5 - The one who is victorious will, like them, be dressed in white. I will never blot out the name of that person from the book of life, but will acknowledge that name before my Father and his angels.

2 Timothy 2:15 - Work hard so you can present yourself to God and receive his approval. Be a good worker, one who does not need to be ashamed and who correctly explains the word of truth.

Zephaniah 2:3 - Seek the LORD, all who are humble, and follow his commands. Seek to do what is right and to live humbly. Perhaps even yet the LORD will protect you—
protect you from his anger on that day of destruction.

James 4:7-8 Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

Micah 6:8 - No, O people, the LORD has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God.

Hebrews 13:15 - Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.

Job 5:17 - “But consider the joy of those corrected by God! Do not despise the discipline of the Almighty when you sin.

Luke 14:26-27 - One day when large groups of people were walking along with him, Jesus turned and told them, "Anyone who comes to me but refuses to let go of father, mother, spouse, children, brothers, sisters—yes, even one's own self!—can't be my disciple. Anyone who won't shoulder his own cross and follow behind me can't be my disciple.

1 Peter 1:23 - For you have been born again, but not to a life that will quickly end. Your new life will last forever because it comes from the eternal, living word of God.

2 Corinthians 12:9-11 - But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. ¹⁰ That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong

Proverbs 4:20-23 - My child, pay attention to what I say. Listen carefully to my words. ²¹ Don't lose sight of them. Let them penetrate deep into your heart, ²² for they bring life to those who find them, and healing to their whole body. ²³ Guard your heart above all else, for it determines the course of your life.

Revelation 14:7 - He said in a loud voice, "Fear God and give him glory, because the hour of his judgment has come. Worship him who made the heavens, the earth, the sea and the springs of water."

Psalms 34:1 - I will praise the LORD at all times. I will constantly speak his praises. ² I will boast only in the LORD; let all who are helpless take heart. ³ Come, let us tell of the LORD's greatness; let us exalt his name together. ⁴ I prayed to the LORD, and he answered me. He freed me from all my fears.

2 Corinthians 10:4-5 - The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. ⁵ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Philippians 3:19-20 - They are headed for destruction. Their god is their appetite, they brag about shameful things, and they think only about this life here on earth. ²⁰ But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Savior. ²¹ He will take our weak mortal bodies and change them into glorious bodies like his own, using the same power with which he will bring everything under his control.

Daniel 11:32b - but the people who know their God shall be strong, and carry out great exploits

John 3:3, 6 - Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again... Flesh gives birth to flesh, but the Spirit gives birth to spirit.

Psalms 91:1 - Those who live in the shelter of the Most High will find rest in the shadow of the Almighty.

Psalms 55:17 - Morning, noon, and night I cry out in my distress, and the LORD hears my voice.

Exodus 25:22 - I will meet with you there and talk to you from above the atonement cover between the gold cherubim that hover over the Ark of the Covenant. From there I will give you my commands for the people of Israel.

Philippians 4:8 - And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

Romans 6:9-10 - We are sure of this because Christ was raised from the dead, and he will never die again. Death no longer has any power over him. ¹⁰ When he died, he died once to break the power of sin. But now that he lives, he lives for the glory of God.

Psalms 73:27-28 - Those who desert him will perish, for you destroy those who abandon you. ²⁸ But as for me, how good it is to be near God! I have made the Sovereign LORD my shelter, and I will tell everyone about the wonderful things you do.

Galatians 6:7-8- Do not be deceived: God cannot be mocked. A man reaps what he sows. ⁸ Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.

Psalms 87:1-3 - On the holy mountain stands the city founded by the LORD. ² He loves the city of Jerusalem more than any other city in Israel, ³ O city of God, what glorious things are said of you!

2 Corinthians 5:7-For we live by faith, not by sight.

Jeremiah 31:31- “The days are coming,” declares the LORD, “when I will make a new covenant with the people of Israel and with the people of Judah.

2 Corinthians 9:6-Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously

2 Corinthians 7:1-Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

Psalms 119:11- I have hidden your word in my heart that I might not sin against you.

Romans 8:13-14- For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. ¹⁴ For those who are led by the Spirit of God are the children of God

1 Peter 1:14-As obedient children, do not conform to the evil desires you had when you lived in ignorance.

Job 22:28- You will also declare a thing, And it will be established for you; So light will shine on your ways.

Hebrews 10:10- By that will we have been sanctified through the offering of the body of Jesus Christ once *for all*.

Jeremiah 33:3- Call to Me, and I will answer you, and show you great and mighty things, which you do not know.

Galatians 2:20- I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.

Philippians 4:6-7- Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Colossians 1:16-20- For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. ¹⁷ He is before all things, and in him all things hold together. ¹⁸ And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. ¹⁹ For God was pleased to have all his fullness dwell in him, ²⁰ and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.

Colossians 1:22- But now he has reconciled you by Christ’s physical body through death to present you holy in his sight, without blemish and free from accusation—

Isaiah 45:11- Thus saith the LORD, the Holy One of Israel, and his Maker, Ask me of things to come concerning my sons, and concerning the work of my hands command ye me.

2 Chronicles 29:5- He said to them, “Listen to me, you Levites! Purify yourselves, and purify the Temple of the LORD, the God of your ancestors. Remove all the defiled things from the sanctuary.

Micah 6:8- No, O people, the LORD has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God

1 Thessalonians 2:4- On the contrary, we speak as those approved by God to be entrusted with the gospel. We are not trying to please people but God, who tests our hearts.

Colossians 2:12- having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead.

Psalms 23:1,6- he LORD is my shepherd, I lack nothing... Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

Galatians 3:11- So it is clear that no one can be made right with God by trying to keep the law. For the Scriptures say, "It is through faith that a righteous person has life

Hebrews 11:6- And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him

Matthew 11:3-4- ³ Then he said, "I tell you the truth, unless you turn from your sins and become like little children, you will never get into the Kingdom of Heaven. ⁴ So anyone who becomes as humble as this little child is the greatest in the Kingdom of Heaven.

John 6:40- For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day."

John 8:31-32 - Then Jesus said to those Jews who believed Him, "If you remain in My word, then you are truly My disciples. ³² You shall know the truth, and the truth shall set you free."

John 1:12- Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God

Matthew 28:19-20 - Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Zerubbabel 4:6-7 - So he answered and said to me: "This *is* the word of the LORD to Zerubbabel: 'Not by might nor by power, but by My Spirit,' Says the LORD of hosts. ⁷ 'Who *are* you, O great mountain? Before Zerubbabel *you shall become* a plain! And he shall bring forth the capstone with shouts of "Grace, grace to it!"'" – shout "Grace, Grace!" to your problem!

Deuteronomy 28 - If you fully obey the LORD your God and carefully follow all his commands I give you today, the LORD your God will set you high above all the nations on earth. ² All these blessings will come on you and accompany you if you obey the LORD your God: ³ You will be blessed in the city and blessed in the country...

Encourage Others helpful tips:

- Speak to and smile at everyone! Say hi when you pass by. Be the first to say “hi” or introduce yourself in a new environment as we represent Jesus. Speaking to others first also gives impression of strength, fearlessness, confidence and peace with God. I often say “God bless you” and literally speak God’s blessing into someone’s life.
- Speak words of life to each other! Tell your family, friends, spouse *why* you love them instead of simply saying “I love you”, say “I love you because...” Parents and especially fathers can speak strength, direction and love to your children and also audibly speak blessings and scriptures over their life.
- Remember God made us to love, serve and encourage each other! He established the church not as a building but as a body of people who are experiencing life together, helping, praying for and uplifting each other.
- Send regular encouraging texts, emails, greeting cards and letters to lift someone up. Visit those who are in hospitals or who are sick or depressed or who need a friend and remember to keep the focus on them. Reaching out to others can do amazing things for someone’s spirit and yours!
- Express thanks and gratitude often for what someone has done in your life, tell everyone what the Lord has done for you and speak of answered prayer to encourage others praying in their own situation.
- Be mindful of talking less about yourself and more about the other person. Asking questions about the other person’s life, family, if they attend church anywhere, what they enjoy doing in their free time, what they like to eat-these will all engage someone in conversation about themselves and can open up communication lines for future engagements. Exercise is a great way to also start a conversation asking someone to walk daily or weekly together and can be a time of encouragement.
- Uplift someone by mentoring-be a mentor and be able to be mentored. People are always watching you and you can have a lasting impact in someone’s life. Volunteer in the children’s classes at church or in a youth center. Ask older, wiser, likeminded men or women to be your mentor and ask them to pray for you and offer to pray for them. Inspire someone by offering praise for their own gifts and talents, pointing out where they are skilled and encouraging these gifts to be used for their personal success and for God’s glory! This takes time and promotes building positive relationships. Mentors can provide accountability, hope and support.
- Always thank your local policeman or policewoman, firemen and women and service and former and present military men and women whenever you see them. Thank them for protecting you and your family. Pray for them regularly.
- Encourage your family and children to begin a daily spiritual and physical exercise routine each day as these habits will carry on throughout their lifetime and they will always have these healthy habits in their minds. Go for family walks, play tennis, play 4 square with a large ball in the driveway, put up a badminton net in the back yard!
- Share that you are involved in a Fitness Ministry and share that we focus on being both spiritually, physically, emotionally, relationally and financially fit for kingdom service! Talking about your own ministry or other ministries in which you are involved is a new idea or term some may not be familiar with and yields interesting, uplifting conversation. Talk about what God is doing in your life and talk about prayers of yours or others being answered. Give prayer requests to each other daily. Satan hates for us to talk about how good our God is and God loves for us to sing His praises all day long!
- Use this Fit Guide in a small group or Bible study group, discussing these healthy tips and healthy scriptures but also getting everyone involved by asking others to share their healthy tips and what others do to encourage personal fitness.
- Ask the Holy Spirit to fill you each day with God’s love toward others! Remember Galatians 5:22 says the Holy Spirit gives us love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self discipline or self-control!
- God wants you to use your gifts and talents, passions and even past mistakes for His glory and for your success! Inspire others to use their gifts for the Kingdom. God has blessed us to be a blessing to others, there is always something for which to be grateful and to share with someone who needs our

encouragement. When we see others through the eyes of God we can see His big picture of how He planned for our lives to intersect with each other.

- If you have made a decision to follow Christ, tell your old friends about your new life in Jesus! Share the love of Jesus with everyone you come in contact with and see people through the eyes of Jesus. Everyone is a marvelous creation of God and He desires us all to walk with Him and be His children. We are called to go and make disciples all over the world and we can start this by building love relationships in our own sphere of influence-where we work, where we attend church, where we shop, eat, exercise and walk.
- Put yourself in others' positions and really notice and experience what others may be going through and how God can work through you so you can help. Look around you and ask yourself "is there someone in my life, in my sphere of influence or my network who needs a friend or a listener and be Jesus to that person! Love on someone, invite them to lunch, to church.
- Always be respectful and graceful to those who God places over us, in government, our elders, leadership in church, work superiors and show courteous hospitality in words and actions, like "please", "thank you", "excuse me". These polite niceties can tremendously affect someone's day especially in such a negative world! Spend time with elderly people as they have so much wisdom to offer and men, it is so special when you open doors for us!
- Become a Fit Partner and commit to pray for Kate's Faith and Fitness and other Fit Partners as we become intentionally Fit for Kingdom service! You can also make a one-time contribution or bless us monthly with a financial gift to encourage others as we provide One Year Study Bibles, fitness shoes to those who are unable to purchase these and other helpful fit items.

Healthy Scriptures for meditation and memorization ~Meditate on and talk about these scriptures with your Fit group and others, renew our minds with His Truth, watch our mind line up with God's thinking and thank God for his help with our health! He wants to help us with everything and God wants us to help each other become the best God has for us!

Romans 14:17-19- For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit. 18 If you serve Christ with this attitude, you will please God, and others will approve of you, too. 19 So then, let us aim for harmony in the church and try to build each other up.

Hebrews 10:24-25-Think of ways to encourage one another to outbursts of love and good deeds. And let us not neglect our meeting together, as some people do, but encourage and warn each other, especially now that the day of his coming back again is drawing near.

2 Timothy 2:1-5 - Timothy, my dear son, be strong through the grace that God gives you in Christ Jesus. 2 You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others. 3 Endure suffering along with me, as a good soldier of Christ Jesus. 4 Soldiers don't get tied up in the affairs of civilian life, for then they cannot please the officer who enlisted them. 5 And athletes cannot win the prize unless they follow the rules.

Galatians 6:2- Share each other's burdens, and in this way obey the law of Christ.

1 Samuel 23:15 While David was at Horesh in the Desert of Ziph, he learned that Saul had come out to take his life. 16 And Saul's son Jonathan went to David at Horesh and helped him find strength in God. 17 "Don't be afraid," he said. "My father Saul will not lay a hand on you. You will be king over Israel, and I will be second to you. Even my father Saul knows this." 18 The two of them made a covenant before the Lord. Then Jonathan went home, but David remained at Horesh.

Colossians 3:16- Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts.

Ephesians 1:16-18- I have not stopped giving thanks for you, remembering you in my prayers. 17 I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so

that you may know him better. 18 I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people,

John 17:22 - "I have given them the glory you gave me, so they may be one as we are one."

1 Thessalonians 5:11-Therefore encourage one another and build each other up, just as in fact you are doing.

Ephesians 4:29-Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Proverbs 12:25-Anxiety weighs down the heart, but a kind word cheers it up.

1 Thessalonians 4:14-18- For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him. 15 According to the Lord's word, we tell you that we who are still alive, who are left until the coming of the Lord, will certainly not precede those who have fallen asleep. 16 For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. 17 After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. 18 Therefore encourage one another with these words.

1 Thessalonians 5:14- Brothers and sisters, we urge you to warn those who are lazy. Encourage those who are timid. Take tender care of those who are weak. Be patient with everyone.

Acts 14: 27- Upon arriving in Antioch, they called the church together and reported everything God had done through them and how he had opened the door of faith to the Gentiles, too. 28 And they stayed there with the believers for a long time.

James 4:12 - God alone, who gave the law, is the Judge. He alone has the power to save or to destroy. So what right do you have to judge your neighbor?

Isaiah 40:30-31- Even youths grow tired and weary, and young men stumble and fall; ³¹ but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

2 Corinthians 1:3-4-Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

Ephesians 1:18-20- I pray that your hearts will be flooded with light so that you can understand the confident hope he has given to those he called—his holy people who are his rich and glorious inheritance. 19 I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power 20 that raised Christ from the dead and seated him in the place of honor at God's right hand in the heavenly realms.

1 Peter 4:1 Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin. 2 As a result, they do not live the rest of their earthly lives for evil human desires, but rather for the will of God. 3 For you have spent enough time in the past doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry. 4 They are surprised that you do not join them in their reckless, wild living, and they heap abuse on you. 5 But they will have to give account to him who is ready to judge the living and the dead.

2 Peter 1:10 Therefore, my brothers and sisters, make every effort to confirm your calling and election. (Be intentional believers!!) For if you do these things, you will never stumble, 11 and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.

Peter 5: In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but shows favor to the humble." 6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you.

Genesis 50:20 - You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.

1 Peter 4:7 The end of all things is near. Therefore be alert and of sober mind so that you may pray. 8 Above all, love each other deeply, because love covers over a multitude of sins. 9 Offer hospitality to one another without grumbling.

1 Peter 3:8 Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. 9 Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.

Ecclesiastes 4:9- Two are better than one, because they have a good return for their labor: 10. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

Proverbs 27:17- As iron sharpens iron, so a friend sharpens a friend.

Matthew 18:20- For where two or three are gathered in My name [meeting together as My followers], I am there among them

Acts 4:19-20 - But Peter and John replied, "Do you think God wants us to obey you rather than him? 20 We cannot stop telling about everything we have seen and heard."

Proverbs 24:6 - For by wise counsel you will wage your own war, And in a multitude of counselors *there is safety*.

Psalms 10:17 - You, LORD, hear the desire of the afflicted; you encourage them, and you listen to their cry

2 Corinthians 9:9-10 - As the Scriptures say, "They share freely and give generously to the poor. Their good deeds will be remembered forever." 10 For God is the one who provides seed for the farmer and then bread to eat. In the same way, he will provide and increase your resources and then produce a great harvest of generosity in you.

Romans 12:13-16 -Share with the Lord's people who are in need. Practice hospitality. 14 Bless those who persecute you; bless and do not curse. 15 Rejoice with those who rejoice; mourn with those who mourn. 16 Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

1 Corinthians 4:1 - This, then, is how you ought to regard us: as servants of Christ and as those entrusted with the mysteries God has revealed.

Romans 12:4-5- Just as our bodies have many parts and each part has a special function,⁵ so it is with Christ's body. We are many parts of one body, and we all belong to each other.

Acts 20:2 - While there, he encouraged the believers in all the towns he passed through.

Philemon 1:7- Your love has given me much joy and comfort, my brother, for your kindness has often refreshed the hearts of God's people.

1 Samuel 23:16 - Jonathan went to find David and encouraged him to stay strong in his faith in God.

Luke 22:43 - Then an angel from heaven appeared and strengthened him.

Acts 17:11, 23- 11And the people of Berea were more open-minded than those in Thessalonica, and they listened eagerly to Paul's message. They searched the Scriptures day after day to see if Paul and Silas were teaching the truth. 12 As a result, many Jews believed, as did many of the prominent Greek women and men...23 for as I was walking along I saw your many shrines. And one of your altars had this inscription on it: 'To an Unknown God.' This God, whom you worship without knowing, is the one I'm telling you about.

Acts 14:22 - strengthening the disciples and encouraging them to remain true to the faith. "We must go through many hardships to enter the kingdom of God," they said.

Acts 15:32- Judas and Silas, who themselves were prophets, said much to encourage and strengthen the believers.

Proverbs 19:20-21- Listen to advice and accept discipline, and at the end you will be counted among the wise. 21 Many are the plans in a person's heart, but it is the LORD's purpose that prevails.

Proverbs 12:5 - The thoughts of the righteous are just; the counsels of the wicked are deceitful.

Proverbs 14:11- Without wise leadership, a nation falls; there is safety in having many advisers.

Psalms 1:1-2- Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. 2 But they delight in the law of the LORD, meditating on it day and night.

Proverbs 20:17-18 - Plans are established by seeking advice; so if you wage war, obtain guidance. 19 A gossip betrays a confidence; so avoid anyone who talks too much.

Jeremiah 29:11- For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future

Psalms 133:1 - ¹ How wonderful and pleasant it is when brothers live together in harmony!

2 Timothy 4:2 - Preach the word; be prepared in season and out of season; correct, rebuke and encourage—with great patience and careful instruction.

2 Corinthians 13:11 - Dear brothers and sisters, I close my letter with these last words: Be joyful. Grow to maturity. Encourage each other. Live in harmony and peace. Then the God of love and peace will be with you.

Colossians 1:9-13- For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, ¹⁰ so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, ¹¹ being strengthened with all power according to his glorious might so that you may have great endurance and patience, ¹² and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. ¹³ For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves

Philippians 3:17- Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do.

Colossians 1:28- He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ.

Colossians 2:2-3- My goal is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ, ³ in whom are hidden all the treasures of wisdom and knowledge.

Acts 8:31- "How can I," he said, "unless someone explains it to me?" So he invited Philip to come up and sit with him.

Jude 1:20- But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit

Proverbs 27:9- Perfume and incense bring joy to the heart, and the pleasantness of a friend springs from their heartfelt advice.

Colossians 1:6- that has come to you. In the same way, the gospel is bearing fruit and growing throughout the whole world—just as it has been doing among you since the day you heard it and truly understood God's grace.

Colossians 3:16-17- Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Hebrews 12:5-6- And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says, “My son, do not make light of the Lord’s discipline, and do not lose heart when he rebukes you, ⁶ because the Lord disciplines the one he loves, and he chastens everyone he accepts as his son

Acts 26:18- to open their eyes and turn them from darkness to light, and from the power of Satan to God, so that they may receive forgiveness of sins and a place among those who are sanctified by faith in me

Philippians 2:17- But I will rejoice even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that joy

Enjoy Life helpful tips

- Feast and meditate on His glorious creation-mountains, stars, oceans, children, every uniquely different person, animal, fish and the individual DNA personality! Wake up and watch the sunrise or a beautiful sunset thanking our Creator who gives us all things on earth to enjoy. Wake up praising God that you can breathe, that your family is alive and well; remain grateful for all the miracles around us and this will bring joy to your day.
- Take on a daily Attitude of Gratitude, being so grateful for all we have including our eyesight, hands, fingers, feet, legs, friends, family, cars, mind, God! Thank God for everything that is going on in your life and watch your attitude change.
- Intentionally enjoying life and avoid stressful situations, get out of these fast! Nothing is worth adding miserable stress to your mind, body and spirit. Stress is the #2 killer next to heart disease.
- FORGIVE others and FORGIVE yourself! If God has forgiven us through His son Jesus Christ, so should we forgive others and forgive ourselves. Unforgiveness leads to sickness and dis-ease
- Take a walk on the beach or in a city park. Go fishing!
- Sing and shout praises to God for all He has done for us!
- Visit other churches, attend a Bible study while travelling.
- Check out local social websites with current events and do something different and fun in your community.
- Go to local or regional sports game and be ready to talk to someone about Kates Faith and Fitness!
- Go see an uplifting movie.
- Doing things God has called you to do is more satisfying and fulfilling than anything else!
- Ride a bicycle or walk through a state park, or go camping with campfires and smores!
- Call someone for a Fit meal together at a new local restaurant.
- Celebrate someone's birthday with them and don't forget to also celebrate your spiritual birthday! When you received the Lord Jesus and committed your life to Him! This birthday allows you to live forever☺
- Serve someone, buy flowers for someone!
- Take a vacation to your favorite spot.
- Treat yourself to a massage.
- Make your favorite meal and share with a neighbor or friend.
- Learn to play a new musical instrument, singing or dance!
- Get a manicure/pedicure-men and women!
- Make someone else smile.
- SO many ways to enjoy life-don't forget to have fun-Jesus paid it all, so there's no worries☺

Enjoy life healthy scriptures

Psalm 118:24-This is the day that the Lord has made, I will rejoice and be glad in it!

John 10:10 –“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it more abundantly.”

Ephesians 1:3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. 4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love 5 he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will— 6 to the praise of his glorious grace, which he has freely given us in the One he loves. 7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace 8 that he lavished on us. With all wisdom and understanding, 9 he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, 10 to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ. 11 In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will

1 Thessalonians 5:16-18 -Rejoice always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Hebrews 13:15 Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name.

Acts 24:3- In every way and everywhere we accept this with all gratitude.

Romans 8:28- And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 12:12- Be joyful in hope, patient in affliction, faithful in prayer.

Psalms 16:11-You will show me the path for life; in His presence is the fullness of joy, at His right hand are pleasures evermore.

Isaiah 61:10 I delight greatly in the LORD; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels.

Hebrews 7:24-25- But because Jesus lives forever, his priesthood lasts forever. 25 Therefore he is able, once and forever, to save those who come to God through him. He lives forever to intercede with God on their behalf.

John 5:14-15- And we are confident that he hears us whenever we ask for anything that pleases him. 15 And since we know he hears us when we make our requests, we also know that he will give us what we ask for.

Proverbs 17:22- A cheerful heart is good medicine, but a crushed spirit dries up the bones.

Jeremiah 33:8- I will cleanse them of their sins against me and forgive all their sins of rebellion. 9 Then this city will bring me joy, glory, and honor before all the nations of the earth! The people of the world will see all the good I do for my people, and they will tremble with awe at the peace and prosperity I provide for them.

1 Peter 3:10- For, "Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech.

John 16:24-Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

Luke 1:47-and my spirit rejoices in God my Savior.

Psalms 100-Shout for joy to the LORD, all the earth. 2. Worship the LORD with gladness; come before him with joyful songs. 3 Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. 4 Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. 5 For the LORD is good and his love endures forever; his faithfulness continues through all generations.

1 John 5:12-13- He who has the Son has life; he who does not have the Son of God does not have life. 13 These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may *continue to* believe in the name of the Son of God.

John 15:11- "As the Father has loved me, so have I loved you. Now remain in my love. 10 If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. 11 I have told you this so that my joy may be in you and that your joy may be complete. 12 My command is this: Love each other as I have loved you. 13 Greater love has no one than this: to lay down one's life for one's friends.

Psalms 13: But I trust in your unfailing love; my heart rejoices in your salvation. 6 I will sing the LORD's praise, for he has been good to me.

Proverbs 8:17- I love those who love me, and those who seek me find me. 18 With me are riches and honor, enduring wealth and prosperity. 19 My fruit is better than fine gold; what I yield surpasses choice silver.... I was filled with delight day after day, rejoicing always in his presence, 31 rejoicing in his whole world and delighting in mankind. 32 "Now then, my children, listen to me; blessed are those who keep my ways.

33 Listen to my instruction and be wise; do not disregard it. 34 Blessed are those who listen to me, watching daily at my doors, waiting at my doorway. 35 For those who find me find life and receive favor from the LORD.

John 11:23 - Jesus told her, "Your brother will rise again." 24 "Yes," Martha said, "he will rise when everyone else rises, at the last day." 25 Jesus told her, "I am the resurrection and the life. Anyone who believes in me will live, even after dying. 26 Everyone who lives in me and believes in me will never ever die. Do you believe this Martha?"

Deuteronomy 6:1-These are the commands, decrees and laws the LORD your God directed me to teach you to observe in the land that you are crossing the Jordan to possess, 2 so that you, your children and their children after them may fear the LORD your God as long as you live by keeping all his decrees and commands that I give you, and so that you may enjoy long life.

Philippians 4:4- Rejoice in the Lord always. I will say it again: Rejoice!

Deuteronomy 6:24-The LORD commanded us to obey all these decrees and to fear the LORD our God, so that we might always prosper and be kept alive, as is the case today. 25 And if we are careful to obey all this law before the LORD our God, as he has commanded us, that will be our righteousness."

Deuteronomy 7:12- "Then it shall come to pass, because you listen to these judgments, and keep and do them, that the LORD your God will keep with you the covenant and the mercy which He swore to your fathers. 13 And He will love you and bless you and multiply you; He will also bless the fruit of your womb and the fruit of your land, your grain and your new wine and your oil, the increase of your cattle and the offspring of your flock, in the land of which He swore to your fathers to give you. 14 You shall be blessed above all peoples; there shall not be a male or female barren among you or among your livestock. 15 And the LORD will take away from you all sickness, and will afflict you with none of the terrible diseases of Egypt which you have known, but will lay *them* on all those who hate you.

Luke 10:16 "Whoever listens to you listens to me; whoever rejects you rejects me; but whoever rejects me rejects him who sent me." 17 The seventy-two returned with joy and said, "Lord, even the demons submit to us in your name."

18 He replied, "I saw Satan fall like lightning from heaven. 19 I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you. 20 However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven."

Psalms 34 - I will praise the LORD at all times. I will constantly speak his praises. 2 I will boast only in the LORD; let all who are helpless take heart. 3 Come, let us tell of the LORD's greatness; let us exalt his name together. 4 I prayed to the LORD, and he answered me.

He freed me from all my fears. 5 Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces.

Psalms 37:23 - The LORD directs the steps of the godly. He delights in every detail of their lives.

Psalms 144:15 - Yes, joyful are those who live like this! Joyful indeed are those whose God is the LORD.

Psalms 13:5 - But I trust in your unfailing love. I will rejoice because you have rescued me. 6 I will sing to the LORD

because he is good to me.

Psalms 18:1-3 - I love you, LORD; you are my strength. 2 The LORD is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. 3 I called on the LORD, who is worthy of praise, and he saved me from my enemies.

Psalms 66:1-3 - Shout for joy to God, all the earth! 2 Sing the glory of his name; make his praise glorious!

Romans 5:1 - Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.

Colossians 3:15- Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

John 16:24- You haven't done this before. Ask, using my name, and you will receive, and you will have abundant joy.

John 3:36- And anyone who believes in God's Son has eternal life. Anyone who doesn't obey the Son will never experience eternal life but remains under God's angry judgment."

Proverbs 17:22 - A cheerful heart is good medicine, but a crushed spirit dries up the bones.

John 16:33 – "I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world"

Romans 8:10- And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God.

Psalms 27:6- Then I will hold my head high above my enemies who surround me. At his sanctuary I will offer sacrifices with shouts of joy, singing and praising the LORD with music.

Psalms 16:9- No wonder my heart is glad, and I rejoice. My body rests in safety

Nehemiah 8:10- Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the LORD is your strength." Psalm 28:7-

Psalms 128:1-2- Blessed are all who fear the LORD, who walk in obedience to him. 2 You will eat the fruit of your labor; blessings and prosperity will be yours.

Revelation 21:4-6- "He will wipe every tear from their eyes. There will be no more death' or mourning or crying or pain, for the old order of things has passed away." ⁵ He who was seated on the throne said, "I am making everything new!" Then he said, "Write this down, for these words are trustworthy and true."

⁶ He said to me: "It is done. I am the Alpha and the Omega, the Beginning and the End. To the thirsty I will give water without cost from the spring of the water of life.

Psalms 64:10- The righteous will rejoice in the LORD and take refuge in him; all the upright in heart will glory in him!

James 1:2-4- Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, ³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Zachariah 9:9 - Rejoice greatly, Daughter Zion! Shout, Daughter Jerusalem! See, your king comes to you, righteous and victorious, lowly and riding on a donkey, on a colt, the foal of a donkey.

Proverbs 17:22- A cheerful heart is good medicine, but a crushed spirit saps a person's strength.

Philippians 4:6-7- Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Psalms 133:1- How good and pleasant it is when God's people live together in unity!

Isaiah 26:3- You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Romans 15:13- I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

Revelation 22:7- "Look, I am coming soon! Blessed are those who obey the words of prophecy written in this book.

Habakkuk 3:18-19- yet I will rejoice in the LORD! I will be joyful in the God of my salvation! ¹⁹ The Sovereign LORD is my strength! He makes me as surefooted as a deer, able to tread upon the heights.

Luke 12:32 – So don't be afraid, little flock. For it gives your Father great joy to give you the Kingdom.

Thank you for letting me share what God has shown me and how He has set me free by focusing on healthy substitutes for my unhealthy habits and addictions! God gave me these healthy elements but maybe you need help in other areas to fulfill your life. Search the scriptures using a concordance or the internet for what God says directly about your own needs and concerns and meditate on these solutions and find life! God says we shall know the truth and the truth will set us free~ John 8:32. If you don't know if you will go to heaven when you die or if you would like to have a personal relationship with God through His son Jesus who died for all of us and all of our sins that separate us from God just say a simple prayer like this-“God, I want to be your son/daughter right now. I want to experience forgiveness, true freedom and abundant life. I thank you for sending Jesus to die in my place and for dying for my sins and I receive this free gift now. I will try to walk with you and serve you and glorify you from this point forward! Thank you Jesus!” Now send me a note and let me know you have prayed to receive Jesus and His fullness of life! Angels are rejoicing in heaven the Word says! Find a Bible teaching church and start reading a Bible or ask me for a One Year Bible. God bless you!

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