



# PWOC

*Protestant Women of the Chapel*

## **WORKSHOP: LIVE BY THE SPIRIT** ***The Key to a Fit, Healthy Body***

by Morgan Cornstubble

### **PARTICIPANT'S VERSION**

**RELEVANCE:** Our bodies are a gift from God, and He not only wants us to care for them, He has provided the help we need to achieve and maintain physical fitness through His Spirit. We should follow His principles for a healthy diet and exercise regularly and effectively to become physically fit and stay that way.

**INTRO:** Everyone wants to be healthy, to be slim, and to look great.

- **What works against you?**

**PHYSICAL FITNESS DEFINITION:** Wiki.answers.com defines it this way: **"The ability to function efficiently and effectively without injury, to enjoy leisure, resist disease, and to cope with emergency situations."**

**Optimal physical fitness means an optimal level of:**

- **cardiovascular fitness**
- **muscular strength**
- **flexibility**
- **achievement and maintenance of ideal weight**



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## 1. GOD WANTS US TO CARE FOR OUR BODIES

Four key concepts regarding the care of our physical bodies:

### 1- Your body belongs to God and not to you.

- **1 Corinthians 6:19-20** (NASB) *Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.*

### 2- Your body, a temple of His Spirit, is important to God.

- **1 Corinthians 3:16-17** (NASB) *Do you not know that you are a temple of God and that the Spirit of God dwells in you? If any man destroys the temple of God, God will destroy him, for the temple of God is holy, and that is what you are.*

### 3- We are stewards of our bodies and are responsible for taking care of them.

- Look again at 1 Corinthians 3:17; God will destroy the one who destroys His temple- because it's holy. Our bodies are gifts from God that we're to use to bring Him glory (*see 1 Cor. 6:20 above*).

### 4- If our bodies belong to God, and our motive in caring for them is to be a good steward of this great gift and to bring God glory, it makes sense that we will experience opposition.

- **Galatians 5:22-23** (NASB) *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, **self-control**; against such things there is no law.*
- **Galatians 5:25** (NASB) *If we live by the Spirit, let us also walk by the Spirit.*

**ACTIVITY:** Spiritual attacks come from three sources: the world, the flesh, and the devil. Break into groups of 3-4 and classify the items on our "What works against you" list as being attacks from the world, the flesh, or the devil. Can you think of other items that belong on this list? Write them down and classify them as well.



- **Galatians 5:16-17** (NASB) *But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.*
- **John 16:13** (NASB) *But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come.*

## II. GOD HAS GIVEN US PRINCIPLES FOR A HEALTHY DIET

**PROPER NUTRITION:** God has given us dietary principles in His Word. The following diet principles, taken from the book *What the Bible Says About Healthy Living*, by Rex Russell, M.D. (1996), are great guidelines to follow for healthy eating. *Note that these rules are not for our salvation but for our health.*

### 1. Eat only what God designed for food.

### 2. As much as possible, eat foods as they were created.

- The less refined the food is, the better.
- Our highly processed foods often process-out essential enzymes, other nutrients, beneficial fiber, and likely other good things that haven't even been discovered yet!

### 3. Avoid food addictions; don't let any food or drink become your god.

- **1 Corinthians 6:12** (NASB) *All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.*

**CORRECT CALORIE CONSUMPTION:** The right caloric intake is the way to achieve and maintain a healthy weight.

- The average moderately active woman between the ages of 31-49 needs about 2000 calories each day to achieve and maintain a body-mass index of 21.5 (<http://www.webmd.com/diet/features/estimated-calorie-requirement>).
- "FastDiet" or "The Two-Day Diet"- A woman in her 30's or 40's would eat only 500 calories (about a fourth of her normal intake) on two days a week, then eat freely on the other five days. This plan reduces intake by 3000 calories per week which probably comes close to the amount we tend to over-consume in our high-calorie culture. This is one option of many. Moderation is key. Pray about it; see what God has in mind for you.



**ACTIVITY:** Break into groups and develop a list of favorite tips for healthy eating and/or healthy caloric intake to share with the entire group.

### III. EXERCISE REGULARLY FOR HEALTH AND FITNESS

#### How should we exercise?

- 1- Our doctors tell us to get an hour of exercise on most days, but don't panic! Our government's DHHS guidelines are more specific, suggesting 75 minutes of vigorous aerobic exercise per week (fast walking, running, biking, etc.), 150 minutes of moderate aerobic activity per week (easy walking, vacuuming, just moving around!), and strength training twice each week.
- 2- Any exercise program should include aerobic activity to increase your heart rate (cardio), weight lifting to increase your muscular strength, and stretching for flexibility. Mix up routines to keep yourself from becoming bored and to keep your muscles responding, and start at a level that's comfortable for you and increase it when it becomes too easy. If you haven't exercised vigorously for a long while, check with your doctor to be sure you don't hurt yourself!
- 3- Don't let exercise become your god, either. Proverbs 31:17 says, "She girds herself with strength and makes her arms strong," but that was only a **small** part of her time!

#### EXAMPLES OF EXERCISES:

- 1- **Cardio:**

*Note: Aim to keep your heart rate in the target of 75-80% of your maximum heart rate, which is 220 minus your age, e.g. 139-148 beats per minute for a 35-year-old.*



## 2- Flexibility:

## 3- Strength:

Lately, the trend has been to exercise using intense, short periods of strength and agility training so that your heart rate is greatly increased, then given a brief rest period before another burst of exercise. This is the basic idea behind Cross Fit and Tabata routines. A Tabata routine is 4 sets of 20 seconds of an exercise (like jumping rope) performed as many times as possible followed by 10 seconds of rest. Each 20-second period can be of the same exercise or a different exercise. These are easy to fit into short periods of time at home, like during a commercial break while watching television.

### **APPLY IT TO LIFE:**

- **Galatians 5:1** (NASB) *It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery.*
- **Galatians 5:16** (NASB) *But I say, walk by the Spirit, and you will not carry out the desire of the flesh.*

Listen to the Holy Spirit's nudging, or you'll look back with regret.

Remember to pray as well: commit your works to the Lord, and your plans will be established. (Proverbs 16:3).

*Write down one healthy eating goal and one exercise goal, then tell your neighbor when you'll start. You may want to pray with that person, asking God for help and strength.*

- **Healthy eating goal:**
  
  
- **Exercise goal:**



## Non-Exhaustive Resource List

### Local no- or low- cost fitness centers:

- Harney Gym on post (Nautilus machines, cardio machines, indoor pool, water aerobic classes)
- CrossFit Bubble on post by Harney Gym (free weights, rowing machines, CrossFit equipment, CrossFit classes)
- Gruber Gym on post (huge selection of weight machines, free weights, and cardio machines)
- Riverfront Community Center in Leavenworth (indoor track and pool, weight room, cardio room, mini-trampolines, classes like Zumba, dance, yoga, Crossfit, Tae Kwon Do, self-defense)
- Army Wellness Center in Eisenhower Hall (free assessments to determine your metabolic rate and BMI, nutrition classes)

### Websites for nutrition/exercise information:

- [mayoclinic.com/health/fitness](http://mayoclinic.com/health/fitness) (heart rate info, BMI calculation)
- [shape.com](http://shape.com) (flexibility test, exercises)
- [livestrong.com](http://livestrong.com) (lots of useful exercise and nutrition info)
- [webmd.com](http://webmd.com) (my go-to for medical info)
- [ironmajorcrossfit.com](http://ironmajorcrossfit.com) (the CrossFit community on post where you can reserve a space in their "on-ramp" orientation course and see their WOD: workout of the day with useful links to how-to videos)
- [youtube.com](http://youtube.com) Yes, youtube, which has a plethora of how-to videos for any exercise you can imagine!

