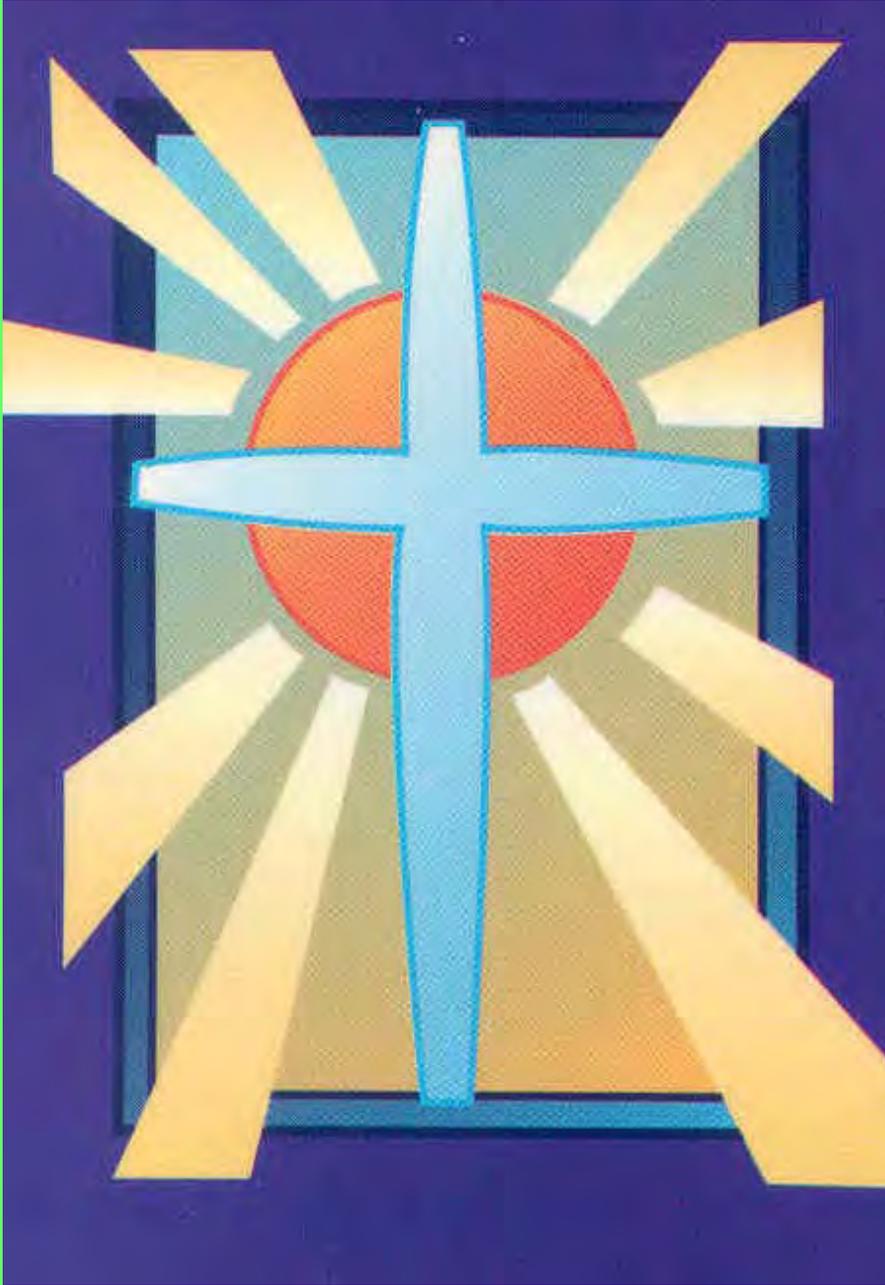


# “Not By Bread Alone” Weight Loss



# **“Not By Bread Alone”**

## **Weight Loss**

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“Not By Bread Alone” Weight Loss is intended to provide you with accurate and timely medical news and information. It is not intended to give personal medical advice, which should be obtained directly from your physician. Acting on any information provided without first consulting a physician is solely at your risk. We regret that we cannot respond to individual inquiries about personal health matters.

# ***“Not By Bread Alone” Weight Loss***

*He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the Lord.*

*Deuteronomy 8:3*

*Then Jesus answered, "It is written, "One does not live by bread alone, but by every word that comes from the mouth of God.' "*

*Matthew 4:4*

## **God's given you eternity, give God 14 weeks.**

Welcome to “**Not By Bread Alone**” a Christian based, doctor designed weight loss plan for overweight Christians wanting a closer relationship with God and improved health.

What we offer:

- 1) **Medical soundness** – A doctor (MD) created and clinically tested health program which includes:
  - a. Basic nutrition principles.
  - b. Real life eating and exercise tips.
  - c. The REDUCE Diet – a simple, structured diet to help start your weight loss.
- 2) **A Christian Based approach to weight loss** - Working with Reverend Phillip Morrow (a Baptist minister), we have developed a program to harness the power of the Holy Spirit to help you change your health habits. This includes nightly prayer exercises and inspirational messages from Reverend Morrow.
- 3) **Free Your Mind** - Through the power of prayer and the work of the Holy Spirit you can retrain your mind to take on new eating habits that will transform your body.

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# Body Mass Index (BMI) Calculator

BMI	OVERWEIGHT								OBESE								
	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height	Weight (lbs)																
5'	118	123	<b>128</b>	133	138	143	148	<b>153</b>	158	164	169	174	179	184	189	194	199
5' 1"	122	127	<b>132</b>	137	143	148	153	<b>158</b>	164	169	174	180	185	190	195	201	206
5' 2"	126	131	<b>136</b>	142	147	153	158	<b>164</b>	169	175	180	186	191	196	202	207	213
5' 3"	130	135	<b>141</b>	146	152	158	163	<b>169</b>	175	180	186	192	197	203	208	214	220
5' 4"	134	140	<b>145</b>	151	157	163	168	<b>174</b>	180	186	192	198	204	209	215	221	227
5' 5"	138	144	<b>150</b>	156	162	168	174	<b>180</b>	186	192	198	204	210	216	222	228	234
5' 6"	142	148	<b>155</b>	161	167	173	179	<b>186</b>	192	198	204	210	216	223	229	235	241
5' 7"	146	153	<b>159</b>	166	172	178	185	<b>191</b>	198	204	210	217	223	229	236	242	248
5' 8"	151	158	<b>164</b>	171	177	184	190	<b>197</b>	203	210	217	223	230	236	243	249	256
5' 9"	155	162	<b>169</b>	176	182	189	196	<b>203</b>	209	216	223	230	236	243	250	257	264
5' 10"	160	167	<b>174</b>	181	188	195	202	<b>209</b>	216	223	230	236	243	250	257	264	271
5' 11"	165	172	<b>179</b>	186	193	200	208	<b>215</b>	222	229	236	243	250	258	265	272	279
6'	169	177	<b>184</b>	191	199	206	213	<b>221</b>	228	235	243	250	258	265	272	280	287
6' 1"	174	182	<b>189</b>	197	204	212	219	<b>227</b>	234	242	250	257	265	272	280	287	295
6' 2"	179	186	<b>194</b>	202	210	218	225	<b>233</b>	241	249	256	264	272	280	288	295	303
6' 3"	184	192	<b>200</b>	208	216	224	232	<b>240</b>	247	255	263	271	279	287	295	303	311
6' 4"	189	197	<b>205</b>	213	221	230	238	<b>246</b>	254	262	271	279	287	295	303	312	320
6' 5"	193	203	<b>210</b>	218	227	236	244	<b>252</b>	260	268	278	286	294	302	310	320	328
6' 6"	198	209	<b>216</b>	224	232	242	250	<b>258</b>	266	274	284	293	301	310	318	327	336
6' 7"	203	214	<b>221</b>	229	238	248	257	<b>265</b>	273	281	290	300	309	317	325	335	345
6' 8"	208	219	<b>226</b>	235	244	254	263	<b>271</b>	279	288	297	307	317	324	333	343	353

Look up your height in the first column.  
Then find your weight in the corresponding row.

The number at the top of that row is your BMI.

(Ex. Height 5'10", weight 202lbs = BMI 29)

BMI < 25 is considered a healthy weight.

BMI between 25-29 is overweight.

BMI of 30 or greater is obese.

**Your initial goal BMI is less than 30.**

# Introduction

Dear Friend,

Welcome to "Not By Bread Alone".

Our names are Dr. Ted Chandler and Dr. Ray Morrow. We are both physicians trained in Internal Medicine. As clinical internists we have had a world of experience in caring for people who struggle with their weight and with the diseases of excess weight such as heart disease, diabetes, and arthritis.

In early 2006 Ray's dad Phil (a Baptist minister with diabetes) started struggling with health problems related to his weight. Working together, we devised a simple diet (The REDUCE Diet) along with some simple exercises for Phil to try.

We were amazed when Phil easily dropped 20 pounds and came off several of his medicines. Also, his body became more flexible and toned and his joints did not ache all the time. He was able to enjoy life more fully because of a simple lifestyle change. What was more amazing was that when other individuals saw Phil's transformation they were motivated to try the plan. Over time we found that each individual who tried and stuck with the program lost weight and felt better.

As we worked to apply a program of structured lifestyle interventions to a wider group of our patients (Dr Morrow in a primary care practice and Dr Chandler in a diabetic research study – The Accord Trial) we were amazed at how much resistance we met. Many patients felt helpless to make any change in their lives which might improve their health. They wanted to change. They understood how to change. They just could not make the change happen.

What was of more concern was that as Christian physicians we noticed that many of the patients who felt helpless to change their health were themselves Christians. There seemed to be the common belief among many Christians that the Power of Christ could transform the spirit, the soul, possibly the mind, but, not their body nor their health. This would not be so concerning if it were just a physical problem. However, for many overweight Christians their health problems directly affect their ability to do the work of Jesus. It affects them physically, mentally, emotionally, and spiritually. They often find themselves spending more time at the doctor's office than they do on the mission field. Thus, their witness is impaired.

So we came to the realization that to truly cause a lasting health change in an individual there must be a transformation physically, mentally, and spiritually. As Christian Physicians we sat down and wrote Biblically based Spiritual Fundamental Principles and Tools which we believe individuals must have in order to cause any substantial change in their lives.

## Spiritual Fundamental Principles

1. The Body is God's Temple. (1 Cor 6:12-20, Romans 12:1-2)
2. Gluttony and Sloth ARE sins. (Proverbs 19:15,24 ; 21:25 ; 23:21 ; Ecc 10:17-18 ; Philippians 3:19; Isaiah 22:13)
3. You must replace the Love of Food with God's Love. (Philippians 3:19, John 6:35, Rom 14:13-23)
4. The body, mind, and spirit are linked. (Your physical health is influenced by your spiritual and mental state) (Luke 10:27; Col 3:8-10; Rom 8:5)
5. In order for any significant change to take place in your life (physical or spiritual) you must be born again. (You must totally commit to the transformation and admit you need God's help). (1 Peter 1:13-23; John 3:1-21)
6. Once you are born again, the Holy Spirit will help you to make the right choices (physically and spiritually). (Mark 1:8; John 14:26; Acts 1:8; Romans 5:5, 9:1, 14:17, 2 Tim 1:14)
7. Prayer, through keeping you connected to God, will reinforce Godly habits. (Acts 14:23; Romans 12:12, Philippians 4:6, Col 4:2)

## Spiritual Tools

1. Belief – You must believe that you need to change.
2. Rebirth – You must be born again.
  - Realize that you need God’s help.
  - Confess your sins.
  - Commit to the transformation.
3. The Holy Spirit – Helps to guide you to the truth (good health/lifestyle choices).
4. Prayer – Reinforces Godly habits.
5. Faith – The power to live each day dependent on God.
6. Routine/Structure – Makes good health choices a part of everyday life.
  - Diet
  - Exercise
  - Loving Relationships
  - A new way to view the world

At the heart of our belief are several critical Bible verses which we feel apply to the health of Christians.

*He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the Lord.*

*Deuteronomy 8:3*

*Then Jesus answered, "It is written, "One does not live by bread alone, but by every word that comes from the mouth of God.' "*

*Matthew 4:4*

*Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.*

*1 Cor 6:19-20*

*I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.*

*Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.*

*Romans 12:1-2*

*Do not, for the sake of food, destroy the work of God.*

*Romans 14:20*

After studying these verses, we were both astounded and frightened. Was the Kingdom of God to be brought to its knees by the way the workers handled food, destroying the work of God, which is love.

We began digging – for new answers – for understanding into this warning. We discovered through listening to the stories of overweight persons how much their lives were a struggle. The struggles brought about two predominate symptoms:

1. Loss of inner peace
2. Loss of joy

Inner peace – the highest good of Jesus – was lost in seven areas:

1. With God
2. With the Body
3. With the Mind
4. With the Family
5. With the Culture
6. With the World
7. With Nature

The loss of joy seemed related to the sense of being buried under seven emotional blankets, each person stifled under a differing degree of darkness, each according to his or her circumstances. The blankets are:

1. Blame
2. Apathy
3. Depression
4. Fear
5. Grief
6. Anger
7. Anxiety

Thus, we felt like we had begun to get a diagnostic handle on this epidemic. Then, another fact startled us. The condition of many overweight individual's state of being bore similarities in three symptoms:

1. Tiredness
2. Depression
3. Loss of spirit

In other words they were affected physically, mentally, and spiritually by their weight. So, we reasoned, this state of being resulted from struggling with overweightness – thus we now call the condition the Overweight State.

When we reach a state of being where our spirit is depressed this is the state Jesus talks about in the Sermon on the Mount, as expressed in the first beatitude:

*"Blessed are the poor in spirit, for theirs is the kingdom of heaven."  
Matthew 5:3*

About this time a food psychologist, through research into eating, stressed the complexity of eating. Each day, each of us will make about 200 food decisions. Remember now, eating is an activity necessary for survival. So, we gotta eat. But, it also can add so much joy to our existence and can make life abundant. But, forced to live as fast-paced as we do, in as complex a world as we have, with all the stresses surrounding us, we simply do not realize how much we're eating, what we're eating – or why we're even eating at all. We're careless. We're not paying attention, while dealing with the most complicated body need we have.

No wonder the fast food companies and the big food advertisers are eyeballing us when they put down their believable lies on paper or pay a pretty face on TV to tell us how nutritious junk food is. They think we're stupid or at least naïve. What we really are is confused.

What we need is clarity, to be shrewd but harmless – to be real.

So, Ray and I, with Phil's help, began searching for answers in the Bible, working out a routine of testing the soundness of our ideas with Patrice, Ray's wife, who also is a scholar and teacher of the Bible.

Now, understand this very well. After spending billions of dollars and testing thousands of ideas – in the hope of finding a pill to cure the weight epidemic – science has no clue how to go about it.

Now, back to that verse in Romans 14:20 that warns us about food. Why is the verse stated that way?

Two reasons.

The nature of food and the nature of us.

First, our nature. Read Romans 7:14-25.

**14** For we know that the law is spiritual; but I am of the flesh, sold into slavery under sin. **15** I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. **16** Now if I do what I do not want, I agree that the law is good. **17** But in fact it is no longer I that do it, but sin that dwells within me. **18** For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. **19** For I do not do the good I want, but the evil I

*do not want is what I do. 20 Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. 21 So I find it to be a law that when I want to do what is good, evil lies close at hand. 22 For I delight in the law of God in my inmost self, 23 but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. 24 Wretched man that I am! Who will rescue me from this body of death? 25 Thanks be to God through Jesus Christ our Lord!*

It's part of our nature that we know how to eat right. Yet, it's equally a part of our nature to eat wrong, to never eat as good as we know how to eat. We know this well from working with hundreds of patients struggling with eating. It's as though we have split personalities, as if in the same skin we are two people, each pulling in an opposite direction.

Then, there's the seductive nature of food. It deludes us in three ways.

1. Emotionally. We are seduced to taste and choose without regard to nourishment. So, we are satisfied for the moment, comforted, having eaten, because we believed the food would make us happy. It's a delusion. No one ever chooses one food over another without thinking that it would make him or her momentarily happy, give a good feeling. And, no one ever finds happiness through food, because at the heart, it's joy we've lost, not happiness.

2. Mentally. We are deluded by the fact that through rationalization we can excuse our food choices. It's human nature to think that we can defend our wrong choices. Actually, wrong choices may go unchallenged for a while – until the boundaries of the body's biological processes begin disintegrating and fatigue sets in, and depression hits, and the spirit within withers. Then, as the body is the temple of the Holy Spirit, God takes notice.

3. Physically. We are deluded by thinking that we can get by with eating more than our bodies need without paying the consequences. The body operates within narrow limits and sooner or later the boundaries begin disintegrating. This starts the process of doctor visits, blood tests, MRIs, CT scans, EKGs, and pills – for cholesterol, for blood pressure, for heart disease, for diabetes, for knee pain, for hip pain – the list goes on and on. Each person's eating patterns will be specifically defined by neural pathways that change the structure of the brain. This is why some people have cravings and why when these hunger impulses strike, the human will and the mind are powerless by themselves to control the actions that follow.

From the physician's point of view we might call this situation the new realities of diagnosing the Overweight State.

Reality #1. Nutritional knowledge is inadequate to change human nature. Knowledge by itself does not guarantee good and wise food choices. To know the right thing to do is not necessarily to do it.

Reality #2. "The spirit is willing but the flesh is weak." Human resolve is a flawed ideal. Resistance, unless help arrives, is evident in troubles that come our way, in circumstances, and in internal and external opposition. The will tries to overcome but it fails.

Reality #3. The ability of physicians and nutritionists to diagnose and treat the spiritual and emotional component of the overweight state with precision and confidence is seriously limited. As physicians we are trained to order tests and prescribe medications. But, that is not the answer for this condition.

## Treatment Goals

Our aims for you are seven:

1. Restore inner peace
2. Build a sense of joy
3. Reduce excess weight with The Reduce Diet
4. Increase your nutritional knowledge
5. Teach you reengineering strategies for your eating habits
6. Increase your reliance on prayer and the guidance of the Holy Spirit in your daily life.
7. Build a sense of mission

What you must bring to the table are:

1. Desire – intense, burning desire
2. Belief – ya gotta believe
3. A willingness to write your feelings and observations in a journal
4. The willingness to try small, new steps
5. The need to reevaluate your progress periodically
6. The ability and willingness to tweak your methods

Usually the focus of treatment is to go on a diet and exercise. We believe that a therapeutic diet is useful for a limited time and have one in the program, called the Reduce Diet – we have used this diet successfully with hundreds of patients struggling with eating. So, we can tell you with confidence that it works.

Exercise, likewise, is essential and we have it covered; doable exercise.

However, weight loss, dieting, experimenting with your food, exercising – these should be considered oblique goals. They will come along as the fundamentals of being are restored:

- Inner Peace
- Joy

Thus, changing your state, converting the Overweight State into the Regenerated State is the first order of business. This is done by entering the Born Again State, as explained by Jesus to Nicodemus in the third chapter of John's Gospel. What this accomplishes is the receiving of the Holy Spirit, who immediately becomes your ever present prayer partner.

- Prayer is simple, as simple as a child making known his wants to his parents.
- Prayer is irrational, because it is contrary to common sense. We know that God does things for us in answer to our prayers, and this, common sense naturally says, is ridiculous.
- Prayer is supernatural because it relies entirely on God.
- Prayer trains the mind and changes the brain.
- Prayer is basic to faith.
- Prayer is intercession. Jesus carries on intercession for us in Heaven. The Holy Spirit carries on intercession in us on earth. And we must carry on intercession for each other.
- Prayer restores the spark of life to the Christian, not the beat of the heart, but the evidence that peace and joy are being restored.
- Prayer brings us into a perfect understanding with God, and that changes our view of our eating habits. This is a great answer to prayer.
- Prayer is not a question of changing our circumstances but of changing our eating and other dispositions, of changing us so that we can make the changes.
- Prayer gives us the power to walk and not faint.

Thus, because there are millions of Christians worldwide who struggle in the Overweight State, we must look at this epidemic with a global eye and with the heart of the revolutionary.

First we invite you to follow the instructions on how to get maximum benefit from this book. Its purpose is to restore your inner peace and joy and your intimacy with God. The instructions will show you exactly how to work it into your routines and use it daily in your own life.

“Not By Bread Alone” is structured in five parts:

1. Healing Prayers – Morning and evening prayer exercises designed to provide structure to your spiritual life.
2. The REDUCE Diet – a structured, therapeutic diet that will help you retrain your tastes and your routines and begin taking the pounds off. This starts with a 2 week food diary then progresses to a balanced 12 week diet.
3. Eating Realities – at the end of each week you will be given simple eating tips from the REDUCE Diet.
4. Smart Moves – a host of proven common sense exercises that are easy to follow.
5. Phil’s Weekly Message – a weekly message from Reverend Morrow to inspire and challenge.

# Instructions

# Instructions

1. Read the Overview and Healing Prayers Introduction.
2. Review the Spiritual Fundamental Principles and Tools.
3. Read the introduction to Healing Prayers.
4. Review the Diet (this will start on week 3).
5. Prepare to start your 2 week food diary – Monday through Friday keep a daily record of everything you eat and drink. Keep a pen and paper with you and write down what you eat throughout the day. BE HONEST.

## Once You Are Ready – START on a Sunday

**Week 1** Sunday - Read the Healing Prayers introduction for Week 1.

M – F – Perform the morning and evening prayer exercises.  
Start the food diary.  
DO NOT START THE DIET.

Saturday – Review Week 1 Eating Realities.  
Read Phil’s Message of the Week.  
Review the Diet (Do not start till week 3).

**Week 2** Sunday – Review the week 2 Healing Prayer introduction.

M – F – Perform the morning and evening prayer exercises.  
Continue the food diary.  
DO NOT START THE DIET.

Saturday – Review Week 2 Eating Realities.  
Read Phil’s Message of the Week.  
Review the Diet and go shopping (Get Ready).

**Week 3** Sunday – Review the next week Healing Prayer introduction.

START THE DIET ON MONDAY.

M – F – Perform the morning and evening prayer exercises.

Saturday – Review Week 3 Eating Realities.  
Read Phil's Message of the Week.

**Weeks 4-14** – Continue the same steps.

# Fundamental Principles

# “Not By Bread Alone”

## Spiritual Fundamental Principles

*He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the Lord.*

*Deuteronomy 8:3*

*Then Jesus answered, "It is written, "One does not live by bread alone, but by every word that comes from the mouth of God.' "*

*Matthew 4:4*

1. The Body is God's Temple. (1 Cor 6:19-20, Romans 12:1-2)
2. Gluttony and Sloth ARE sins. (Proverbs 19:15,24 ; 21:25 ; 23:21 ; Ecc 10:17-18 ; Philippians 3:19; Isaiah 22:13)
3. You must replace the Love of Food with God's Love. (Philippians 3:19, John 6:35, Rom 14:13-23, 1 Cor 8:8)
4. The body, mind, and spirit are linked. (Your physical health is influenced by your spiritual and mental state). (Luke 10:27; Col 3:8-10; Rom 8:5)
5. In order for any significant change to take place in your life (physical or spiritual) you must be born again. (You must totally commit to the transformation and admit you need God's help). (1 Peter 1:13-23; John 3:1-21)
6. Once you are born again, the Holy Spirit will help you to make the right choices (physically and spiritually). (Mark 1:8; John 14:26; Acts 1:8; Romans 5:5, 9:1, 14:17, 2 Tim 1:14)
7. Prayer, through keeping you connected to God, will reinforce Godly habits. (Acts 14:23; Romans 12:12, Philippians 4:6, Col 4:2)

## 1. The Body is God's Temple. (1 Cor 6:12-20, Romans 12:1-2)

### 1 Corinthians 6:12-20

*"All things are lawful for me," but not all things are beneficial. "All things are lawful for me," but I will not be dominated by anything. "Food is meant for the stomach and the stomach for food," and God will destroy both one and the other. The body is meant not for fornication but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us by his power. Do you not know that your bodies are members of Christ? Should I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that whoever is united to a prostitute becomes one body with her? For it is said, "The two shall be one flesh." But anyone united to the Lord becomes one spirit with him. Shun fornication! Every sin that a person commits is outside the body; but the fornicator sins against the body itself. Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? For you were bought with a price; therefore glorify God in your body.*

### Romans 12:1-2

*I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God - what is good and acceptable and perfect.*

Christ – the resurrected Lord – lives on within the heart and life of the true believer. We have a strong stewardship responsibility to take care of our body – God's Temple. As Christians we must realize that if anything is to be done on Earth for Jesus it must be done by us. We think in Spiritual terms, but while on Earth we act through our physical bodies. Whether we are spreading the Good News, ministering to the poor and sick, or helping our fellow Christians, we need our physical bodies. So if we are to be effective Christians we must do everything in our power and control to care for our bodies. Medically we know that 75% of all chronic health problems are due to poor choices we make about how to care for our bodies. We also know that people who maintain good health habits - eat more fruits and vegetables, exercise daily, do not smoke or do drugs – have less health problems (less heart attacks, strokes, diabetes, etc.), take fewer medications, and spend less time at the doctor's office and hospital. Therefore, they are better able to do the work of God on Earth. We are not made into "better" Christians by being healthy, but, the healthy Christian can do the work of God better. So realizing that your "body is God's Temple" is a

key step to acknowledging why as a Christian you MUST take your health seriously and do everything in your power to care for your body.

In 1<sup>st</sup> Corinthians 6:12-20 Paul makes very clear to the Christians in Corinth that the body does matter. The Corinthians believed that since they were Christians all that mattered was their spiritual state. As long as they believed in Jesus their sins of the flesh did not matter. They believed that when they died their bodies would be destroyed and the Spirit would be raised. Therefore, anything done with their bodies did not matter spiritually. The sin the Corinthians were actually committing was sleeping with prostitutes, but, this is just one example how their belief in the body/spirit separation leads to sinning. In verses 12-20 Paul makes the argument that how Christians treat their body does matter to God. In verse 13 Paul says "The body is not meant for immorality, but for the Lord and the Lord for the body." In 12:15 he states that "Your bodies are members of Christ." Here Paul uses the word "Christ" to refer to the Christian community. He is making the point that each Christian, in his or her daily life, makes up the various body parts of the Christian community and through them Christ's work on Earth is performed and the personality of Christ is expressed. Anything that is to be done on Earth for Christ must be done by individual Christians, using our God given flesh and blood bodies. With these bodies the lost are witnessed to, the sick are comforted and the poor are uplifted.

In order for us to effectively do the work of Christ on Earth we must keep ourselves as healthy as possible. Satan will attack us both spiritually AND physically, knowing that if a Christian can be made ineffective in the world through physical illness, less good will be accomplished in the name of Jesus. Knowing this, we must make sure that we do not do anything to our bodies that will increase the chances of illness and lead to physical destruction such as eating too much (gluttony), drinking too much, taking harmful chemicals into our body by smoking or doing drugs, and not keeping ourselves physically fit (slothfulness). Paul concludes this section in verses 18-20 by saying "the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body."

## **2. Gluttony and Sloth ARE sins. (Proverbs 19:15,24 ; 21:25 ; 23:21 ; Ecc 10:17-18 ; Philippians 3:19; Isaiah 22:13)**

### **Proverbs 19:15**

*Laziness brings on deep sleep; an idle person will suffer hunger.*

### **Proverbs 19:24**

*The lazy person buries a hand in the dish, and will not even bring it back to the mouth.*

**Proverbs 21:25**

*The craving of the lazy person is fatal, for lazy hands refuse to labor.*

**Proverbs 23:21**

*for the drunkard and the glutton will come to poverty, and drowsiness will clothe them with rags.*

**Ecclesiastes 10:17-18**

*Happy are you, O land, when your king is a nobleman, and your princes feast at the proper time— for strength, and not for drunkenness! Through sloth the roof sinks in, and through indolence the house leaks.*

**Philippians 3:19**

*Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things.*

**Isaiah 22:13**

*but instead there was joy and festivity, killing oxen and slaughtering sheep, eating meat and drinking wine. "Let us eat and drink, for tomorrow we die."*

Gluttony is, simply put, eating and drinking more than you need.

Sloth is, simply put, laziness.

Gluttony and sloth are harmful to the body – God’s Temple. The Bible clearly instructs us to stay away from sin, of which gluttony and sloth are two. Sin is the outcome of a relationship set up between you and the devil whereby you declare yourself boss over your eating and your actions. Thus, you choose to have an active, exciting life or you choose to “go with the crowd” and drift along, lazy-like, eating and drinking more than you need, calling your own shots, as boring as that is.

So, your sin is not the wrong of your eating atrociously or your lazy way of drifting along, it’s your allowing yourself to be the person to whom that is happening, letting your heart give you bad directions, and killing your dreams. As Christians, if we truly believe that the body is God’s Temple and that with our bodies we are here on Earth to do the work of Jesus, then we must do everything in our power to avoid sins that are harmful to our physical self. Therefore, we must acknowledge that gluttony and sloth are sins where by we destroy the image of God (our bodies) and make us less able to carry out our work as Christians.

But, the good news about the sins of gluttony and sloth are that you can be delivered from them. So, you have a choice. Either you believe God can deliver you or you believe He can’t. Or, you want to be delivered. Or, you

don't. But, the moment you say you want to be delivered, the power of God becomes yours. Thus begins your growth in grace as the life of the Holy Spirit exerts itself against your tendency to continue living as you wish. When you are born from above you will realize that the life of God has entered into you as eternal life and as light. When you walk in light as God is in the light, the sins of gluttony and sloth will no longer be.

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### 3. You must replace the Love of Food with God's Love.

(Philippians 3:19, John 6:35, Rom 14:13-23, 1 Cor 8:8)

#### Philippians 3:19

*Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things.*

#### John 6:35

*Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.*

#### Romans 14:13-23

*Let us therefore no longer pass judgment on one another, but resolve instead never to put a stumbling block or hindrance in the way of another. I know and am persuaded in the Lord Jesus that nothing is unclean in itself; but it is unclean for anyone who thinks it unclean. If your brother or sister is being injured by what you eat, you are no longer walking in love. Do not let what you eat cause the ruin of one for whom Christ died. So do not let your good be spoken of as evil. For the kingdom of God is not food and drink but righteousness and peace and joy in the Holy Spirit. The one who thus serves Christ is acceptable to God and has human approval. Let us then pursue what makes for peace and for mutual upbuilding. **Do not, for the sake of food, destroy the work of God.** Everything is indeed clean, but it is wrong for you to make others fall by what you eat; it is good not to eat meat or drink wine or do anything that makes your brother or sister stumble. The faith that you have, have as your own conviction before God. Blessed are those who have no reason to condemn themselves because of what they approve. But those who have doubts are condemned if they eat, because they do not act from faith; for whatever does not proceed from faith is sin.*

#### 1 Corinthians 8:8

*"Food will not bring us close to God." We are no worse off if we do not eat, and no better off if we do.*

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Jesus made it clear that our love for God must take priority. We are to love God supremely and not allow our love for other "things" to take the place

of our love and reliance on God. Food can become an idol – a man-made God. God gave us food to nourish our bodies, but, with the abundance of food in our society today we often find that the last reason we eat is for nourishment. We eat for taste, emotional comfort, pleasure, reward, and socialization. And with the pleasure of food so near and available it is often easy to develop a “Love of Food”, an emotional reliance on food that can lead to destruction of our bodies.

However, the devoted Christian will not allow that to happen. He or she will make sure God’s love is supreme. So, when God’s Love is in our hearts, when it has been poured there by the Holy Spirit, we are at all times a fountain of love ready to be rivers of living water. The knowledge that God loves you and me beyond all limits compels us to go into the world to love others in the same way and rely on no other love than God’s Love.

#### **4. The body, mind, and spirit are linked. (Your physical health is influenced by your spiritual and mental state).**

(Luke 10:27; Col 3:8-10; Rom 8:5)

##### **Luke 10:27**

*He answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself."*

##### **Colossians 3:8-10**

*But now you must get rid of all such things—anger, wrath, malice, slander, and abusive language from your mouth. Do not lie to one another, seeing that you have stripped off the old self with its practices and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator.*

##### **Romans 8:5**

*For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.*

God created man in His own image. Man is an integrated being. Body, mind, and spirit are linked up together to the extent that one influences the others. Studies show that a person’s physical health is better if that person is “right” spiritually and mentally. We also know that when people take care of their physical health by adopting healthy lifestyle practices they typically have better mental and spiritual health. Jesus understood this fundamental principle.

He said in Luke 10:27 : "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength." To give to God one part of our whole self (body, mind, or spirit) and withhold the others will surely lead to destruction. We live well when we understand and appreciate the "wholeness" of life and surrender our whole selves to God.

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## **5. In order for any significant change to take place in your life (physical or spiritual) you must be born again. (You must totally commit to the transformation and admit you need God's help). (Titus 3:5; 1 Peter 1:13-23; John 3:1-21)**

### **Titus 3:5**

*He saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of **rebirth** and renewal by the Holy Spirit.*

### **1 Peter 1:13-23**

*Therefore prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed. Like obedient children, do not be conformed to the desires that you formerly had in ignorance. Instead, as he who called you is holy, be holy yourselves in all your conduct; for it is written, "You shall be holy, for I am holy." If you invoke as Father the one who judges all people impartially according to their deeds, live in reverent fear during the time of your exile. You know that you were ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, but with the precious blood of Christ, like that of a lamb without defect or blemish. He was destined before the foundation of the world, but was revealed at the end of the ages for your sake. Through him you have come to trust in God, who raised him from the dead and gave him glory, so that your faith and hope are set on God. Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart. You have been born anew, not of perishable but of imperishable seed, through the living and enduring word of God.*

### **John 3:1-21**

*Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into*

*the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? "Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."*

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Nicodemus had a hard time understanding the meaning of being "born again." His lack of understanding led Jesus to teach some of the greatest spiritual truths. One of these truths is the absolute necessity of rebirth. On the Damascus road, Saul experienced this life transforming event. The change in his life was so significant that his name was changed from Saul to Paul. If we really want significant changes in our lives the fact is that "we must be born again." We must accept that our lives are in need of change and that we are helpless to make that change happen without God's help. This is true both spiritually and physically. Anyone who has ever tried to make any significant change to your physical self (lose weight, start an exercise program, stop smoking) has most likely seen how difficult it is for human will power to overcome the bodies physical desires.

Being born again by the Spirit of God means that we must first be willing to let go before we can grasp something else. We must let physically and spiritually go of our fears and desires and totally surrender to the will of God. Only then can we be transformed physically, mental, and spiritually into the person Christ has always meant for us to be.

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**6. Once you are born again, the Holy Spirit will help you to make the right choices (physically and spiritually). (Mark 1:8; John 14:26; Acts 1:8; Romans 5:5, 9:1, 14:17, 2 Tim 1:14)**

**Mark 1:8**

*I have baptized you with water; but he will baptize you with the Holy Spirit.*

**John 14:26**

*But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you.*

**Acts 1:8**

*But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.*

**Romans 5:5**

*and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.*

**Romans 9:1**

*I am speaking the truth in Christ - I am not lying; my conscience confirms it by the Holy Spirit*

**Romans 14:17**

*For the kingdom of God is not food and drink but righteousness and peace and joy in the Holy Spirit.*

**2 Timothy 1:14**

*Guard the good treasure entrusted to you, with the help of the Holy Spirit living in us.*

The work of the Holy Spirit is a major teaching in the New Testament. A vital part of life is making choices. The Holy Spirit is our helper. He will lead us in making sure that our choices are the right ones. The work of the Holy Spirit is to awaken us out of our lazy states, working through our conscience, penetrating into every recess of our hearts, so that we won't miss out on the Abundant Life, which comes when we live lives of integrity, in truth and openness to God. Thus, when the Holy Spirit comes in, bad choices are turned out and the energy of God is put into us, enabling us to will and do what is right. Do not make an error of thinking of the power of the Holy Spirit in terms of power in any form you have ever experienced before. The Holy Spirit is a living, acting, energizing,

illuminating person, who is in charge of making our faith a dynamic, developing, flowering entity. The passion of the Holy Spirit is the proof and guarantee that we are on the road to becoming mature Christians. We are not alone. The Holy Spirit is with us.

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## **7. Prayer, through keeping you connected to God, will reinforce Godly habits. (Acts 14:23; Romans 12:12, Philipians 4:6, Col 4:2)**

### **Acts 14:23**

*And after they had appointed elders for them in each church, with prayer and fasting they entrusted them to the Lord in whom they had come to believe.*

### **Romans 12:12**

*Rejoice in hope, be patient in suffering, persevere in prayer.*

### **Philippians 4:6**

*Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.*

### **Colossians 4:2**

*Devote yourselves to prayer, keeping alert in it with thanksgiving.*

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Being born again and receiving the Holy Spirit are the initial steps to transforming your life. But life does not end with these steps, it begins – true life in Jesus. As born again, Spirit filled Christian's life goes on with all its struggles and temptations. We must maintain our connection to God in order to know God's will for our life and to receive strength for continuing the tasks at hand. Daily prayer is the Christians main tool for staying connected to God. The Bible clearly instructs us to pray for strength, knowledge, and guidance. We are to "persevere in prayer" and "devote ourselves to prayer." The Bible also tells us to pray with thanksgiving. We are to thank God for all the joys, big and little, in our lives.

For individuals making a change in their health habits it is extremely important to ask daily for God's help in making and sustaining the change. Medically we know that trying to overcome the forces of our bodily desires and society's temptations is nearly impossible. This is why only 5-10% of people who try to make lifestyle changes (lose weight, exercise, change eating habits, stop smoking) succeed. As Christians we must realize that we have the power of prayer to guide and sustain us through all challenges. Through the transforming power of daily prayer bad habits are paralyzed and Godly habits take over.

## Spiritual Tools

1. Belief – You must believe that you need to change.
2. Rebirth – You must be born again.
  - Realize that you need God’s help.
  - Confess your sins.
  - Commit to the transformation.
3. The Holy Spirit – Helps to guide you to the truth (good health/lifestyle choices).
4. Prayer – Reinforces Godly habits.
5. Faith – The power to live each day dependent on God.
6. Routine/Structure – Makes good health choices a part of everyday life.
  - Diet
  - Exercise
  - Fasting
  - Loving Relationships
  - A new way to view the world

## Health Fundamental Principles (References)

1. Structured Diet – Therapeutic, Experimental, Maintenance
  - a. Caloric Restriction/Modification
    - i. Men – 2000 cal/day
    - ii. Women – 1600 cal/day
  - b. High Fiber – 25-30 grams/day (1, 2, 3)
  - c. Set Point manipulation – 5 days on, 2 days off
  - d. 3 meals and 2 snacks/day mandatory
  - e. High Quality Food
    - i. Limit Trans fat (4, 5, 6)
    - ii. No Processed foods (crackers, cookies)
    - iii. No Calories from drinks
    - iv. Low Glycemic Index foods/Glycemic Load (7,8)
2. Motion (9, 10,11, 12, 13)
  - a. Pedometer – 10,000 steps/day (14)
  - b. Exercise 30min 5 days a week – 150min/week minimum (15)
  - c. Strengthening
3. Nighttime routine
  - a. Clearing the mind, focus on success
  - b. Organizing tomorrow – list of 6 things, think of someone to help
4. Good Sleep – physical and mental repair/restoration (16)
5. Routine – daily, weekly
6. Spirituality
  - a. Admit you need God’s help
  - b. Your body is God’s temple
  - c. Replace the Love of food with God’s Love

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# Program Overview

## Walking Into The Light

*The night is far spent, the day is at hand. Therefore, let us cast off the works of darkness, and let us put on the armor of light.*

*Romans 13:12*

*God is light and in Him is no darkness at all.*

*1 John 1:5*

In Romans 14:20 we read a startling warning: "Do not, for the sake of food, destroy the work of God."

These are, of course, simply words. Yet, throughout the history of humankind, as told in millions of personal stories, the deep intention of God's wish for friendship with His creation comes down to the shores of our common life. Nothing is so common as eating and no action in the history of medicine has caused so much darkness of spirit as eating.

Consider this. We are sitting with you in the audience before the beginning of the play. The door to the stage opens and a single performer steps into the light. The performer is in the light. We wait in the semidarkness. He beckons, inviting us to the stage.

Don't underestimate the pivotal quality of this moment.

When by God's grace you become aware of a new disposition, your heart, which has been saying "I can't," will immediately say "I will," and it will be so.

It is the embodiment of an instance of new birth, of passage across a threshold that ensures control of a primal urge – eating – that separates us from the possibilities and risks of journeying far abroad into the world and beyond, with Jesus – the One who beckons.

Jesus beckons not with threats nor with visions, offering us the key to a life examined, for better and for worse, our learner's permit into knowing all about the hunger, the thirst, the cravings, the tears, the laughter, the love, the sex, the kicks, the punches, the flow of images we call thoughts, the feelings, the words, the stories, the beliefs, the music, the happiness, the ecstasy. First, you must be born again. Then, you must receive the Holy Spirit. These are the doors that open inward to let the light in.

At its most basic level the Holy Spirit develops within us the right questions, to get at the difference between reality and illusion – a necessary move to bring out

our true self and give it new life. At a deeper level, the Holy Spirit helps us develop a concern for other selves and thereby improves the art of living. It's all about knowing and knowing that we know.

An integral step onto the path out of darkness into light, so simple that even the most distracted of us can see the way is, again, words.

Words have the power to move us out of darkness into the light when we simply receive them. Consider the vocabulary of the disposition of God in relation to us: "Father," "hallowed," "heaven," "kingdom," "will."

"I have chosen you." Keep that note of greatness in your heart. It is put there for one purpose only – that He may be able to say, "This is My woman, My man."

Or, take the words: "bread," "forgiveness," "debts," "temptations," "deliverance." Here the primary emotional states of our personal lives are spelled out for the Father.

Or, lastly, look at the words: "power," "glory," "forever," "amen" – and catch the transcendent sound of triumphant truth that all is well, that God reigns, and rules, and rejoices. And, His joy is our strength.

### **"Come unto me . . ."**

God intends that we love food and that we live a balanced life that leads to good health for carrying out His work. When food and eating are disturbing your friendship with Him, they must be straightened out and the only way to do this is by coming to Jesus and surrendering to Him the habit patterns that are disintegrating the three boundaries that are crucial for an abundant life: 1. the God and you boundary, 2. the self-concept boundary, 3. and the body boundary.

Ignoring the problem, refusing to subject it to true inquiry, only divides your life, saps your strength, creates mental confusion, and slows your spiritual growth. Be aware that, as we have seen from the scripture of Romans 14:20, food has the power to split your oneness with Jesus, causing you to see yourself as separate from Him. No food is as important as staying right spiritually. And the only solution is a very simple one – "Come unto me . . ."

### **". . . And I Will Give You Rest" (Matthew 11:28)**

You may have an action pattern of coming home stressed out and hungry and you know that half a gallon of ice cream and a spoon will restore your sanity. That's a natural reaction and in fact the carbohydrate in the ice cream will

increase the level of certain neurotransmitters in your brain and make you feel better – temporarily. In fact, however, the internal organs of the body operate within a narrow range of response in order to preserve life and in this instance the carbohydrate will also cause your blood sugar to rise and your body to increase its production of insulin and if you're used to couch sitting to finish off the ice cream, your hips are storing the excess calories as fat. That's the way it works. That's the reality.

It's not to say you have to give up ice cream entirely. That's not even the right question. Ask yourself: Is my habit of eating half a gallon of ice cream causing disintegration of my life with Jesus Christ? And of the handiwork of God? Am I replacing my trust in God with the instant satisfaction of food?

True inquiry is the work of the Holy Spirit and if you answer the questions honestly and in depth, you can think of every detail of your life with food as having the potential for disintegration. And, if you find positive evidence, you must be willing to ask the Lord to give you Christ-awareness in your eating patterns and He will calm your stress until your friendship with Him is reestablished. This is His promise. This is the beginning of restoring the boundaries.

### **"I have called you friends . . ." (John 15:15)**

This offer of friendship with Jesus is both unique in content and rare. It calls

In everything you do believe that God is there with you. Nothing happens in any particular unless God's will is in it. Thus you can rest with assurance that God is there when you want it to be so.

for oneness in thought, heart, and spirit. This is so crucial to your turnaround if you are 20 pounds or more overweight – which thrusts you into the overweight state, a state of being where your desire for change is met with unbelievable resistance: from the body, from the mind, from your senses, from your own personal culture, and from the world at large.

You have undoubtedly felt the call before, when listening to a moving sermon or misting up from hearing an inspiring song, or while reading comforting words of wisdom in a spiritual book.

Then there are glorious times in our lives when we truly experience the peace we are seeking – when we surrender our burdens to God, put our faith in God's love, and feel the sweet communion of sitting at the table with Jesus.

It is in the realm of the spirit – the interrelatedness of the human spirit – also known as consciousness – and the Spirit of God, that your true journey into the eating mind begins. Beneath your understanding of food, your eating habits,

your food obsessions, beneath your uncertainties and embarrassments about the body, beneath your doubts about the basic goodness of existence, there dwells within each of us a knowledge of wholeness born from the spirit and it is to this knowledge of wholeness that we wish to return.

Undoubtedly you've had moments of joy when you declared, "I've got it. I have the key." At that moment you believed you had the answer, that you had tapped into the source of Inner Strength, that absolute answer for which you've long searched and which is vital to weight loss.

Then, after a few weeks or months or sometimes just hours, circumstances of your life began their inexorable pressuring and demanding and you lost the feeling.

Focusing inward through prayer or meditation or through your own particular form of spiritual communion are moves that help us feel centered and calm and at peace. That's **God's part** – to respond to our heartfelt and sincere need and grant us an inner serenity.

This state, however, is not pristine perfection and eternal comfort where all problems disappear. To believe that is to wallow in meditative mush. In reality, maintaining that state of equanimity – where we feel fully human, completely alive, and in love with life – no matter what happens – is never easy. But it is always there, waiting, and that's **our part** – to make the potential a reality.

The great need is not to do things. It is to believe. Through redemption God has built upon Christ a foundation. There we must build faith. God's part/Our part.

The state of wholeness is like a dormant seed that lies buried within us as potential. We instinctively sense its existence. This state of wholeness is also rooted in our innate, self-healing, stress-reducing biological and biochemical package, which inspired Hippocrates, the great Greek physician, to praise as the natural restorative abilities of the body, calling these powers vis medicatrix naturae – the "healing power of nature."

Eating, being the most basic human function, suffers from differing points of view that color our thinking process as we make an estimated 200 decisions daily about food, a number affirmed by leading food researchers.

For example:

- Read a book on scientific nutrition. Eating is presented as a simple biologic process. Food in, digested, absorbed, assimilated by cells, put out as energy. We are like machines.

- Read on dieting. Food is a war. It's you against calories. You against body fat. You against your desires. You against stress . . . on and on.
- Read on "natural" or spiritual eating. Eating is a divinely ordained system. Break the rules and wrathful gods will punish you with bad health or consign you to hell for your sins.
- Read popular magazines. Food is a sensual pleasure.
- Read on eating disorders. Eating is a matter of life and death.

Question.

If there was one true way to eat would you adopt it? If you knew without a shadow of a doubt that you could make sense of the conflicting impulses that exist side by side in your mind – the desire to eat "healthy" foods versus the desire to eat forbidden ones, the tendency to overeat versus the desire to slim down, the desire to live at a higher level spiritually versus the desire to self-destruct – would you let your mind turnaround your eating patterns and solve your eating dilemma forever?

Most dieters have had that hope and purchased both diets and self-help tapes, books, and programs that promised the moon, but then didn't deliver: "didn't help at all," "worked for awhile but I got tired of it," "I couldn't get my mind off my troubles," "I didn't have the time." So, for years millions of dieters have put billions of dollars into the big search for the one perfect diet that would be salvation for everyone.

Didn't work. Why?

Each dieter is moving through life like in a movie, frame by frame, buying

In all these haphazard and upside down times, we must download our ways and our burdens on Jesus and wait until He tells us the next step.

a house for your children, living in a house with your spouse, buying a car to get to work, working in a place to get money to pay for the house and the car, hoping not to get sick because there's no money for a doctor or no insurance, thinking of your father, your mother, your grandmother, thinking of what's going on in Iraq or in Mogadishu or Korea. You know the drill.

Your dog has a doghouse. Your car has a garage. Your body is housed in a house and in the midst of this movie being filmed, you have to make 200 eating decisions a day – everybody must be fed. With eating, however, your mind has lost its anchor. Your thinking is blunted.

Each food decision is a frame in your movie. The milk is one frame. The bread is a frame. The mayo is another frame. The meat, the vegetables, the dessert,

each a frame, each erecting your story on a basic foundation of your core consciousness, your spirit.

And that's the challenge – to change your story – from a false story to the true one.

### **The War of Dieting and Exercise**

Each of us has two stories, the one already told and the one yet to be told. Between the two stands Resistance.

Ask yourself. Have you ever brought home a treadmill and let it gather dust in the attic? Have you ever quit a diet? Late at night do you have visions of the person you might become, the work you could accomplish, the realized being you were meant to be? You could be a writer who never writes, a painter who doesn't paint, an entrepreneur who never starts a venture. If so, you know what Resistance is.

Have you ever wanted to be a doctor, a nurse, an advocate for the weak and helpless, to run for office, to crusade for the planet, to campaign for world peace, or to preserve the environment? If so, you know what Resistance is.

Now, expand your mind to consider the millions of persons in the world held back by the overweight state and the Resistance it engenders.

Resistance is the most toxic force on the planet. It is the cause of unhappiness, grief, doubt, despair, violence, anger, blame, poverty, apathy. To yield to Resistance warps the spirit. It makes us sell ourselves short and to be less than we are and were born to be.

If you believe in God and in what the Bible teaches, you must declare Resistance evil, for it prevents us from achieving the life God intended when He endowed each of us with His own unique genius, which then converges with our own. Genius is a Latin word that denotes an inner spirit, holy and inviolable, who watches over us, guiding us to our calling. We call this the Holy Spirit, the source of power we get by being Born Again, the point of convergence between our spirit and the Spirit of God.

### **The Born Again State**

To get into the Born Again State you must go through a specific inner portal through which millions of people have experienced a turnaround of transcendent proportions. The biblical roots of the terms Rebirth and Born Again can be found in the third chapter of John's Gospel. There Jesus tells Nicodemus that to see the kingdom of God he will need to be born of the Spirit, a move

that will converge his spirit with the divine spirit that is the agent of personal turnaround and the source of power to change his life.

Jesus came to redeem us from Resistance – that state where we are alienated from God through the disposition of sin that keeps us enmeshed in a seemingly never-ending conflict that involves searching for the meaning of life, a characterization of the Overweight State.

The only way out of this struggle is through the work of God, through His “Grace,” which provides for us a release from the Resistance as we begin displaying in our lives the “fruits of the spirit,” Love, Joy, Inner Peace, etc.

Now, once we reach this Higher Ground, to keep it alive within us, we must reach out to those still in darkness, through Healing Prayers.

Next, let’s cover eating as sin.

### **What About Eating As Sin?**

Eating is a God-given disposition that when kept in balance keeps bright the vital spark we call health. Eat often we must, to keep going and being, midst circumstances and troubles – calling the times stressful. Thus, when time presses and duty calls we get careless and take of food and drink far more than we need, despite the threat of diabetes, heart disease, hypertension, and worn out knees and hips – declaring ourselves helpless in the throes of cravings. Cravings follow bad eating habits that have persisted long enough to form neural pathways in the brain.

To be terrified of feeling hungry or of being half-empty, and going to any lengths to keep a full stomach, sounds diagnostically like gluttony, emotional eating in response to the difficulties of life.

Simply put, gluttony in all its forms is sinful if it destroys the work of God – the temple of the Holy Spirit – the body, from which flows love – love of our fellow human beings, and, intercession – involvement in and relief of their sufferings.

Thus, when we take more food and drink than we need, especially if the

God and love are synonymous. Love is not an attribute of God. Love is God. Whatever God is love is.

amounts represent a degree of self-love that is self-destructive, and are an escapist effort to avoid the voice of true love from the true God – through seeking a god in food – that sounds like gluttony.

## In The Beginning . . .

According to the Bible, this all started when an angel, Satan, tried to take over Heaven and earth and was thwarted by God, who, instead of banishing him to hell, let him take control of the world, granting him supernatural power just a little below His own, a position that emboldens Satan to act as though he and God are equals and that the war still rages.

So, whenever we are in the act of exercising our God-given dispositions – especially those that give sensuous pleasure – eating and drinking, having sex, making and spending money – Satan tempts us to shift our attention long enough to deflect our minds off honorable intentions, thereby making possible errors of judgment severe enough to render us irrelevant to the work of God, focused on the pleasure of the moment.

Consider what happened in the Garden of Eden. Sensing that Eve could be tempted to doubt God's intention, Satan beguiled her to eat of the apple through making her curious.

Thus, Eve, through her eating disposition, allowed her soul to be stained.

Then, when she saw that the food was good and that it didn't kill her, she fetched her husband and he ate.

Thus, Adam let his soul be snared through intimacy. He sought Eve's

The Spirit of God turns around Satan's dominating desires through changing our hearts. Suddenly the desires that matter appear on the horizon.

approval. Thereby was laid down a truth we often see repeated today. Careless eating is easier with friends and family, those we love, those with whom we let our guard down.

To follow. Adam's job was to eat well, to love God, to grow, to manage the Garden, to multiply, and to conquer the planet. Instead, he is remembered for staining the genome forever with the disposition to disobey God – to sin. Thus was disease introduced into our bloodline.

It's all in The Book – The Bible.

The word "soul" in the Bible nearly always refers to our human nature, the only outlet of power to express the human spirit. Now imagine this. Satan's success with food in the case of Adam and Eve emboldened him to try the same thing on a global scale as a grand experiment.

Did it work?

Look around you. Read the statistics. About 60 million Americans everyday are looking for a diet that works. Many work for the short run. Not one is sustainable over time.

Make of this what you will, but remember . . .

Adam and Eve's error of judgment introduced into the human spirit the

Sin is that factor in human nature that has a supernatural originator who stands next to God in power.

disposition of sin. Thus, legitimate dispositions – the eating disposition most particularly – can be turned away from being an energy source that ennobles the human spirit – to seek the Higher Ground – into an energy source that serves the self only, the Ego Self – that part of the self that is looking for shortcuts to happiness.

Thus is the work of God destroyed by food. First the mind doubts that God has the wherewithal to intervene in the circumstances of life that are causing all the stress or believes that God is too busy elsewhere to care about personal piddlings. Next, in search of comfort, the natural appetite gets careless with food. Finally, the boundaries within which the vital spark creates energy give way. Disintegration follows easily and inevitably.

Even so, there is that promise in the Bible that we will not accumulate more trouble than we can bear. This implies that there is a systematic turnaround method that we can tap into to begin offloading old trouble before new descends or that there's a doorway that opens into the storerooms containing the power and the glory where we can requisition all the ingredients required for cooking up the Abundant Life.

Jesus said, "Ask," "Knock," "Introduce yourself," "Take what you need."

### **The Power and The Glory**

The coming of Jesus into the world is the most stupendous event in human history. We still live in the era which began with the birth of Jesus and everywhere there is abundant evidence of human beings who overcame Resistance and went on to achieve results that tower sublimely above those who yielded and stayed put.

In fact, whatever is truly admirable in art and literature, in music and architecture, in the quest for knowledge, and in the pursuit of justice and brotherliness in human relations, derives from the event of Jesus' birth and through His inspiration of the Spirit that followed.

Over and above these achievements, the revelation that Jesus provided through His teachings and in the drama of His life, death, and Resurrection have unique value and everlasting validity in showing us the true purpose and destination of our own earthly existence.

Who could have foretold, for example, that the scribblings of the Dead Sea Scrolls bore testimony that one day would be carried by intrepid adventurers to every corner of the earth. And, wherever they have told the Good News, the hearts and minds of countless men and women have dealt Resistance a deadly blow, moving their creativity toward fantastic achievements, carrying their intentions in the spirit upward to the very throne of God.

Thus did each find the abundant life when and wherever men and women surrendered themselves to the call of Jesus. Not only that, each demonstrated the power of faith through living in the spirit which, in the Bible, is the state of mind Jesus left with us when He returned to Heaven – The State of Joy.

In our world of now, recent surveys reveal a startling statistic: over 65% of the men and women attending Sunday morning worship at Christian churches throughout our land are overweight.

Why, among the people who extol the Bible as The Book among all books, the Book worthy of study for wisdom and instruction – and the only Book that views the body as a temple of the Holy Spirit – why have we been so careless with food? Why have we ignored the warnings?

Consider this. The factor that looms large as a cause of this epidemic is this. We have created and live in a culture that forever is seeking shortcuts to happiness. The abundance of food is one of the major temptations. Others are television, drugs, shopping, loveless sex, spectator sports, and chocolate – each in super abundance. And, we have repeatedly stuffed ourselves, in the hope of finding the Good Life.

Actually, when a survey was conducted among our clergy, an astonishing 75% were found to be overweight. When it comes to issues of health, our leaders have lost their focus.

Thus, much of life is made up of easy pleasures that are not balanced by a sense of restraint for those temptations that carry the potential to break down the boundaries of body/soul/spirit. Thus, we are soon operating with skills that are watered down and strengths that are weakened and a faith that has failed the test. Such a life is a setup for depression. And this is the case of the overweight state. Strengths and virtue and faith wither during a lifetime of shortcuts spent in search of the bluebird of happiness.

One of the major symptoms of depression during the Overweight State is self-absorption. The depressed person thinks about how she feels much of the time. Her low mood is prominent most of the time. And when her heart is heavy she turns her circumstances over and over in her mind, projecting her thoughts into the future and across the spectrum of her life. Thus, her sadness deepens. As her sadness deepens, her sense of the wonder of life gradually fades.

As the number of these in the Overweight State has risen during the past 40 years, so has depression shown a startling increase in every wealthy country on the globe. Depression is now ten times more commonplace than it was in 1960 and it strikes at a much earlier age, an average at 14.5 years instead of 29.5 years.

All this, of course, has brought glee to the hearts of merchants who peddle worthless weight-loss notions, salves, devices and pills and who, believing that the stressed out human being worried about her weight has taken leave of her senses, prove the fact by carting huge loads of cash to the bank.

You might think that the food manufacturers would play fair and square with you and your family, but, it's not so. A recent survey of 206 health studies on juice, milk, and soda products from the Children's Hospital of Boston revealed that food industry giants only sponsor studies that will not reflect negatively on their products. So, negative reports that might help you make better choices never see the light of day. The bottom line – you're on your own and you need to think skeptically about health related claims made for processed foods from large corporations.

It's obvious. You, in the eyes of the big, the powerful, the wealthy – the corporate entities – are nothing more than an ignorant pawn with an appetite and money. They care nothing about preserving the integrity of the body/soul/spirit boundaries within you. After all, when the boundaries disintegrate Big Pharma is there with a pill for every ill. Large food and pharmaceutical giants have prostituted science for their own benefit.

### **The Overweight State and the Concept of Self**

The ultimate convergence of disintegration of boundaries occurs between the realities of the Overweight State and the concept of self.

As we have seen, eating is a disposition given by God to provide both survival and energy, to carry out the work of God, thereby making the most of your time as a pilgrim here. Eating temptations on many levels are set up to test you – to see how you measure up. When we give in – consistently – through carelessness – and eat more than we should, weight begins edging up, unnoticed. The

body's physical, mental, and spiritual boundaries for accommodating to the metabolic effects of excess food and drink are narrow and begin disintegrating, unnoticed.

An early sign of disintegration shows when inevitable minor and major crises begin rearing their countless heads:

- In relationships
- In family management
- In money matters
- In creativity
- In personal development
- In the marketplace
- In advancing spiritually to Higher Ground

Each crisis requires time, energy, new thinking. How you deal with these times reflects on both your general mental conditioning and your attitude. But, the most prevalent symptom that something is a little off is reflected in your energy level.

Fatigue, tiredness, lack of energy. These are the early warning signs that disintegration has set in.

This is the point where personal analysis and correction should start. Usually, it does not begin as it should – Resistance. Instead, we opt for another cup of coffee, another donut, piece of chocolate, sweets. So, the disintegration continues.

Then, a few months pass and a few more pounds add on, unacknowledged, triggering a set point boundary that activates a gene that was dormant, and symptoms of a different nature appear.

The worst of these announce the onset of diabetes, which, truth be told, is every bit as fearful to deal with as cancer. To stay ahead of diabetes vicious cycles will rob you of about three good hours time every day, which you don't have to spare, thereby adding further to your lack of energy, and loss of control of ordinary life. Things slide. And you drift. Disheartened. In fear.

Each insult to your boundaries is like a chisel that chips away at the core of your being – your self-concept.

Your self-concept is your bundle of belief that you carry around in your mental notebooks and from these you create your reality. The reality that you perceive unconsciously is the driving force behind your attitudes, your activities, your expectations, and your accomplishments.

Thus, your outer world reflects your inner world, the world of your thoughts and the words with which you choose to express those thoughts. Thus, it has been repeatedly said of each of us, we become what we think about.

The self-concept is like three interlocking circles:

Circle #1. Your self-ideal – the vision of who you would like to be.

Circle #2. Your self-image – your inner mirror – the way you see yourself.

Circle #3. Your self-esteem – how you feel about yourself.

In the Overweight State we often find a change in the self-concept that seems analogous to the level of being addressed by Jesus in the Sermon on the Mount – dispirited. The organ in the body that holds the overweight person hostage is the brain. The part of the brain that dictates eating habits are neural pathways.

Science, in the past, has believed that the brain was a rigid organ. This is no longer believed. Now, due to recent research, the brain has been found to be more plastic, changeable, to have the ability to form new neural pathways, to be able to erase old pathways, and to create new synapses – new connections.

Each of us is living out our story in bodies fearfully and wonderfully made by God, with dispositions for both survival and abundance.

Eating is easily the most complex disposition, because, about 200 times daily we have to decide – “What’s for supper?” or “What’s for lunch?” This 200 mark for eating decisions was a surprise finding for food researchers. Until it was figured out, no one had a specific clue as to why so much eating was impulsive. Now, we have a far better handle on what’s happening and what to do about it.

Consider. When was the last time you had a great meal with marvelous conversation among people you love and nobody had to rush off.

Usually we’re in a great hurry. Our lives are unbelievably fast-paced. Thus, our eating decisions are mindless, impulsive, careless. And, our choices are often for foods that are fast and that are chockfull of stuff that satisfies our taste buds and super sizes our bodies.

When foods are chosen without thinking day after day our brains begin developing patterns of response – neural pathways – that force your hands to turn the steering wheel so that your car glides into a well-recognized parking space at a fast-food site where your buddies sit waiting for you. In time weight sneaks up on us and we are thrust into the overweight state – it only takes about ten pounds – and the boundaries of the body, which operate within narrow limits, begin disintegrating.

- These boundaries are physical – we are tired all the time.
- And, mental – we feel depressed.
- And, our spirits are at a low level of joy and wonder and peace.

## **There Is Good News**

We're giving you this background beginning to tell you of how recent brain research shows that these neural pathways that dictate your patterns of response when you get hungry can be erased through prayers. Yes, prayers. Healing prayers.

As physicians we have spent years determining how the Overweight State exerts such powerful negative effect upon the lives of millions of persons world wide and have concluded that there are basically two reasons:

1. Loss of Inner Peace - the highest good
2. Loss of Joy - the premier emotion

Inner Peace is the greatest good and to restore it we looked at the various life areas where Inner Peace works. There are seven:

1. Peace with God
2. Peace with your body
3. Peace with your mind
4. Peace within the family
5. Peace within the culture
6. Peace with the world
7. Peace with nature

As well, we concluded that there are seven predominate emotional states that lead to loss of joy when the Overweight State rules your life. These are:

1. Blame
2. Apathy
3. Depression
4. Fear
5. Grief
6. Anger
7. Anxiety

So, each week for the next 14 weeks we will guide you through a series of Healing Prayers that are designed to restore Inner Peace and to give freedom from negative emotions – covering a different topic each week, so that at the end of fourteen weeks you will have covered peace within each of the life areas as well as each of the negative emotions, restoring both a sense of joy and peace.

First, however, let's go through the rest of the background and introductory material, which is crucial to your successful completion of the prayer cycles, because it covers the attributes of your faith that give power to all your life efforts.

In our thinking about this, since both of us are diagnostic teaching physicians, we concluded these facts:

1. There is no pill to help you
2. There is no diet to recommend that will have lasting effects
3. The lies of the world are designed to have you believe that a drug, a supplement, a diet plan, or certain foods will change your state and make you healthy and happy and well off financially – will make you self sufficient.
4. The answer, we believe is here. The power to heal is within you, within your belief system, within your knowledge of and application of your faith.

Thus, we searched the Bible and hundreds of books written by people of faith who spent years thinking about how their search for God played out in everyday life.

Overall this led to research into four topics basic to the Christian religion:

1. The process of conversion from one state of being into another – known as being Born Again.
2. The work of the Holy Spirit in everyday life.
3. The role of the heart.
4. The importance of love as an over-abiding emotional state.

From our research we identified certain attributes which can be made stronger in your daily life. Thus, when you put these into play, your success is easily within reach.

So, to begin creating a meaningful background from which to proceed, consider this question.

If food, as the Bible says in Romans 14:20, has the power to destroy the work of God, what does that mean? First, in answer, consider the work of God.

## **The Work of God**

Simply put, the work of God is love. God's love is so unique, so mighty, so absorbing, so intense, that our minds are at peace, our hearts are transfigured, and all the soul in its living, working, waking, and sleeping moments is infused and surrounded by this marvelous joy. The depth of the Love of God is revealed

by that wonderful word “whosoever.” The one characteristic of love is that it thinks of nothing for itself, it is absorbed in God.

Both naturally and spiritually, however, love requires careful developing. Thus, God is in the gift business. The nature of love is to give, not to receive. Thereby we are offered:

- #1. The gift of Jesus
- #2. The gift of Salvation
- #3. The gift of Grace
- #4. The gift of the Holy Spirit
- #5. The gift of Forgiveness
- #6. The gift of Eternal Life
- #7. The gift of Love

All these are ours on the basis that Jesus died on the cross for us, because God’s diagnosis of our state was that we are dangling at the end of our wits and needed to be saved. The gifts are offered to us to develop within us an inborn capacity to see God behind everything – the wonder that keeps us an eternal child. Thus, when we believe steadfastly on Him, all that we come up against in life will strengthen our faith and will move us from the ranks of the Amateur Believer to that of the Professional.

At times one of our dispositions – like the eating disposition – for example, will be tweaked by God, setting up circumstances – to see if we’ve grown through our gifts into the Professional ranks.

The emotions that come from circumstances cause us to fall back into self-awareness, which continually produces a sense of struggling and turmoil, and suffering.

Thus, we suffer and search for remedies to our emotional pain. We turn to doctors, pastors, gurus and talk-show hosts, searching for a remedy that will restore us to peace and blot out our emotional distress. We take Prozac to mute it, read inspirational books to overcome it, join recovery programs and self-help groups to cope with it, spend millions of dollars to escape it, use alcohol, drugs, food, work, possessions, sex, entertainment and all the techno-toys we can get to distract us from it.

And, when food is our source of comfort, we’re soon in the Overweight State, the state where our self-concept, our being, our personalities change.

In our medical practices we see it all the time: the conscience at work, the spirit in chaos and confusion, the worries expressed – no time for children or health or work. No time for relationships or love. And money and other worries. Then, at

church we hear – “find your purpose” – and “Go ye into the uttermost parts of the planet and tell of my goodness and greatness and love.”

So, the emotions deepen – blame, apathy, depression, fear, grief, anger, and anxiety. And, peace, the greatest good, is fractured – with God, with the body, with the mind, with the family, with the culture, with the world, with the earth.

Diagnostically, the Overweight State shows the root symptoms of Resistance. Resistance has both characteristics and causes symptoms. And it hits targeted areas of your being. It's like an incurable virus.

### **Eleven Characteristics of Resistance in the Overweight State**

- #1. Resistance is invisible.
- #2. Resistance is internal, attached to our thoughts, working through our minds.
- #3. Resistance is the Big Lie at work, degrading us.
- #4. Resistance is slippery – it can't be reasoned with.
- #5. Resistance is universal – everyone with a body is vulnerable.
- #6. Resistance goes to work every day as we wake up.
- #7. Resistance aims to destroy our genius, our soul, the priceless gifts from God we were put on earth to pass along.
- #8. Resistance gets its power through our fear.
- #9. Resistance blocks movement only when we seek to move upward – to Higher Ground – to the status of the Professional Believer.
- #10. Resistance puts everything its got into a knockout punch as we near the finish line.
- #11. Resistance recruits allies among our families and friends to sabotage us.

### **Eleven Symptoms of Resistance in the Overweight State**

- #1. Procrastination. “I'll start tomorrow.”
- #2. Overindulgence in the sensuous earthy stuff – sex, drugs, shopping, TV, malicious gossip, alcohol, and eating sugary, salty, or chocolaty non-essentials that disintegrate the boundaries.
- #3. Compulsive messing up – accident proneness, neurotic behavior, jealousy, chronic lateness, and so on. Simply put – stepping into senseless trouble that requires time, money, energy and peace of mind to turn around or back away from.
- #4. Creating soap operas in our lives through self-dramatization.
- #5. Overmedication for anxiety and depression.
- #6. Medicating diseases made up by advertising copywriters for drug companies to fashion a drug to treat: Attention Deficit Disorder, seasonal affect disorder, society anxiety disorder, etc. Consuming a product rather than

applying self-knowledge, self-discipline, delayed gratification, focus, and hard work.

#7. Victimhood. The acquisition of a diagnosis that lends significance to one's existence, becoming a cross to bear – rather than a challenge to be met and turned around.

#8. Hitchhiking on the coattails of a group or of a loved one, rather than pursuing the road to our own unlived life.

#9. Criticism of others.

#10. Rationalization – using plausible, rational justifications for why we can't get at the work yet.

#11. Fear of isolation – of being on the journey alone.

So, if in the disposition of eating with all its complexities we see so much resistance to eating right – what's the root cause – the Etiology of Resistance?

Resistance is that part of our being that we think of as "Me." Our conscious intelligence. Our everyday brain that thinks, plans, and runs the show of our day-to-day life – the Ego. The Ego likes to be in control and it exerts that control through ordinary fears – which are also a form of Resistance.

## Ordinary Fears

The walls of fear are like a tunnel. The walls are Resistance.

So, what are we afraid of?

- Fear of following our heart
- Fear to too little money
- Fear of not making it when we strike out on our own
- Fear of being selfish, of not measuring up to the demands of marriage, of failing to keep the family needs supplied.
- Fear of betraying our beliefs
- Fear of throwing away our skills, our education, our training
- Fear of making a big mistake, too big to back up from
- Fear that we're crazy
- Fear of death

## The Mother of All Fears For the Believer In the Overweight State

The Master Fear of the True Believer caught in the Overweight State is a fear so close to all of us that even when we verbalize it, we can't believe it.

Fear That We Will Succeed.

- Fear that we can actually access the powers we have been taught are ours through the Holy Spirit, through our faith, our belief system.

- Fear that we can become the person we sense in our hearts we truly are.

You might think that to make the step from Amateur to Professional Believer would inspire us to just do it – to go ahead and discover that we truly are more than we think we are, more than our parents and teachers and children think we are.

Not so!  
Fear!

We fear that we actually possess the brains and skill and creativity that our still, small voice tells us. That we actually have the guts, the perseverance, the capacity.

We fear that we won't set the sail on our ship just right or the steerage will be off. We fear that when we reach the Promised Land we won't be able to plant the flag.

We fear this, because, if it's true, then we become a stranger to all that has been providing for us the comfort zone we exist in. Thus, in all honesty, to find our authentic self, we must allow ourselves to get out, climb out, be blasted out, have someone pull us out of the tunnel created by the walls of Resistance.

We know that if we embrace the Gifts of Jesus, we must prove worthy of them. That's enough to scare the hell out of us. What will become of us? Will our friends and family become as strangers. Will we end up in outer space, cold and hungry and with no one to hold on to when the walls of the tunnel are breached?

Maybe so.

Although, another probability looms larger.

You may end up in space, but not alone. Instead we are tapped into an unquenchable and inexhaustible source of wisdom, consciousness, and companionship. New friends will appear in places we never thought to look before, friends who are truer and better than friends we've had before, friends who will help us discover our Authentic Self.

### **Working The Gifts of God To Discover The Authentic Self**

When it is your time to receive a vision from God, it is as if He puts you in "the shadow of His hand." Your job is to pay attention and listen. For far too long you have been asking others for advice, looking for yet another diet book or relying

on your own common sense, pretending to be filled with joy and confidence. Now it is time to say, "Speak Lord."

We don't consciously and deliberately ignore the voice of God, but consider: Are we constantly offending God by ignoring Him, while He lovingly continues to treat us as His children? Or, on a deeper level, do we have selective hearing impairment – knowing when God speaks to us we must either obey or refuse to obey.

Remember, Jesus says to us today, "I will never leave you."

So, we can say, "I will not fear. The Lord is with me."

When the Gifts of God are working at maximum effectiveness in your life you will be continually unlocking your creative powers from within by listening to God and by opening your eyes and "seeing" your life exactly, as if it were perfect in every aspect, as you walk and talk with Jesus. When that is so, there are seven new symptoms that replace the eleven symptoms of Resistance. These are the evidence that the turnaround from the Overweight State into the Born Again State has been accomplished.

### **#1. You Will Have Peace of Mind**

Without peace of mind nothing else has much value. It is your internal gyroscope. It tells you that the boundaries are being restored, that harmony is beginning to work and that you are achieving balance.

Your sense of inner peace gives you harmony within yourself as you are in the world but not of the world. It is essential for solid relationships with family and friends, and with your fellow workers. It gives you a way of seeing yourself in the world, as a bringer of both peace and love to others – in the name of Jesus, who now lives within you.

### **#2. You Will Have Health and Energy**

Your body/mind/spirit has a natural yearning to be healthy. Your mitochondria are aching to be set free – to be exploding energy bonds all over your being – setting free the light held in darkness – the salt that has yet to be sprinkled abroad as a preservative for others.

### **#3. You Will Have Freedom From Money Worries**

Money worries in the Overweight State cause much worry, stress, anxiety, and depression. Jesus gave us three clues to freedom in His money parables:

1. Get a little seed money and grow it
2. Be shrewd about money
3. Adventure your money under the direction of the Holy Spirit

#### **#4. You Will Know Your Purpose In Life**

Our deepest subconscious drive is the need for meaning and purpose – to be committed to a calling bigger and more important than a church supper.

#### **#5. You Will Have Loving Relationships**

Through loving other people – those within your blood family as well as those without – you will discover the embodiment of Jesus' command – "Love your neighbor."

#### **#6. You Will Sense Life With New Vividness**

You will see people and things in a fresh way – as a new thought pattern evolves. And the nose – you will experience baked bread with all the pleasant memories stored in your memory bank. Food will taste fresh as you turn around negative patterns of eating. Colors and nature and music and your words will take on a vividness you thought you had lost forever.

#### **#7. You Will Love God**

When you love God, you think about God as seen through the life of Jesus. That the Resurrection happened, and that as a consequence of it we who are followers of His are free to resolve to use life to go about His work, not destroy it through a sensuous disposition like eating. Thus, we believe Jesus' claim to be the Light of the World and His related promise that we can be reborn into a new state, liberated from servitude to the ego and our appetites into the glorious liberty of the children of God. Thus, we believe His promise that "Where two or three are gathered together in my name, there I am in the midst of them" still holds. So, as He is in us and we in Him, our stories become the story of Our Savior, who lives.

So, as you begin "Not By Bread Alone", remember, the Sermon On The Mount has more to do with prayer than with anything else. It means an end to self-indulgence with food: in the body, in the mind, in the spirit. It means that you will be determined to get to understand God's point of view in the matter of eating. And, to do that, you and God have to have a conversational relationship that takes on two different approaches:

1. Healing Prayers for others each morning (family, work, your community, the country, the world).
2. Healing Prayers for yourself each evening.

**Healing Prayers**  
**For**  
**Spiritual Nourishment**  
**In**  
**Everyday Life**

## Therapeutic Meditative Prayers

Diagnostically the Overweight State is a disorder of thought that arises gradually as the body weight increases in response to mindless eating. Through habituation your thoughts become habit patterns that drive errors of judgment into a vicious cycle. Thus you think and eat and judge: God, your family, your friends, the world, the culture, nature, yourself, your body, your mind.

These errors of judgment give rise to emotional states that erode your sense of joy. Those emotional states are: blame, anger, fear, anxiety, depression, apathy, grief. Thus, Inner Peace escapes you.

Thought processes that you play over and over, like tapes, create neural pathways in the brain, as well as a particular mix of neurotransmitters. Thus, you are compelled to think and act the way you do until something changes the way your brain works.

The new science of neurogenesis offers us hope of restoring your sense of joy and of Inner Peace by changing the brain's surface – the neural pathways – through the practice of quiet contemplation – meditative prayer. Several studies have shown that this is a practice worth trying.

Meditative methods are usually described in general terms – the entering of a quiet state in a quiet place and practicing mindlessness while repeating a mantra.

Christian contemplative prayer is different.

It is worship.

A quiet place? Of course. Wherever.

A quiet time? Of course. Whenever.

Worship is returning to God the best that He has given you. The best you have is the right to yourself, your body.

Your body is a gracious gift given from God. Through your body you express your character, your personality, your skills, your talents, your love of others, your love of God.

Thus, your body is the mainspring of your life. Through your body you work out all that God has worked in and will work in, hour by hour, day by day, year by year.

The Bible, instead of ignoring the body or of focusing on our appetites, exalts the body as the work of God. The amazing thing is this. Throughout life, we get through problems and overcome all that the world throws at us, not because we're made in the image of God – and are thus spiritual – but that we're made from the earth. We're earthy. The earth is the source of tough stuff, of toughness. It also is the source of the stuff of temptation: sex, food, money, etc.

So, into your earthy body and mine, with all our appetites and dispositions, God has poured His hope that we will overcome temptations and manifest the life of Jesus, because we have received His grace and His Spirit as the Holy Spirit. It is through the power of the Holy Spirit that we are able to turn around false judgments of others that result in a life of illusion, not reality. And, through the process of contemplative prayer – the quietening of our spirits – we undergo a regeneration of brain cells, resulting in a renewing of the mind.

Now, back to the body and what the Bible says about it. What the Bible says is not at all vague. It doesn't say, "present your all." It says, "present your body."

There is nothing ambiguous or indefinite here. It is crystal clear. We are to present these fleshy, earthy bodies – in worship. This attitude about the body is, of course, a choice, a choice that can make a world of difference in how our story plays out as we bump against other bodies in our worlds – at work, at school, at home, in church, wherever. Simply put, all the hells and heavens, the joys and miseries of life are based on bodies.

The secrets of Inner Peace and a sense of joy are centered in discovering the grace of God throughout every day and being grateful for its power to bring our bodies into the light and keep them there when we're circulating among the amazing things and people that surround us.

Master that and you have mastered everything. Master that and you will have written a beautiful story of your life.

And that is the focus of the **Healing Prayers**.

## **Healing Prayers**

### **Morning Prayer (Monday - Friday)**

The morning prayer is an Intercessory Prayer – to focus your heart on the circumstances of others and distance your mind from your own circumstances. Thus, you will experience Regeneration. You should spend several minutes each morning in prayer asking for God's Healing Power to intervene in 5 areas:

Monday – Your family  
 Tuesday – Your work community  
 Wednesday – Your local community  
 Thursday – The Country  
 Friday – The World

### **Evening Prayer (Monday - Friday)**

The evening prayer is for strengthening your hold on reality through the work of the Holy Spirit. Each weekday evening spend at least 15 minutes reviewing the lesson of the night, wrapping up the day, and praying for the guidance of the Holy Spirit in all aspects of your life.

### **Regeneration**

The New Testament teaching about Regeneration is that when you sense your own need of help, God will put the Holy Spirit into your spirit, thereby energizing your personal spirit by the Spirit of Jesus. The payoff of that gift is that God puts into you a new nature through which you can live a totally new life.

So, to begin the process of Regeneration we must enter into a state of oneness and fellowship with Jesus through prayerful contemplation. Thus rushing into that time and out again won't work. There's always plenty of time to worship God. So, pay attention to the noisy world in which you've pitched your tent and find some time every morning and every evening to spend with God. Regeneration won't happen overnight but by three weeks you should be sensing a calmness of your spirit and a new spring in your step. Contemplative prayer is not daydreaming without action. It is daydreaming with God with an endpoint in mind – severing all prior patterns of thought and action that led you into the Overweight State. It is prayerful inner-searching that will redefine the answer to one question – “What do you want to be remembered for?”

The basis for all this discussion about your body and mind is to dispel any naiveté about the battle we're engaged in. Once you receive the Holy Spirit and are energized by God, you will find that your body is the first line of attack for the enemy. Through the power of the Holy Spirit the soul will be the source of a new set of spiritual standards which are the utmost standards of Responsible Intelligence, new standards to live by. The body is the vulnerable point through which Satan can divide the soul through human nature and create confusion – loss of laughter. Consider this well – the body is the margin of the battle of life for you and me. The best we can do is to get the Last Laugh.

## The Last Laugh

It is not, of course, a sin to have natural appetites. They are the way life is maintained and the way the race of mankind continues. To have The Last Laugh we must master our appetites and through our will tell God that we are ready to be poured out as an offering for Him.

The Overweight State is a crisis of the will, a crisis where no other person can help you. The decision you must make is one of the will – not one of what will I have to quit eating. When you don't deal with God on the level of your will, the devil always gets the last laugh.

Simply put, you must be willing to be placed on the altar and go through the fire, willing to experience what the altar represents – the elimination of every desire, affection, and false judgment not grounded in God. But, you don't eliminate your cravings, God does. What you must do is to accept the new reality without self-pity once the fire begins.

After you've gone through the fire, you'll have the last laugh every time a circumstance arises that has the potential to worry or depress you.

Thus, when a new crisis arises, you will realize that you don't have to fall back on mindless eating to face it. You will find that God will prove Himself to be all you ever dreamed He would be.

# The Weekly Schedule

Week #1

Restoring Peace with God

Week #2

Freedom From Blame

Week #3

Restoring Peace with the Body

Week #4

Freedom From Apathy

Week #5

Restoring Peace with the Mind

Week #6

Freedom From Depression

Week #7

Restoring Peace within the Family

Week #8

Freedom From Fear

Week #9

Restoring Peace within the Culture

Week #10

Freedom From Grief

Week #11

Restoring Peace within the World

Week #12

Freedom From Anger

Week #13

Restoring Peace with Nature

Week #14

Freedom From Anxiety

# Weekly Workbook

**Sunday – Weekly Introductions**

**Monday through Friday  
Healing Prayers Exercises**

**Saturday – Eating Realities  
Phil's Message**

# Sunday

## Week #1. Restoring Peace With God

### Peace

Jesus said, "Peace I leave with you. My peace, I give unto you . . ."

Thus, we have a gift – genuine Inner Peace.

In the Bible the word for peace, Shalom, doesn't mean no trouble. It introduces a mental state which encompasses anything and everything that makes for our highest good. Thus, Jesus' gift of peace is the peace of reality, the peace of conquering our fears, not the illusion of peace where we escape into daydreams of life.

"I would rather walk with God in the dark than go alone in the light."

Mary Gardiner Brainard

Genuine peace is independent of the bullets flying about our heads – the outward circumstances of daily life. No experience of life can ever take genuine peace from us. No sorrow, no suffering, no danger can ever make it less.

Yet, there are times when we get trapped by illusion, fall into wishful thinking or are persuaded to try temporary escape through a fanciful experience.

But the genuine article comes only from looking full into the face of Jesus and receiving His full contentment. Thus, we acknowledge that our efforts are limited but God's are unlimited.

So, ask. "Have I received the gift yet?"

It's free and once received must be put into practice to authenticate its power. When you begin reflecting the peace of Jesus in your everyday affairs, you are showing that you have restored peace with God, because you are exhibiting the freedom to turn your mind to Him, to change your story, your testimony.

On the other hand, when you will to not receive the gift, you open yourself up to all sorts of resistance and illusion because you can never turn your mind onto anything other than yourself, your circumstances, your troubles, your worries, and your thoughts. These cause you to become depressed – apathetic – blaming – guilty – afraid – angry – worried.

Thus, without Inner Peace, nothing has much value. You live in a state of constant worry, fearing that at any minute everything will be lost.

The payoff of Inner Peace is that you live your daily life in a state of harmony with your highest values and with your innermost convictions.

This has got to be the world's greatest bargain, because it's free for the asking and everybody wins, because of the nature of the gift.

The gift you receive is the Holy Spirit, Jesus' ally. Jesus taught us three basic things to get us on the path to peace.

### **#1. The Holy Spirit will teach us all things we need to know.**

This is The Way of which Jesus spoke when He said, "I am the way, the truth, the life."

The Way is not only a map, it is an internal gyroscope that guides us into our relationships with friends, with family, with acquaintances, and keeps us learning about how our faith plays out in practical ways during our lives every day.

To receive the Holy Spirit is to agree to open our minds, to pay attention to all the wonderful and important things God has a hand in, things that are playing out before our very eyes, things that we don't see if we're sleep walking.

Thus, we are constantly adding to our stores of knowledge, our discernment and to our skills, as we grow our talents, going from the Amateur Believer to the Professional.

### **#2. Jesus said, "I am the truth."**

Jesus, through the Holy Spirit, brings our minds back to His words in matters of belief, so that we don't fall into the illusion of stiff-necked know-it-allism, because we are open to discovering the true meaning of truth.

### **#3. Jesus said, "I am the Life."**

Through the guidance of the Holy Spirit we will be kept right in matters of behavior every day. When temptation comes to do something wrong and we're on the brink of giving in, there will come into our mind's eye a picture of Jesus. And a verse of Scripture or a song will trigger our love for Him. Thus, because we will not be able to have peace when flooded with guilt, our conscience will turn us aside. So, instead of the wrong, we do the right, as guided by the still small voice of intuition and discernment.

So, go for peace! When you have peace, confusion stops, because there is no confusion in Him.

Once you decide on peace – Your story changes forever.

# Week 1 Food Diary

## Monday

Breakfast

Lunch

Dinner

Snacks

## Tuesday

Breakfast

Lunch

Dinner

Snacks

## Wednesday

Breakfast

Lunch

Dinner

Snacks

## **Thursday**

Breakfast

Lunch

Dinner

Snacks

## **Friday**

Breakfast

Lunch

Dinner

Snacks

# Monday

## Week I – Day I

### Morning Prayer

**Theme: Ask God to heal our families**

Today pray that a loved one in your immediate family who is struggling will be healed - physically, mentally, and spiritually.

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### Evening Prayer

**Theme: Changing what is, through the power of the Holy Spirit**

### The Holy Spirit As A Source of Devotion

Today commit your hands to serve Him. Pray for the power of the Holy Spirit to help you positively impact the lives of others through small gestures of kindness throughout the upcoming day. Try holding an elevator, being kind while driving, or opening a door.

### Wrapping UP

Let the day's events stream through your mind. Let them teach you. List five things you did today that were good. Thank God for each.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Pray for the Holy Spirit to guide you through the day.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## Tuesday

### Week I – Day 2

#### Morning Prayer

##### Theme: Pray that God will heal our work communities

Today pray that a co-worker who is in need of healing will receive the attention of God.

---

#### Evening Prayer

##### Theme: Changing what is, through the power of the Holy Spirit

#### The Holy Spirit As A Source of Joy

There's lots of suffering wherever we go today and to turn our backs on it is to work the death of joy on ourselves and on those with sorrow.

Jesus said, "He who believes in Me . . . out of his heart will flow rivers of living water." (John 7:38)

Look around and you'll see how in the midst of all the suffering, the flowers, trees, squirrels, birds, and the stars are giving off evidences of joy – fragrances, acrobatics, twinkles, dancing in the breeze.

Then, remember. Jesus also said, "These things have I spoken to you, that My joy may be in you and that your joy may be full."

So, how do we get to the joy of Jesus?

There are only three prayers for joy: "I need help," "I surrender," "Thanks." Focus on "I surrender" and your joy will be complete. Then, give it away.

Pray for the Holy Spirit to help you surrender your own desires and replace them with the desires of God.

#### Wrapping UP

Let the day's events stream through your mind.

Let them teach you.

List five things you did today that were good.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Wednesday

## Week I – Day 3

### Morning Prayer

**Theme: Pray for the healing of our living communities**

Today pray that the people of your local community will practice genuine kindness one to another. Ask God to make your local church the cornerstone of warmth and generosity in the community.

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### Evening Prayer

**Theme: Changing what is, through the power of the Holy Spirit**

#### The Holy Spirit As A Source of Love

Love is not premeditated – it is spontaneous, free to burst forth in extraordinary ways.

The fountains from which love flows are in God, not in us. It's absurd to think that the love of God is naturally in our own hearts, as a result of our own nature. His love is there only because it "has been poured out into our hearts by the Holy Spirit . . ." (Romans 5:5)

Pray for the love of God to flow into your heart in abundance.

### Wrapping UP

Let the day's events stream through your mind. Let them teach you. List five things you did today that were good. Thank God for each.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Pray for the Holy Spirit to guide you through the day.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Thursday

## Week I – Day 4

### Morning Prayer

#### Theme: Pray for the healing of our nation

Think of someone in the nation that needs healing and pray for God to touch their lives. It can be a victim of tragedy (the floods in Texas, Virginia Tech shooting), a soldier's family, our leaders, etc. The options should be endless.

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### Evening Prayer

#### Theme: Changing what is, through the power of the Holy Spirit

#### The Holy Spirit As A Source of Strength

The strength to change deeply entrenched eating habits while at the same time delivering you from other troubles and stresses is a work in progress.

Jesus set the stage when He said, "In the world you will have trouble, but be of good cheer, I have overcome the world."

Thus, no strain, no gain. The strain of life is what builds your strength. So, to ask for peace of mind and joy of heart and relief from all stresses is impossible. To get the strength, you have to go through the trouble that's causing the stress. Then God gives you nourishment – "To Him who overcomes, I will give to eat from the Tree of Life . . ."

So, pray for the Holy Spirit to show you the first step. Then overcome your fear and timidity and step out, realizing that the strength given is moment by moment. Thus, our strength to overcome future trouble is within you now, ready to be released.

### Wrapping UP

Let the day's events stream through your mind.

Let them teach you.

List five things you did today that were good.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Friday

## Week I – Day 5

### Morning Prayer

#### Theme: Pray for the healing of our world

Today pray for all peoples everywhere who are combating violence.

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### Evening Prayer

#### Fundamental Friday(A review of the Spiritual Foundations of Change)

#### Principle #1 - The Body is God's Temple(I Cor. 6:12-20,Romans 12:1-2)

This practical advice is an ethical demand which governs your daily life in order to get the work of God done. Thus, "present your body to God," because it is the temple of the Holy Spirit and the instrument through which the Holy Spirit works and, like any cathedral, it is designed by God for the offering of worship to God.

So, if you want to, you can take all the decisions you must make every day, all the choices of an ordinary day, all the actions you engage in every day, and offer each as an act of worship. That's the essence. It's voluntary.

Real worship is the offering of everyday life to Jesus, not just that time spent in church on Sunday. Wherever you are in the world at any given moment – at the office, at the hospital, at school, in your car, in your garden, at the table, shopping – wherever you are you are called to be at worship, because, wherever you are, you are in your body. Do this and you will have strong ammo for avoiding the potholes of Fundamental #2 (coming up next Friday).

### Wrapping UP

Let the day's events stream through your mind.

Let them teach you.

List five things you did today that were good.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Saturday Eating Realities

## Week 1- Nutrition Basics

In order for you to take your health seriously you must have some basic understanding of what you are putting into your body. A simple place to start is by reviewing the basic food groups (carbohydrates and proteins this week, then fats next week).

**Carbohydrates** – otherwise known as “sugars”.

Good Effects – supply energy to the cells of the body.

Bad Effects – causes insulin release which leads to weight gain and diabetes.

### Types of Carbohydrates

1) Complex Carbs – Natural carbohydrates found in breads, pasta, rice, cereals, and vegetables. These tend to cause less insulin release and therefore less weight gain and diabetes. Vegetables are the preferred source for carbs because they also contain fiber (see below).

#### 2) Simple Carbs

- a. Natural – honey, fruits – these cause a large amount of insulin release, but, are better than processed carbs. Fruit also contains fiber which is good.
- b. Processed – Man made sugar which is added to foods – candies, soft drinks, icing, cakes, cookies, pies. These cause extreme insulin release which greatly increases diabetes and weight gain.

3) Fiber - nondigested carbohydrates found in fruits and vegetables. Since they are not digested the body cannot use them for energy. Their good effects come through improving bowel function and by reducing the amount of insulin released when you eat, which decreases diabetes and weight gain. Since fiber is found in large amounts in fruits and vegetables these are the best overall sources of energy.

**Proteins** – Build and repair the body tissues, supply energy.

These are found in meats (beef, pork, chicken), fish, eggs, dairy products, beans, nuts. Since most of the foods with high protein content have large amounts of fat, a high protein diet usually has a high fat content.

## Week 1- Nutrition Basics

Recommendations:

- 1) Eat carbs that are high in fiber so there is not as great an insulin release. This will decrease the risk of diabetes and weight gain. Try to eat 5 servings (1cup=a serving) of fruits and vegetables daily.
- 2) Limit processed carbs - candies, soft drinks, icing, cakes, cookies, pies. Instead eat fruits/vegetables for snacks.
- 3) Increase fiber intake by increasing fruits and vegetables.
- 4) Try to replace protein from meat(especially red meat) with protein from fish, beans, and nuts which have less fat.

Now, review your food diary from this past week. Try to get an idea of the amount of carbohydrates and protein you are eating. Also try and distinguish the different types of Carbs you are eating (especially the amount of processed carbs).

# Saturday's Message

## Week 1

### "A Call To Service"

### I Chronicles 29:1-9

Being determined to get a job done right is a wonderful life quality. I have been blessed to know many people who have this quality. One such person was my mother. She always had goals to accomplish and possessed the motivation and determination to reach those goals. She worked hard at public work but was one of the best homemakers and mothers I have ever met. At fifty-nine (59) years old she was determined to get her driver's license for the first time. She did. When she turned seventy-five (75), I tried to get her to retire from the hosiery mill where she had worked for many years. She listened patiently and when I had finished my little talk, she moved up to the edge of her chair, looked at me with "determined eyes," and said: "Now, Phillip, I am not BUT seventy-five (75) and I am going to keep working." She finally retired from the mill at age eighty-four (84).

Thinking about this reminded me of King David who was determined to build a great temple in Jerusalem. But because David was a man of war, God willed that David's son, Solomon, would lead in the building of the temple. But David was determined to do his part. He worked hard gathering all the materials which Solomon would need to build that temple. In I Chronicles 29:1-9, we find David addressing the people of God. He tells them about gathering all the materials for the House of God and then confronts them with a strong challenge in the form of a question. In I Chronicles chapter 29 and the last part of verse 5, David asks: "WHO THEN IS WILLING TO CONSECRATE HIS SERVICE THIS DAY UNTO THE LORD?" Four (4) or five (5) words and one phrase in this question demand our careful attention.

1. The word WILLING: "Who then is willing . . .?" David is appealing for willing workers – people who do not have to be begged to do the work of God. David knew that the temple at Jerusalem would never be built if Solomon had to spend all his time begging the people to work. Being willing to work and having the strong determination to accomplish the task – to reach the goal – will bring positive results.

God willingly sent His Son to save us. Jesus willingly laid down His life for us. We should be willing to serve Him and others in His name.

2. The word CONSECRATE: "Who then is willing to CONSECRATE . . .?" In a spiritual sense, this word means "to give oneself to." We can never accomplish much in the service of God until we willingly give or consecrate ourselves and our resources to God. Reaching any goal requires consecration – giving oneself to.

In our life and work as Christians we need divine power – help from God. Receiving that power – that help from above – demands CONSECRATION.

3. The Word HIS: "Who then is willing to consecrate HIS . . .?" Here we get very personal! This is a personal call to service! God wants you and God wants ME in His service. The temptation is to say, "Let someone else do that. Many people are more qualified than I am." We can help each other in life and work but every person has a job to do – a service to render – and unless each person does his own job, it probably will not be done.

When God says: "Whom shall I send, and who will go for us?" we should personally answer with the prophet Isaiah: "Here am I; send ME." (Isaiah 6:8)

4. The two (2) words THIS DAY: "Who then is willing to consecrate his service THIS DAY . . .?" This really means NOW. Delay is costly and tomorrow may be too late. Now is the time to act.

Our daughter, Rose Marie, is one of the greatest lovers of the outdoors I have ever met. When she was just a toddler she would run to the door and holler "SIDE." One day she did this several times and each time Jewell and I were occupied and called back to her to wait a while because we were busy. After this happened several times, Rose Marie went to the door, turned and walked back into the den, put on her little coat, looked up into her mother's face, and said: "SIDE NOW."

To you and to me God is saying: "Service now – not tomorrow – NOW." We have waited long enough. Now is the time to willingly consecrate ourselves and our service to God. ACTION NOW.

5. The phrase UNTO THE LORD: "Who then is willing to consecrate his service this day UNTO THE LORD?" We are not called to consecrate ourselves and our service just to the church or to the denomination. Our consecration – our giving ourselves – is "unto the Lord." In David's day that was Almighty God, the God of Abraham, Moses, and others. Today, the Lord is Jesus Christ – the Son of God, crucified, risen,

ascended, returning. Everything we do as Christians should be done as "unto the Lord."

Verses 6-9 of I Chronicles chapter 29 affirm that the people responded to David's great challenge by giving themselves and their resources. As a result, there was a lot of rejoicing – a lot of joy in the fellowship. Verse 9 says: "Then the people rejoiced, for that they offered willingly, because with perfect heart they offered willingly to the Lord: and David the king also rejoiced with great joy." There can be a lot of rejoicing today if we will follow their great example.

And so, we return to the searching question: "Who then is willing to consecrate his service this day unto the Lord?" Are you?

Reverend Phillip R. Morrow Sr.

# Sunday

## Week #2. Freedom From Blame

Blame is a disease of the soul – a form of judging – whereby someone is faulted for a circumstance of your life. Blaming conveniently takes you off the hook, relieves you of the responsibility for whatever part you may have played in the situation.

“Take comfort, and recollect however little you and I may know, God knows . . . and His mercy is over all His works.”

Charles Kingsley

So, since not one of us is perfect and since nothing we ever intend is without fault and since nothing you and I set out to do is without some measure of error, and, since nothing we ever achieve is achieved without the grace of God, it makes sense to put into play – to cure blame and faulty judging – to put into play the only cure there is:

### Forgiveness

The word forgiveness nowadays has been watered down by careless practice, being little more than a shrug of the shoulders or a comment such as – “Don’t do that again.”

Forgiveness with punch, with vitality, with strength, with power, is a miracle, because, when God forgives us, we have imparted to us the versatility to be exactly the opposite of what we were before.

That’s pretty creative, because, if you’re a new person, a new form of life can come forth from you – all because you were forgiven.

So, from Scripture, we have an offer on the table – consider –

“Be even-tempered . . . quick to forgive an offense. Forgive as quickly and completely as the Master forgave you.” The Message (Colossians 3:13)

Forgiveness – you have to want it. We all need it. You have to want it and request it. Until then, nothing happens. To get at the power of the offer, we must request it. Then, and only then can we recognize the unspeakable wonder of the transaction – what Jesus did on the cross.

The Divine Miracle of Grace, flowing from Jesus, gives us the power necessary to forgive anyone we’ve blamed or falsely judged. The Bible says, “Be ye kind one

to another, tenderhearted, forgiving one another, even as God for Christ's sake has forgiven you."

When God forgives, He also forgets, promising to blow off our sins like a cloud. And a cloud is out of sight when it's gone.

It's crucial to recognize that more new life springs from acts of forgiveness than from any other action. You can't be forgiven without being changed by the forgiveness. Through forgiveness you receive the heredity of Jesus. Thereby your mindset becomes the mindset of the forgiven.

Thus, your role in the world changes. Your words bear witness to the fact that your heart has turned from blame and faulty judgments to forgiveness. So, now, your story affirms that anyone who wants to be forgiven has only to ask and they will receive the same gift you received.

A caution is to be considered here. You can't be forgiven for stuff you didn't do, of course. But, since there are things you've done that only you know about and since you've been shown the way to forgiveness – it stands to reason that if you refuse the gift of forgiveness and if you refuse to forgive those you've falsely judged and blamed in the past – there'll be a price to pay someday. That's reality. Everything else is illusion.

# Week 2 Food Diary

## Monday

Breakfast

Lunch

Dinner

Snacks

## Tuesday

Breakfast

Lunch

Dinner

Snacks

## Wednesday

Breakfast

Lunch

Dinner

Snacks

## **Thursday**

Breakfast

Lunch

Dinner

Snacks

## **Friday**

Breakfast

Lunch

Dinner

Snacks

# Monday

## Week 2 – Day 1

### Morning Prayer

#### Theme: Ask God to heal our families

Today pray that your church family will show the love of God in their everyday lives, through loving each other, loving their neighbors, and loving their immediate families.

---

### Evening Prayer

#### Theme: Changing what is, through the power of the Holy Spirit The Holy Spirit As A Source of Meaning In Food

A thing to do.

Monitor your body closely for a week and see what it reveals to you about how your foods influence your feelings of stress, of fear, of joy, of calmness, of fatigue, of worry.

Write down your impressions.

Then, consider whether fatigue might be causing a barrier in your becoming involved in service to others.

Pray for the Holy Spirit to give you the energy to serve others.

### Wrapping UP

Let the day's events stream through your mind. Let them teach you. List five things you did today that were good. Thank God for each.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask the Holy Spirit's guidance.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## Tuesday

### Week 2 – Day 2

#### Morning Prayer

##### Theme: Pray that God will heal our work communities

Today pray that your workplace will become a place of joy with spontaneous creativity, celebrating the pleasures of being and doing.

---

#### Evening Prayer

##### Theme: Changing what is, through the power of the Holy Spirit

#### The Holy Spirit As A Source of Divine Friendship

Reality – the claim of the Bible

Reality is better than illusion because it wins out 100% of the time. The Bible claims to put us in touch with reality through the work of deep inquiry – a work of the Holy Spirit. We are put in touch with God, and with the people and with the world He created. We are in touch with Jesus who redeems people and then loves them forever. We are in touch with our feelings of hope and despair; of doubt and faith, with our virtues and vices, with things visible and invisible, with things right and wrong, good and evil, living by faith, in touch with reality, conspicuously sane.

Thus, when people around us are going crazy with illusion, we can point them to the way of rich and relevant sanity – the Bible.

#### Wrapping UP

Let the day's events stream through your mind. Let them teach you. List five things you did today that were good. Thank God for each.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask the Holy Spirit for help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Wednesday

## Week 2 – Day 3

### Morning Prayer

#### Theme: Pray for the healing of our living communities

Today ask God to provide nurturing communities so that our children can actualize their potential and grow love throughout their lifetimes.

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### Evening Prayer

#### Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Divine Friendship

God's joy.

Read Psalm 126.

The world's vision of joy is a metaphor for cheap happiness made quick. The Psalm reminds us that the promises of God are with all those children of His who are wandering and weeping, and will be with them until they arrive home, exuberant, to "bring in the sheaves."

Thus, laughter doesn't exclude tears. Pain and hardship still come, but they are unable to drive out the happiness of the Redeemed.

So each day come home laughing, with armloads of blessing.

Pray for the Holy Spirit to fill you with God's Joy.

### Wrapping UP

Let the day's events stream through your mind.  
Let them teach you.

List five things you did today that were good.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Thursday

## Week 2 – Day 4

### Morning Prayer

#### Theme: Pray for the healing of our nation

Today ask God to restore a sense of faith in our nation

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### Evening Prayer

#### Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Divine Friendship

Putting hope on the line.

Everyday you and I put hope on the line. The future is a projection, there is no assurance of what the next hour may hold.

Even so, hope is the only reasonable response to a future which has its foundation in the promises of God.

So, hope, as grace cultivated in the present, alerts us to the possibilities of the future as a field of action. Thus, we can embrace the present as a time of energy and joy and peace.

“So, roll up your sleeves, put your mind in gear. Be totally ready to receive the gift that’s coming when Jesus arrives.” (1 Peter 1:13, The Message)

### Wrapping UP

Let the day’s events stream through your mind. Let them teach you. List five things you did today that were good. Thank God for each.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask for the Holy Spirit’s help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Friday

## Week 2 – Day 5

### Morning Prayer

#### Theme: Pray for the healing of the world

Today pray for world peace. Help protect the earth's future by promoting peace every day.

### Evening Prayer

#### Fundamental Friday(A review of the Spiritual Foundations of Change)

**Principle #2 - Gluttony and sloth are sins. (Proverbs 19:15,24 ; 21:25 ; 23:21 ; Ecc 10:17-18 ; Philippians 3:19; Isaiah 22:13)**

Gluttony is, simply put, eating and drinking more than you need.

Sloth is, simply put, laziness.

Sin is the outcome of a relationship set up between you and the devil whereby you declare yourself boss over your eating and your actions. Thus, you choose to have an active, exciting life or you choose to "go with the crowd" and drift along, lazy-like, eating and drinking more than you need, calling your own shots, as boring as that is.

So, your sin is not the wrong of your eating atrociously or your lazy way of drifting along, it's your allowing yourself to be the person to whom that is happening, letting your heart give you bad directions, killing your dreams.

But, the good news about the sins of gluttony and sloth are that you can be delivered from them. So, you have a choice. Either you believe God can deliver you or you believe He can't. Or, you want to be delivered. Or, you don't.

But, the moment you say you want to be delivered, the power of God becomes yours. Thus begins your growth in grace as the life of the Holy Spirit exerts itself against your tendency to continue eating as you wish.

Look at it this way. When you are born from above you will realize that the life of God has entered into you as eternal life and as light. When you walk in light as God is in the light, the sins of gluttony and sloth will no longer be.

### Wrapping UP

Let the day's events stream through your mind.  
Let them teach you.

List five things you did today that were good.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Saturday Eating Realities

## Week 2 - Nutrition Basics (continued)

### Fats - Fatty Acids

Good Effects - supplies energy to the body, carries vitamins, helps to build cell walls.

Bad Effects - are stored in the body as fat cells (adipose tissue) which accumulate around the organs. In large amounts they will clog up the blood vessels (clogged arteries).

Types of Fats:

1) Transfat - partially hydrogenated fatty acids - Found in cooking oils used to fry foods (French fries, chicken nuggets, chips, etc.) and in processed foods like commercially baked goods such as cookies, cakes, pies, donuts, fast foods, margarine, vegetable shortening). This type of fat is the most likely to raise the bad cholesterol and lead to heart attacks and strokes.

2) Saturated Fatty Acids - mainly come from animal products (dairy products such as milk and cheese or meats such as beef, pork, or chicken). Raises the bad cholesterol, increasing the risk of heart disease.

3) Monounsaturated Fatty Acids - Found in olive oil and canola oil used for cooking. May improve cholesterol slightly.

4) Polyunsaturated Fatty Acids - Found in sunflower oil and corn oil used for cooking, and nuts eaten for snacks. May improve cholesterol by lowering the bad cholesterol and raising the good.

5) Fish Oils (Omega 3 Fatty Acids) - Found in all fish. Herring, mackerel, salmon, trout, and tuna have the highest amounts. Have good overall health benefits by lowering cholesterol and reducing heart disease risk.

Simple Recommendations about Fat Consumption:

- 1) Eliminate Trans Fats - NO fried foods or commercially processed baked goods (cookies, cakes, chips, donuts, pies)
- 2) Limit Saturated Fats - Limit red meat to once a week. Limit cheese and use only skim milk.

## **Week 2 - Nutrition Basics (continued)**

- 3) Monounsaturated/Polyunsaturated Fats are ok in moderation. Use olive and canola oil for cooking. Eat nuts for snacks.
- 4) Increase Fish Oils (Omega 3 Fatty Acids). Eat fish as much as possible (not fried).

Now, review your food diary from this past week. Try to get an idea of the amount and types of Fat you are eating.

### **Get ready to start the REDUCE Diet on Monday.**

Review the Diet rules on page 269.  
Review the shopping list on page 270.  
Go shopping for the Diet #1 foods.

Start Diet #1 on Monday (page 271)

Make sure and chart your weight daily on the Diet chart (page 280).

# Saturday's Message

## Week 2

### "Don't Leave God Out"

#### James 4:13-17

I have always been and still remain a firm believer in planning – making careful plans and working hard to carry them out. My wife of 46 years and I made plans for retirement and looked forward to special time together for many years to come. I was certainly shocked and troubled about our careful plans when vision problems made it necessary for me to stop driving a vehicle a few years ago and then when my wife died suddenly on May 5, 2006.

Recently, as I read Holy Scripture, I learned some important truths about planning.

1. In James 4:13-14, James stresses the uncertainty of the future. We make our future plans as did the businessman pictured in our text, but the truth is that we do not even know what even a day may bring forth. I believe that James would agree with me that planning is wise and good but he would have me learn that the right kind of planning must always include God and His will for our lives.

Jesus clearly taught this truth about the uncertainty of the future in Luke 12:16-21. Here we have the story of the rich, but foolish, man who made his fortune and built his plans for the future and never realized that that very night his soul might be required of him – his life might end.

The more I think about this lesson, the more grateful I am that we cannot really know the future. If we did, worry would likely possess our lives. Few things can ruin the joys of abundant life today like worry over our uncertain tomorrows. We need to plan and plan wisely by facing the reality that in the final analysis the future is uncertain. The future is in the hands of God!

2. The uncertainty of the future is NOT a reason to be fearful and inactive. Instead, it is a reason to accept the spiritual truth that we are completely dependent on Almighty God.

Some of the early Christian converts developed a kind of thinking that Paul and other leaders helped them to resolve. Some converts took the position that Christ was coming back and doing so soon. Therefore, they decided to sit back,

focus on the second-coming, and wait for Christ's return for them. They became lazy, indifferent and unconcerned. This is not the Christian way and Paul and others worked hard to change this dangerous thinking.

James and Paul would have us to make all our plans in dependence on God. In I Corinthians 4:19 Paul writes: "I will come to you shortly, IF THE LORD WILL." And in I Corinthians 16:7 he declares: "I hope to tarry a while with you, IF THE LORD WILL PERMIT."

3. James closes our text with a warning. The warning in essence is this: When we declare our self-dependence even though we know in our hearts that we are to be dependent on God and committed to His will, we are sinning against God. James writes: "But now ye rejoice in your boastings (about all you are going to do in the future): all such rejoicing is evil. Therefore to him that knoweth to do good and doeth it not, to him it is sin." The future is not in man's hands but in the hands of God.

It is my strong conviction that the Word of God teaches truths about planning for the future which can be summarized in the title of this message: "Don't leave God out." As we make our plans, let us follow Paul's example by saying "IF THE LORD WILL I will do this or that." I will accept my dependence on God and will never leave Him out.

Reverend Phillip R. Morrow Sr.

# Sunday

## Week #3. Peace With the Body

The world's religions encourage us to consider the body as a reliable companion, as a capable mediator of our experiences, as a vehicle for transformation, and as a temple of God.

Then, the thin culture we live in starts messing up our minds. We look in the picture books on newsstands and then look in the mirror and what we see doesn't match up with the models and the celebrities' images, so we fantasize about being thinner or better proportioned, thus rejecting our own bodies for an illusion that happiness is in everybody else. Then we start worrying.

Diagnostically, your body is not the problem.

"Every mortal is troubled with many and various desires through various paths . . . by different means to attain one happiness: in a word – God."

Anicius Manlius Severinus  
Boethius

Your thoughts about your body are the problem. Your depressed spirit comes from the thoughts that you have never subjected to honest inquiry, the thoughts that you innocently believe. Thoughts such as "I am too overweight to wear the clothes I want, "my spouse does not love me enough", "my boss does not appreciate me, "I am tired all the time". Meanwhile your body simply keeps itself busy trying to live in harmony with its energy system, working efficiently, intelligently, kindly, and resourcefully, and hoping for a good meal from time to time so that it can keep going.

What are you forgetting?

Gratitude.

We are guests on the great good Earth and our every breath should be one of gratitude to the Host.

The medieval Christian mystic Meister Eckhart suggests that if the only prayer we say in our lifetime is "thank you," that would be enough.

So, why not every day put a song of praise on your lips in the early morning hours. For the breath that fills our lungs. For other bodies – our loved ones, our family, our circle of friends. For the unexpected, bountiful blessings that other bodies bring into our lives unheralded.

There is surely enough, if you open your eyes and ears, to say, "Praise God from whom all blessings flow."

Praise puts everything into its proper place and perspective.

Consider. Your body uses its skin and ligaments and tendons to record all that goes on around you every day.

Thus, your body sitting, and lying down, and standing up are living records of life given, life taken, life hoped for, life healed.

The body is multilingual. It speaks through its color and its temperature. Thus, it flushes with recognition, glows with love, turns white with pain and fear, and expresses nonconviction through coldness.

The body is a marvel of motion. It speaks through Brownian movement, through the tiny internal dance of its energy pumps, motion that shows when we are a jitter, or trembling or swaying or leaping in heart, or falling in spirit. Motion is rising hope, the pit at the center.

To be of any mind other than grateful for the body's beauty and value and for its magnificence of design is to force the body to live without its rightful spirit, its rightful form, its right to exultation.

To believe yourself unacceptable in body because your beauty is outside the current fashion is deeply wounding to the natural joy that belongs to the adventurous nature that is ours from the Maker.

Ya gotta believe and ya gotta say, "Thank you."

# Monday

## Week 3 – Day 1

### Morning Prayer

#### Theme: Ask God to heal our families

Pray for a family member of whom you need to ask forgiveness. Ask for the healing balm of being forgiven and of forgiving others.

---

### Evening Prayer

#### Theme: Changing what is, through the power of the Holy Spirit

#### The Holy Spirit As A Source of Creativity

Music.

The people of God sing. There are songs everywhere in Scripture. Through music the majesty of God is realized in exuberance. And the mercy of Jesus is gathered through century-tiered choirs of men and women and children. Moses sings. Miriam sings. Deborah sings. David sings. Mary sings. Angels sing. Jesus and His disciples sing. Paul and Silas sing. When you realize who Jesus is and what He does in your life through the Holy Spirit, you can't help but sing.

*Then I heard every creature in Heaven and Earth, in underworld and sea, join in, all voices in all places singing:*

*"To the one on the throne! To the lands!*

*The blessing, the honor, the glory, the strength,*

*For age after age after age."*

*Revelation 5:13*

### Wrapping UP

Let the day's events stream through your mind. Let them teach you. List five things you did today that were good. Thank God for each.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend to do tomorrow. Ask the Holy Spirit for help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## Tuesday

### Week 3 – Day 2

#### Morning Prayer

##### Theme: Pray that God will heal our work communities

Today pray for someone at work who is struggling spiritually. Ask God to give them His peace and lay conviction upon their heart.

---

#### Evening Prayer

##### Theme: Changing what is, through the power of the Holy Spirit

#### The Holy Spirit As A Source of Creativity

##### The Art of Words

Words are a gift. The Bible says that words are born in the heart, not the head. The Spirit of God has the habit of taking the words of Jesus out of their spiritual setting and transferring them into the setting of our personal lives. There, words have the power to enslave us through the way we talk to ourselves, or, they have the power to set us free. The secret is in our skill of usage. So, as in the case of other gifts, the art of words takes practice. The payoff is huge. You can make your own heart sing within you. So, become a professional in the use of words. A world of sick and lonely and feeble people, on street corners, in work places, in schools, is dying to hear from you.

*When they had prayed, the place in which they were gathered together was shaken; and they were all filled with the Holy Spirit and spoke the word of God with boldness.*

*Acts 4:31*

Pray for the Holy Spirit to give you the word of God and the power to speak it with boldness.

#### Wrapping UP

Let the day's events stream through your mind. Let them teach you.

List five things you did today that were good.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Wednesday

## Week 3 – Day 3

### Morning Prayer

#### Theme: Pray for the healing of our living communities

Today pray for a sense of reverence in your community. Pray that all of your neighbors, irrespective of their differences, will respect one another and bring Gods' Peace to the community.

### Evening Prayer

#### Theme: Changing what is, through the power of the Holy Spirit

#### The Holy Spirit As A Source of Creativity

Work.

When at work, assume that every move you make has a meaning, a plan, and a purpose, in the light of eternity. God puts us where God needs us. If you think this way, your job may not seem any grander, but now you are centered, focused, clear.

"So this is where I'm supposed to be," you might think, "But I always assumed I was supposed to be somewhere else, doing something else, being someone else."

Check your assumptions. For right now – this moment – you are where God wants you. Otherwise you would be somewhere else. So, put your hands on today's work and shape it like you would clay. Thus you invest it with divine reality.

### Wrapping UP

Let the day's events stream through your mind. Let them teach you. List five things you did today that were good. Thank God for each.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask the Holy Spirit for help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Thursday

## Week 3 – Day 4

### Morning Prayer

**Theme: Pray for the healing of our nation**

Today pray for a sense of hope in our nation.

### Evening Prayer

**Theme: Changing what is, through the power of the Holy Spirit**

**The Holy Spirit As A Source of Discernment**

Lies of the World

They are everywhere, the lies of the world. They tell us it is OK to behave badly, OK to over indulge, OK to eat things that we know are bad for us.

Here are a few examples from fast food restaurant advertisements:

Wendy's – Do what tastes right

McDonald's – I'm loving it

Hardee's – Life is short, Eat thick

Burger King - Give yourself the gift of beef

- Feed your inner Champion (You are a BK champion. The MVP of the hour. EVERY hour. Bacon and jalapenos make up your team, and the game can't start without you. Armchair. Lawn chair. It doesn't matter. You taste victory with every bite. You know the score. You eat like a champion.)

Are we truly foolish enough to believe that eating a BK burger with bacon equates to "eating like a champion"? Does eating at McDonald's have anything to do with our idea of love? Is it ok to do what tastes or feels right, even if it does harm to our body (God's Temple)? Is life so short and meaningless that our health does not matter?

As Christians we must look at these statements in light of God's words. We are called to be an example of restraint in an out of control world. Look around you and find your own lies of the world. Pray for the Holy Spirit to give you eyes to see and ears to hear.

### Wrapping UP

Let the day's events stream through your mind.  
Let them teach you.

List five things you did today that were good.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Friday

## Week 3 – Day 5

### Morning Prayer

#### Theme: Pray for healing of the world

Today pray for the children of the world. Pray for the orphaned, the poor, the sick, the forgotten. Ask God to give them healing and peace.

---

### Evening Prayer

#### Fundamental Friday(A review of the Spiritual Foundations of Change)

**Principle #3** - You must replace the love of food with God's love.  
(Philippians 3:19, John 6:35, Romans 14:13-23)

In John 6:35 Jesus says, "I am the bread of life." What could He have meant? Are these just pretty words? Consider this:

Bread sustains life. Without it life can't go on. But, what is life? Is it just feeding our faces? Hardly!

Spiritually, real life is a real relationship with God – a relationship of trust, of obedience, of love, and of thought – a relationship made possible only through Jesus.

The meal eaten without Jesus at the table is a meal eaten for existence but not for life.

If Jesus is the essence of life, He is the Bread of Life.

Our hunger is ended when we know Jesus and through Him know God.

Thus, the restless soul is at rest. The hungry heart is satisfied.

### Wrapping UP

Let the day's events stream through your mind.

Let them teach you.

List five things you did today that were good.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Saturday Eating Realities

## Week 3

### Congratulations!

You completed the first week of The Reduce Diet.

Surprise, you did not starve to death!

Your daily food intake has averaged 1200-1500 calories/day, made up of foods high in protein and fiber, and low in fat. Most Americans eat more than 2500 calories/day made up of low fiber, high fat foods. Your body needs at most 2000 calories/day so the excess is stored in fat cells, building up over time. Reducing your daily food intake to a reasonable level lets your body use the calories as energy with little left over to store. Eating smaller meals several times a day with snacks in between should wipe out your hunger.

**KEEP IT UP!**

Go shopping for Diet #2 items.

Start Diet #2 on Monday

Remember to chart your weight daily.

# Saturday's Message

## Week 3

### "A Challenge to Christians"

#### Galatians 6:9

I never cease to be amazed by the fact that the Bible, the word of God, speaks to us at the very point of our personal need. One of our great needs today is remaining faithful to Almighty God and to the work which Christ gave us as His disciples. We are constantly tempted by discouragement and weariness in accomplishing our God-given mission in our communities and in the world.

The Apostle Paul speaks to this need in Galatians 6:9 where the Apostle is inspired to write: "Let us not be weary in well-doing for in due season we shall reap, if we faint not." I have studied this verse in the Greek and in four or five translations. Any way you read it, Galatians 6:9 has two major parts.

1. First, there is a command, "Let us not be weary in well-doing."
2. Second, there is a promise, "For in due season we shall reap, if we faint not."

Let's look at the command. It is a strong one which says, "Let us not be weary in well-doing." All of us know what it means to be tired physically. Who among us has not come to midday finding his energy well spent and wishing the day's end was nearer. Jesus Christ Himself, during the days of His earthly ministry, knew the experience of being physically tired. In John 4:6, we read, "Now Jacob's well was there; Jesus therefore, being wearied with His journey sat there on the well..."

We all grow weary physically. But Galatians 6:9 is not speaking about physical weariness. The verse refers to spiritual weariness. The first part of Galatians 6:9 is God's command for His people not to give in to the disease of spiritual weariness. Jesus never gave in to spiritual weariness. No doubt, there were times when He was tempted to, but it was said of Him that He went about doing good. And in our text we are commanded to follow His great example. We are to go about doing good and not ever give in to the strong pressures to stop doing good. This command may be easy to hear but more difficult to heed. Let's look then at the promise.

The second part of Galatians 6:9 says, "For in due season, we shall reap if we faint not." This is one of those glorious promises found in the Word of God. The promise is that of ultimate victory for those who labor faithfully in Christ's

name. "We shall reap" is the promise. Our labors of love, our witnessing activity, and our good deeds are not all in vain as we are often tempted to believe. "We shall reap."

Two truths about the promise must be considered.

1. First, the harvest, the time of reaping, will come not in our own time but in God's own time. The harvest and the harvest time are in God's hands. We are to work diligently as the Holy Spirit leads us and then leave the harvest time to God.

During the early days of one of my pastorates, I met a man who had many problems which kept him from making use of the talents he had. He came to church occasionally. He had never made a profession of faith and did not mind making it clear that he never planned to do so. He enjoyed baseball and loved to fish and hunt. I started going to games and hunting and fishing with him. This fellowship gave us time for some serious discussions about life. We became close friends but this man resisted making a personal decision for Christ. I must confess that I became weary in well-doing, tired of trying to encourage this man to realize that he needed Christ in his life. This went on for about five years and the man became more regular in his church attendance. One Sunday morning when the invitation was extended, he made his way to the altar and made one the most sincere professions of faith I have ever witnessed. He was serious about that decision and the quality and degree of that personal profession of faith was revealed in his life. His life was transformed.

During those five years, there were many times when I was tempted to give up, tempted to give in to that spiritual disease called "Weariness in well-doing." I was impatient, forgetting that the harvest and the time of the harvest are in God's hands. He planned it that way.

2. Second, the promise is conditional. "In due season we shall reap, **IF** we faint not." What a challenge not to give in to weariness in well-doing! Almighty God is counting on us!

When we are tempted to become weary in well-doing we need to stir ourselves - or better still let the Holy Spirit stir us - and always remember to faithfully heed the challenge to Christians found in Galatians 6:9, "Let us not be weary in well-doing for in due season we shall reap, if we faint not." AMEN.

Reverend Phillip R. Morrow Sr.

# Sunday

## Week 4. Freedom From Apathy

Apathy is a state of disinterest – a loss of interest in life and its adventures. The opposite of apathy is enthusiasm.

In the world of today, with images of war etched atop those of the World Trade Center aflame, the true state of our vulnerability has gained a new reality.

Now, more than ever before, it is clear. No one is safe unless we are all safe. Our only hope for lessening fear in the world is to choose to rally together as a family of one among a family of nations and determine to make the world a safer place for everyone.

Thus, enthusiasm's true meaning becomes ours.

"The world is still waiting to see what God can do with a man wholly consecrated to His service."

John Knox

Enthusiasm means "one with the energy of God." Thus the word derives from the concept of being inspired and possessed by God – the same as being empowered by the Holy Spirit.

"You shall receive power when the Holy Spirit has come upon you . . ." (Acts 1:8)  
This power is the hallmark of having received the Holy Spirit.

"Enthusiasm," according to writer George Matthew Adams, "is a kind of faith that has been set on fire."

So, to give all you've got – holding nothing back, this is what Ralph Waldo Emerson inferred when he said, "Nothing great was ever achieved without enthusiasm."

Even the most apathetic can experience the power of the Lord when we decide to "let go" and yield to the power of the Holy Spirit, remembering that Jesus is the only person on earth who said, "I am the way, the truth, and the life."

So, what can we use as a trigger to move our thinking from apathetic thinking to enthusiastic thinking?

Consider beauty.

When we're apathetic we miss so much of the beauty that flows from the people, the places, the things that surround us. We just don't see it.

Yet it's there for our enjoyment. In fact the universe is in the habit of creating beauty. There are flowers and birds in song, snowflakes, smiles, acts of great courage that make us tingle, laughter, a job well done, the smell of coffee.

God is good.

So, you're free to drink deep of the shining glories that surround you. Drink deep of the beauty which nourishes your soul. Drink deep of grace that is so amazing.

God is great.

Thus, you will never be heard to utter the lament of Saint Augustine, "Too late have I loved you o Beauty, so ancient and so new, too late have I loved you."

# Monday

## Week 4 – Day 1

### Morning Prayer

#### Theme: Ask God to heal our families

Today pray that your family members will become people of kindness.

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### Evening Prayer

#### Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Meaning In Food

I can remember the scene so vividly as if it were yesterday. Leonard, my best friend, and I were 10 year old boys at the Mothers Cottage in the orphanage where we grew up. One Sunday afternoon, after cooking stolen fudge in the Roses Springs woods, we mosed over to the Log Cabin woods and beneath a huge beechnut tree we ate fudge and talked about what we would be when we grew up. I already knew I would be a doctor. He wasn't sure. The shining moment, however, was the promise we made to be friends forever. And, now, sixty nine years later, we still talk on the phone once or twice a year, evidence that our friendship still has meaning in our minds, cemented by the fudge.

### Wrapping UP

Let the day's events stream through your mind. Let them teach you. List five things you did today that were good. Thank God for each.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask for the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## Tuesday

### Week 4 – Day 2

#### Morning Prayer

##### Theme: Pray that God will heal our work communities

Today pray for a coworker who is dealing with health problems (either themselves or in their family). Pray that God will pour out his power and majesty and bring them peace.

---

#### Evening Prayer

##### Theme: Changing what is, through the power of the Holy Spirit The Holy Spirit As A Source of Meaning In Food

As an eater, it's hard not to think of the table as the domain of Jesus, for, like Jesus, as we eat the bread and share the wine, we join with all humanity in affirming life with every mouthful.

Through eating we acknowledge that our choice of food is a fundamental act of love and nourishment – a true celebration of our existence.

Thus, the very act of holding hands and giving thanks contributes to the meaning of life, as an extension of our caring, and as we eat in peace and grace, we celebrate the covenants that bind us together.

#### Wrapping UP

Let the day's events stream through your mind. Let them teach you. List five things you did today that were good. Thank God for each.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend doing tomorrow. Ask for the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Wednesday

## Week 4 – Day 3

### Morning Prayer

#### Theme: Pray for the healing of our living communities

Today pray for all the local organizations that help the poor and needy of your community. Ask God to deliver his blessing upon their work.

---

### Evening Prayer

#### Theme: Changing what is, through the power of the Holy Spirit

#### The Holy Spirit As A Source of Abundant Life

Jesus said, “. . . come, follow me.” (Luke 18:22)

When we come, there is actually only one thing we can dedicate to God, ourselves (see Romans 12:1).

*Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship.*

When we give God ourselves – He will make of us a Holy Experiment – a case of one – and His experiments always succeed.

Immediately, when we surrender, our creativity erupts like a continual source of abundant life as the Spirit of God perpetually springs up like a well of water. Thus, our job is to go out into the world to show others how creative and original God can be when we come to Him as He asks.

Pray for the Holy Spirit to help you give yourself (body, mind, and soul) to God.

### Wrapping UP

Let the day's events stream through your mind.

Let them teach you.

List five things you did today that were good.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend to do tomorrow. Ask the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Thursday

## Week 4 – Day 4

### Morning Prayer

#### Theme: Pray for the healing of our nation

Today ask God that we become a nation of deeper compassion as we open our hearts and minds to the pain and suffering of the world.

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### Evening Prayer

#### Theme: Changing what is, through the power of the Holy Spirit The Holy Spirit As A Source of Divine Friendship

The totality of life.

Read Psalm 124.

It presents the reality of faith from a person who digs deeply into troubles and discovers that God is there, on our side. Thus, faith develops out of tough times, not easy times.

It's easy to fantasize about Heaven, about how wonderful it will be, about how majestic life will be there, praising God and loving Jesus. The Psalmist looks the other way, into the troubles of history, the anxieties of personal conflict, into daily worries, and finds there the action of a God in deliverance.

In truth, within the content of our lives we find that God is cosmic and sovereign and, in the times of our troubles, God has the first word and the last. So, the Kingdom of God is at hand, don't be afraid.

### Wrapping UP

Let the day's events stream through your mind.

Let them teach you.

List five things you did today that were good.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend to do tomorrow. Ask the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Friday

## Week 4 – Day 5

### Morning Prayer

#### Theme: Pray for healing of the world

Today think about an area of the world currently in conflict (the Middle East, Afghanistan, Darfur). Pray for healing in that area. Ask God to do what man cannot.

### Evening Prayer

#### Fundamental Friday(A review of the Spiritual Foundations of Change)

**Principle #4 - The body, mind and spirit are linked. (Your physical health is influenced by your spiritual and mental state). (Luke 10:27; Col 3:8-10; Rom 8:5)**

As a person you have a body, a mind, a brain, a soul, and a spirit, but you are one person, a person with character and will.

Soul refers to the way your personal spirit reasons and thinks and influences your mind toward action by the body. All actions invoke your will, but, your will, without the power of God's will, is weak and ineffectual.

Practically speaking, here are five mechanisms that you can practice to smooth out the integration of these functions toward greater effectiveness, advancing you to higher ground spiritually.

#1. Engaging in a repetitive physical activity such as the walking while moving a ball from one hand to another, an activity that interrupts prior thought patterns.

#2. Becoming immersed in contemplative prayer as a regular daily routine.

#3. Surrender. "Total abandonment" to God.

#4. Developing and implementing a project of your personal vision, get to work on something special.

#5. Becoming deeply engaged in a project of intentional compassion – service to a person or group in need.

### Wrapping UP

Let the day's events stream through your mind.  
Let them teach you.

List five things you did today that were good.

- 1.
- 2.
- 3.
- 4.
- 5.

Make a list of six things you intend to do tomorrow. Ask the Holy Spirit's help.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

# Saturday Eating Realities

## Week 4

### Take Notice!

You have been eating a low calorie, low fat diet, rich in fiber and protein.

You have been eating in a structured way – 3 averaged sized meals and 2 snacks a day.

Hopefully you are eating more fruits and vegetables while limiting your intake of pleasure foods (deserts, sweets, chocolate).

So, go back and review your 2 week food diary and compare it to what you are eating now.

Go shopping for Diet #3 items.

Start Diet #3 on Monday

Remember to chart your weight daily.

# Saturday's Message

## Week 4 "Real Joy" Philippians 4:4-7

Real Christian joy is not dependent on the circumstances of life. The Apostle Paul's letter to the Philippians is a clear example of this truth. When Paul wrote this beautiful letter, he was confined to a prison in Rome. But even under those dire circumstances, the Philippian letter has been called "The Epistle of Joy." William Barclay is writing about Paul's letter to the Philippian Christians when he affirms: "Again and again the words joy and rejoice recur. 'Rejoice' writes Paul, 'and again I say unto you rejoice.' Even in prison Paul is directing the hearts of his friends – and directing our hearts – to the joy that no man can take from us."

In the Scripture lesson upon which this message is based (Philippians 4:4-7), Paul writes:

Rejoice in the Lord always; again I say rejoice . . . The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding will keep your hearts and your minds in Christ Jesus.

Someone has wisely called these verses "Paul's prescription for real Christian joy" which never runs out of date.

What are some of the spiritual lessons which Paul teaches in Philippians 4:4-7?

1. Paul teaches that one who would be blessed by real Christian joy must "rejoice in the Lord always." This means rejoice all the time because your life is anchored in faith in Almighty God. This is not easy but Christ never promised that it would be.

Peter Marshall used to preach a sermon which he called "Singing In The Rain." His main point was that real joy never forsakes the real Christian. This is what Paul is saying when he writes: "Rejoice in the Lord always."

I believe that real joy would characterize our lives and we would rejoice in the Lord always if we could always keep in mind what Christ has done for us. Because of His great love, He willingly suffered death for our sins. The prophet Isaiah – even before Christ was born – paints a word picture of this for us when

he says: "He was wounded for our transgressions, He was bruised for our iniquities, the chastisement of our peace was upon Him, and with His stripes we are healed."

Because of our sin Jesus went to the cross. Because of His cross we can find release and forgiveness. When we realize this great truth we cannot help but "rejoice in the Lord always."

2. Paul says that the person who would experience real, lasting Christian joy must "have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let his requests be made known to God." Any feelings of anxiety should be erased when we realize that we have a loving Heavenly Father to whom we can make our requests known. Through prayer with thankful hearts we find peace of mind and heart – real joy. No wonder the hymn writer proclaims:

What a Friend we have in Jesus,  
 All our sins and griefs to bear!  
 What a privilege to carry  
 Everything to God in prayer!  
 O what peace we often forfeit,  
 O what needless pain we bear,  
 All because we do not carry  
 Everything to God in prayer.

In a world of turmoil like ours today, being faithful in our prayer life is the only way we can make sure that we have no anxiety about anything.

3. Paul describes real Christian joy when he says: "And the peace of God which passes all understanding will keep your heart and minds in Christ Jesus."

Real Christian joy comes through Jesus Christ. When we are rightly related to Him through faith He keeps us in perfect peace.

Real Christian joy is beyond all human understanding. Abiding joy is a gift of God and finite minds will never be able to mentally understand such a gift of God.

How wonderful it is to know God personally, love Jesus Christ supremely, live for Him daily, and rejoice in Him always!

Reverend Phillip R. Morrow Sr.

# Sunday

## Week 5. Peace With The Mind

Worry and the Overweight State are like hand and glove – inseparable. So, worry is the disrupter of Inner Peace.

Worry – one definition:

To strangle, throttle, kill by violence . . . to seize by the throat and tear or lacerate, e.g., dogs or wolves attacking sheep.

Oxford English Dictionary

“We cannot live on probabilities. The faith in which we can live bravely and die in peace must be a certainty, so far as it professes to be a faith at all, or it is nothing.”

James A. Froude

Worry, anxiety, depression, guilt, blame, apathy, anger, fear, compulsive eating, panic attacks, post traumatic stress disorder, attention deficit disorder – all these are like first cousins – with worry as the Big Heading, the Major Symptom, the Killer of Laughter.

There are differing kinds of worry:

1. Ordinary worry of everyday life.

A useful built-in alarm system that depends on anticipating danger and leads to effective planning. This is worry at its best. This is good worry.

2. Toxic worry.

A disease of the imagination that is invisible, like a virus, and that steals its way into your daily life, your consciousness, until it dominates your life, diminishing your ability to enjoy your family, your friends, your body, your gifts, your talents, and your work because you live in fear of what might go wrong. What might go wrong is, of course, tomorrow’s trouble. Thus, unbidden and unwanted, this projected trouble undermines your ability to work, to love, and to play. It interferes with your starting something new and with finishing up some older work. It robs you of laughter.

The trick to peace of mind is to learn to worry well, at the right time, to the right degree. There are differing points of view as to how best to converge the right degree of ordinary worry at the right time so as to grow our gifts to the utmost with joy in our hearts and peace on our minds.

Some of the most dramatic turnarounds of toxic worry have involved the use of drugs, such as Prozac and Zoloft – serotonin reuptake inhibitors – coupled with anti-anxiety agents such as Buspar and Klonopin and with beta blockers added. These have given millions of people better lives.

In dealing with worry, however, medications are not usually necessary. We have at our fingertips many highly effective nondrug approaches, some ancient, others new.

During the next 10 weeks we will be giving you week by week new methods to test out in your own life – beginning with Jesus' method – which is coming right up.

# Monday

## Week 5 – Day 1

### Morning Prayer

**Theme: Ask God to heal our families**

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### Evening Prayer

**Theme: Changing what is, through the power of the Holy Spirit  
The Holy Spirit As A Source of Power To Deal With Toxic Worry**

Read Matthew 6:25-34

Here, Jesus sets out seven arguments and defenses against toxic worry.

1. Worry is needless, useless, and harmful and a sign of careful unbelief.
2. Worry cannot affect the past, for the past is past.
3. Worry about the future is wasted effort.
4. Worry is blind to the wonders of God.
5. There is no more disabling sin than worry.
6. To defeat worry, focus on doing the will of God through the Spirit that is within you.
7. Worry can also be defeated through the art of living one day at a time.

When we think about the words of Jesus, we immediately – in our minds – argue the exact opposite.

“I gotta have money. I gotta have food. I gotta have clothes. I’ve got bills to pay. I’ve really got a lot of things to worry about.”

Jesus didn’t say that you shouldn’t think ahead in order to plan. That’s foolishness. He did say not to make food and drink the controlling factor of your life, but be absolutely focused on God.

Bringing us into absolute harmony with this teaching of Jesus in our every day life is one of the most difficult, yet critical, methods whereby we allow the Holy Spirit to move us from a lesser state of being to a greater state. Tomorrow we take a look at faith, the truth of it.

### Wrapping Up

Buy a pack of 3X5 cards, and on one card for each day, wrap up.

# Tuesday

## Week 5 – Day 2

### Morning Prayer

**Theme: Ask God to heal our work communities**

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### Evening Prayer

**Theme: Changing what is, through the power of the Holy Spirit**

### The Holy Spirit As A Source of Truth About Faith

The main difference between the Christian and the non-Christian is that we take God seriously and they do not. We really do pay attention to what He is and what He does. Thus, we pay attention to the reality that God works, and, mostly, that work is the bringing of hope to others through you and me, through a model of creativity, through an act of redemption, through living as if the Kingdom of God is truly at hand. Thus, we are not naïve innocents, but the most clearheaded realists. We are the people who grow our creativity for the benefit of others. Thus we praise and venture and make, growing that force within us that we call faith.

Thus the sacrifice that Jesus made for us can be shown in practical, unassuming ways so that every time we eat a biteful we can live in peace through discerning the love of God in that act and in other acts that the food provides energy for.

### To Grow Your Faith

#### Find the Good and Praise It

Finish every day by taking inventory of what is good. Big things – children, friends, health, a mate – and little things – a pair of shoes you like, the fact that a commode flushes, fresh strawberries that taste good, a walk in the woods, a piece of music you like. Thank God for each of them.

### Wrapping Up

It's time.

# Wednesday

## Week 5 – Day 3

### Morning Prayer

**Theme: Ask God to heal our living communities**

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### Evening Prayer

**Theme: Changing what is, through the power of the Holy Spirit**

### The Holy Spirit As A Source For Growing Will Power

The health problems we see in our medical practices are issues of will (or lack thereof) about 50% of the time. People lack the willingness to change – to change their eating habits, to exercise, to drink less, to stop smoking. In a recent study 16,000 people ages 45-65 we surveyed about their health habits. They were considered to have “good health habits” if they met 4 criteria:

- 1) Ate 5 servings of fruit and vegetables each day.
- 2) Maintained a BMI < 30 (height to weight – see BMI chart in the DIET)
- 3) Exercised 150 minutes a week (30 minutes 5 days a week)
- 4) Did not smoke

Only 8.5% of people met all four criteria. The study participants were then told to try and change their lives to meet all 4 goals. Only 8 % were able to make the change over 4 years (a lack of will). Of those people who did change there was a 40% less chance of dying and a 35% less change of having a heart attack. However, even after presenting patients with these facts, very few are willing to change!

Why? What is it that gives us such a self-destructive nature?

Ignorance? – NO. Even the best educated (teachers, lawyers, doctors) have poor health habits.

Lack of resources? – NO. We are the wealthiest nation in the world, yet, have some of the worst health.

Time? – NO. Often when people retire their health gets worse.

IT is primarily an issue of the mind and spirit. AN ISSUE OF WILL.

Jesus Himself can't make you fit to rise up and meet Him in the air unless you are willing to let Him, through faith, get you in shape. Remember, there is no limit to what Jesus can heal once our attitudes are willing. His great love is ever overshadowing us and He waits to visit us with His saving life. Pray for the Holy Spirit to give you the willingness to change.

**Wrapping Up.** It's time.

## Thursday

### Week 5 – Day 4

#### Morning Prayer

Theme: Pray for the healing of our nation

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#### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Inspiration

#### Growing Your Will Power

Exercise is terrific brain food. When you feel worried and go for a brisk walk or a run, or play a game of squash or tennis or go biking or go for a swim, you will be much calmer afterward.

Why? You didn't change the situation that was worrying you.

Simply put, exercising causes your body to put out chemicals that soothe the worried mind: endorphins, corticosteroids, neurotrophins, and various neurotransmitters such as serotonin.

So, your blood stream fills with energy producing chemicals and hormones that push your body into a whole new metabolic state.

This fact is well established and no argument you come up with can change that.

Here, will, your will, is the essential element. You must exercise your will. Physical exercise is a part of treating the body as a temple of the Holy Spirit. You must exercise your will to obey, just as you exercise your will to receive the Holy Spirit. When God tells you to surrender, what you must surrender is your will. So, surrender and get started on an exercise program. Just do it!

#### Wrapping Up

It's time.

# Friday

## Week 5 – Day 5

### Morning Prayer

Theme: Pray for the healing of our world

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### Evening Prayer

Fundamental Friday(A review of the Spiritual Foundations of Change)

**Principle #5** – In order for any significant change to take place in your life (physical or spiritual) you must be Born Again. (You must totally commit to the transformation and admit you need God’s help.) (I Peter 1:13-23, John 3:1-21)

Every person has need of new birth, so that we will be of greater value to God while we’re here on earth.

So, when it happens, three impossible things occur:

#1. Your past will be as though it never was.

#2. You will be made new all over, that is, you no longer need to sin.

#3. You will be as certain of God as God is of Himself, because through regeneration, God gives us the disposition of Jesus.

### Wrapping Up

It’s time.

# Saturday Eating Realities

## Week 5

### Congratulations!

You completed the first 3 week cycle of the REDUCE Diet.

Take Notice.

There is nothing special about the food you have been eating. The foods themselves are not what's important. What is important is that the nutritional content of what you are eating is very balanced, the portion sizes are small, and you are spreading your food intake out over the course of the day. (3 small meals and 2 snacks instead of 1 large meal each day)

By eating this way your body can easily metabolize the food with little excess to store. Your body can use the extra metabolism to burn fat instead of storing it, leading to weight loss. So over the next 3 weeks cycle you should not be thinking about having to eat these same foods for the rest of your life. Just pay attention to the nutritional content of the food, the amount you are eating, and the structured way you are eating. That is what you want to continue.

Through eating in a structured way you are establishing new routines, new patterns. New eating patterns are crucial to the way in which you reduce frustrations over the number of eating decisions you must make everyday. So, pay attention to the patterns.

**On Monday start over with Diet #1.**

# Saturday's Message

## Week 5

### "A Picture of Real Need"

#### Luke 18:18-24

Ours is a day when peoples' needs are many and great. There are physical needs, psychological needs, social needs, spiritual needs. All of our needs – whether we want to admit it or not – are tied to our spiritual needs. Our greatest need is our spiritual health. As I understand the Gospels, our spiritual health was foundational in the teaching and preaching of Jesus Christ.

In Luke 18:18-24 we have a picture of real need – spiritual need.

Many people have studied this special event in the life of Jesus and have produced "inventories" of what the man in our Scripture lesson had. He had a lot going for him – possessed some outstanding qualities in his life.

1. He had wealth – lots of things. He is described as being "very rich." In the material realm, he could get all he wanted. In a material sense he certainly had it made.
2. He was a young person. Matthew 19:22 describes him as a "young man." He possessed all the qualities that youth brings to life.
3. He had authority over other people. He is described as a "ruler," apparently he could speak the word and get things done.
4. He had a great interest in real life – eternal life. He asked Jesus: "What shall I do to inherit eternal life?"
5. He had a certain amount of reverence for God. Mark 10:17 tells us that this young man of wealth and position came "running to Jesus and knelt down before him." His action reveals his reverence for God and for the divine qualities manifested in the life and ministry of Jesus.
6. He had morality. When the young man asked Jesus about eternal life the record tells us that Christ answered by saying: "Thou knowest the commandments, do not commit adultery, do not kill, do not steal, do not bear false witness, honor thy father and mother." And Luke 18:21 tells us that the man replied: "All these have I kept from my youth up."

Here was a young man who had lived a wholesome life. Jesus Christ who had and has the ability to look beyond what a person claims to be to what he really is did not question the reply which the man made to the Lord's inquiry about keeping the commandments. Evidently, Jesus knew something of this man's quality of life and he must have liked some of those qualities.

One of the major spiritual truths proclaimed in the Scripture lesson is this: Here was a man who had everything – everything BUT what or who he needed most. He had everything BUT GOD. On this great occasion in his life this young man had the opportunity to follow Jesus and get right with God, but he was not willing to turn desire into positive action. To him Jesus said: “Young man, you lack one thing: sell all you have and give to the poor and come follow me and you will have treasure in Heaven.” But the man turned and went away with sorrow because he was not willing to turn loose of the things that were standing between him and God and keeping him from a right relationship with God.

News reports indicate that 2006 will end with the stock market at the highest levels in our history. At the same time, far too many people are living in spiritual poverty. One of our greatest needs is to be more concerned about our spiritual standard of life and less about our economic standard of living.

The Bible says in Exodus 20:3: “Thou shalt have no other gods before me.” Whatever comes first in our lives is our God. The rich young ruler made wealth (things) his God. What or who is your God? With the hymn writer, I take my stand:

I'd rather have Jesus than silver or gold,  
 I'd rather be His than have riches untold,  
 I'd rather have Jesus than houses or lands,  
 I'd rather be held by His nail pierced hand,  
 Than to be the king of a vast domain,  
 Or to be held in sin's dread sway,  
 I'd rather have Jesus than anything  
 This world affords today.

Reverend Phillip R. Morrow Sr.

# Sunday

## Week 6. Freedom From Depression

It's hard to separate worry and depression but it's important to try, because of the way worry is commonly perceived as being due to stress or bad luck, when in fact it may be depression. Besides, depression is a treatable condition.

Simply put, severe, extended worry is as deserving of a precise diagnosis and treatment as is severe chest pain.

Even so, even when worry is depression, it's taken a long-time to move the condition into common acceptance, without shame. Women seek help much more freely than men, but men are gradually coming around.

"Four things a man must learn to do  
If he would make his record true;  
To think without confusion clearly;  
To love his fellow-men sincerely;  
To act from honest motives purely;  
To trust in God and heaven  
securely."

Henry Van Dyke

There is no absolute test for depression, no way to be absolutely certain that a person is or is not depressed. The best test is the person's story.

This is where worry pops up – in the story – toxic worry – worry that's unproductive and strangely unstoppable.

And the unfortunate part is that men often do not get help because they push help away, because it doesn't fit their macho image.

So, a change in temperament, with worry and easy irritability, may be depression behind the mask. This can happen at any age and we're now seeing its rise in adolescents.

The stakes in depression are high. The worst outcome is, of course, suicide. Short of suicide, however, depression carries a high toll. When you're depressed, nothing works as well: at work, at school, at home – performance falls. Since untreated depression on average lasts nine months or so, you can lose a lot with one episode – a school year, several jobs, a relationship, a marriage.

When the depressed person is worried and irritable, his or her friends may shy away because of the stay away messages. So, the depressed person ends up where he or she doesn't need to be – alone.

The good news is that depression is treatable and this covers the worry that's part of it.

Medication, psychotherapy, exercise, prayer, meditation, cognitive behavior therapy, group therapy, music, techniques of positive thinking, and social adventuring, all these can help dampen down depression.

The crucial step is to see depression for what it is before it does too much harm along the way.

So, now, let's see what we can specifically begin in five days to become free of depression.

# Monday

## Week 6 – Day 1

### Morning Prayer

Theme: Ask God to heal our families

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Corrective Action

There are circumstances in life that, by their design, will depress us. Things associated with death, for example. So, how can the Spirit of God help us through a worrisome time?

He does not give us glorious visions, but He tells us to do the most ordinary things imaginatively, those everyday things that depression turns us away from. So, be creative.

Take up a pad and pen, for example.

Take the words of Jesus – Watch! Pray! Wait! Go!

On your pad, substitute –

**C**heck it out – for watch

**P**ray – for pray (there is no substitute for prayer)

**P**lan – for wait

**R**emedy – for go

Thus you have the **CPPR** Worry Eliminator of Jesus. So, put it to use.

Step #1. **C**heck it out - Clearly define in writing what you're worried about. Defining the worry allows the truth to begin working.

Step #2. **P**ray for the truth – Jesus said, “I am the way, the truth, the life.” Ask for wisdom. Ask yourself – “What’s the worst thing that could happen if my worries are true?”

Step #3. **P**lan – put your plan on paper with objectives and goals. Resolve to accept the truth. Be willing to have it be so.

Step #4. **R**emedy the cause of your worry – Take Action.

Thus, since worry is a thought, you will drive the thought out of your mind through action. Soon your life will be worry proof.

### Wrapping Up

It's time.

# Tuesday

## Week 6 – Day 2

### Morning Prayer

Theme: Ask God to heal our work communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Connectedness

When we say that Jesus is in us and that we are in Him, the reality of that concept is washed out by worry and depression – we fear that we are inadequate.

Why is it so hard to accept the good news? Why do we let worry compare us to other people? Why do we worry about seeking the approval of others?

In truth, “God’s dream is to be not alone but to have each of us be a partner in the drama of continuous creation,” writes Rabbi Abraham Joshua Heschel. So, as partner with God, with Jesus in you, you need to become what you are – to become aware of what is in you, of your purpose in life, your mission. Your role may be small, but the honor is still yours, because you are potential waiting to be actualized.

“The world needs all of our power and love and energy, and, each of us has something unique to give,” reflects essayist Merle Shain.

“The trick is to find it and use it, to find it and give it away, so there will always be more. We can be lights for each other, and, through each other’s illumination, we shall see the way. Each of us is a seed, a silent promise, and it is always spring.”

### Wrapping Up

It’s time.

# Wednesday

## Week 6 – Day 3

### Morning Prayer

Theme: Ask God to heal our communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Good Worry

Good worry builds discernment. Jesus said, “Be as cunning as a snake and as inoffensive as a dove.” To be discerning is to be perceptive, sharp, hawk-eyed, intelligent, wise, mindful and so on – cunning.

Thus, “worrying is the most natural and spontaneous of all human functions. It is time to acknowledge this, perhaps even to learn to do it better.”

Lewis Thomas

To learn to worry better, you have to acknowledge its value. First, everybody does it – except plants. If, as Jesus also said, we’re “like sheep running through a wolf pack,” we have to pay attention; to be on the alert, to worry. Otherwise we risk dying, because we didn’t take notice of danger and take corrective action.

Corrective action is action designed to deal constructively with the substance of the concerns that good worry raises. Thus, good worry, instead of being seen as something to fight, can be a useful warning signal, a force that gives you a competitive edge, that enables you to create growth out of worry.

So, use worry to call you to action, to prod you to achieve, not to hold back.

### Wrapping Up

It’s time.

# Thursday

## Week 6 – Day 4

### Morning Prayer

Theme: Ask God to heal our nation

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit  
 The Holy Spirit As A Source of the Correct Diagnosis

From our work as physicians observing the Overweight State the replacement of joy with toxic worry is almost always due to a misreading of reality, resulting in three common mistakes:

Mistake #1. Faulty diagnosis of those accused of causing the worry

Mistake #2. Exaggerating the effects of the worry

Mistake #3. Forgetting how to apply the power available to turnaround the worry.

Thus, things are out of perspective. Small seems big and big is minimized. The danger signals are haywire – minor stuff is awfulized and medium-sized stuff is castrotrophized.

The work of the Holy Spirit is deep inquiry. Thus, the turnaround of all your states of worry and anxiety will point your habits of thought through truth to reality, the abundant life, just as Jesus promised.

This is not a simple “cheer up,” “feel good” approach. It is a systematic way of habitually assessing the true meaning of your thoughts and of the events giving rise to those thoughts as they play out in your daily life.

So, the practical consequence of getting the diagnosis correct is, of course, a new roadmap, a new global positioning system, a map that places reality as the ultimate goal. When your eating converges with reality, you will give up mindless eating, because your emotions and feelings will no longer yield to impulsivity but will be part of a divine plan.

Look at the path that worry is leading you down. Pray for the Holy Spirit to give you guidance.

### Wrapping Up

It's time.

# Friday

## Week 6 – Day 5

### Morning Prayer

Theme: Pray for healing of the world

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### Evening Prayer

Fundamental Friday(A review of the Spiritual Foundations of Change)

**Principle #6** - Once you are Born Again, the Holy Spirit will help you to make the right choices (physically and spiritually). (Mark 1:8; John 14:26; Acts 1:8; Romans 5:5, 9:1, 14:17; I Timothy 1:14)

The work of the Holy Spirit is to awaken us out of our lazy states, working through our conscience, penetrating into every recess of our hearts, so that we won't miss out on the Abundant Life, which comes when we live lives of integrity, in truth and openness to God.

Thus, when the Holy Spirit comes in, bad choices are turned out and the energy of God is put into us, enabling us to will and do what is right.

### Wrapping Up

It's time.

# Saturday Eating Realities

## Week 6

### Motion

If you have stuck faithfully to the Diet you will probably notice a few pounds of weight loss by now. As the pounds come off you should feel more energetic and have less joint problems. If you have not already started, this is the time to begin exercising regularly. Read over the simple exercises in the Diet and strive to get some exercise at least 15 minutes a day this next week. Make sure you chart your exercise time on the chart in the Diet so you can keep yourself honest.

Recently in clinic we had a husband and wife team who began very slowly to put their bodies in motion. The results have been truly transforming: they're talking to each other. Their oxygen levels are now normal. They have hope. Their Spirits are alive. It is amazing what movement can do.

In fact, regularly putting your body in motion is probably the single best thing that you can do for your body – God's Temple. So, when you know about a remedy that has the power to sharpen your senses, to protect your memory, to inspire your self-esteem, and you consciously reject it – you'll have to justify your decision someday. That's the bottom line.

# Saturday's Message

## Week 6

### "A Christian Unashamed"

#### Romans 1:14-17

One of the great and demanding needs of our day is for those of us who profess to believe the Gospel to manifest by words and deeds that our belief is genuine and that we are not ashamed to practice in our daily living what we believe. We need to dare to live daily as Christians unashamed.

The great Apostle Paul was such a person. After his conversion experience on the Damascus road, Paul lived a noble example of the Christian life. It was not at all easy, but when he became a Christian Paul put on the whole armor of God and under great stress and strain and pressure Paul remained loyal to Jesus Christ.

Romans chapter 1, verses 14-17 point out one of the great and noble dreams which Paul had as a Christian. He longed to visit Rome, the capital city of the empire. Paul did not want to visit Rome just to see the sites. He had a compelling motive and a burning desire to preach the Gospel of Christ there. In challenging words he wrote to the Christians and others in Rome declaring: "I am ready to preach the Gospel to you that are in Rome also. For I am not ashamed of the Gospel of Christ; for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek." Why did Paul stand tall as a Christian unashamed? Why was Paul not ashamed of the Gospel of his Lord?

1. Paul was not ashamed of the Gospel because of his great love for the One who brought that Gospel to man. Paul was probably one of the most learned men of his day. He was a Roman citizen, a distinguished scholar, a brilliant Hebrew theologian. He had studied at the feet of one of the great teachers of the day. He met and appreciated some of the greatest personalities of that era of history. But to Paul Jesus Christ was the greatest. He was Savior and Lord. Paul loved this Christ who died for him and wanted others to know of His love. This is why he launched missionary journeys which were blessed by and used of God to turn the world upside down for Christ. Because of his great love for Christ who first loved him, Paul was not ashamed of the Gospel of Christ.

2. Paul was not ashamed of the Gospel because he knew that the Gospel was the Good News of God. Being the learned man that he was Paul was acquainted with the various philosophies of life which were set forth by the learned men of the day. No doubt some of these philosophies had strong points, but none of them meant anything when compared with the Gospel of Jesus Christ. In the Gospel of Jesus Christ Paul had found Good News which truly satisfies and brings one to the point where he focuses his attention on the abiding values of life – the values that endure when all other values fail.

In an age such as ours when the news media is prone to place such strong emphasis on bad news, there is a demanding need for Good News to be shared with others. Those of us who know Christ and are committed to Him have in our hearts the best news in all the world. It is the Good News of God's salvation through Jesus Christ, and we are failing God and failing in the wise exercise of our stewardship when we do not share this Good News with others.

The Apostle Paul was not ashamed of the Good News. Willingly and enthusiastically he shared the Gospel with others. If we are true to our life commitment to Christ, we must follow Paul's great example.

3. Paul was not ashamed of the Gospel because he knew the power of the Gospel. Paul writes in Romans 1:14: "For I am not ashamed of the Gospel of Christ: for it is the power of God unto salvation to every one that believeth." Gospel power is the greatest power in all of God's creation. Real Gospel power reaches and transforms the heart – the inner being of man.

In a very personal way Paul experienced the power of the Gospel on that Damascus road when he met the resurrected Christ face to face. That divine power transformed his life and turned him from a persecutor of Christians to a proclaimer of the Gospel message.

The New Testament writings make it clear. Paul manifested by his words and his deeds that he was indeed a Christian unashamed. Do we deserve that title?

Reverend Phillip R. Morrow Sr.

# Sunday

## Week 7. Restoring Peace With the Family

As children, the support system for survival is usually the family. So much of what we believe about ourselves and about others, our thoughts, our behavior, our ideals, and our feelings come from these young life associations. Thus, the responsibility to shape and nurture children usually falls to the family, our parents.

Later, after growing up, when things go wrong, we look back on our upbringing and find our parents guilty – guilty of being human.

In reality, the relationships between parents and children are complicated by how the parents themselves were reared, by the history of emotional traumas, use of alcohol, anger, grief, guilt, blame.

“The steps of faith fall on the seeming void, but find the rock beneath.”

John Greenleaf Whittier

So, we are reared by people struggling with their own personal issues, struggling to bring order to their own lives. It's no surprise that what's passed on to children is often less than positive. And, often the child is short changed emotionally when there is no display by the parents of love and affection, of hugging and kissing, and by few good words of affirmation and encouragement.

The psychology of the past invites the recreation of painful childhood experiences as a means of catharsis. But, the more you hold on to a thought from the painful past, the less you can experience the joy of the present. So, we may get stuck to some past injustice. This situation is, of course, a setup for forgiveness.

Consider. It's easy and it may be so, for example, that your mother is to blame for almost everything that's gone wrong in your life.

But, that judgment is, of course, short of the mark. You do not have access to all her true stories of motherly love – that nurturing spirit that seeks to promote and protect life.

So, painful family issues will remain with you until you put them in perspective and until you deal with them. Your happiness is influenced by the relationships you build with your parents, in spite of their inadequacies.

Once you take honest inventory of yourself and turn your family conflicts over to God, you will judge the past actions of your mother with grace, compassion, and forgiveness.

Thereby you accept that we are each other's keeper and that you can do unto your own children as you wished that your parents had done unto you.

# Monday

## Week 7 – Day 1

### Morning Prayer

Theme: Ask God to heal our families

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Great Family Life

When you are dealing with family members and you also want to walk in peace, the question of what you should do is crystal clear.

Your mind is the home of all bad thoughts, so the differences arise from the thoughts to which you are attached – blame, shame, guilt, anger, fear, etc.

So, pray for the family member – intercede.

True intercession involves bringing the family member who is evoking such strong emotions, before God, until you are changed by the Holy Spirit in your attitude toward the family member.

What say?

Right, until your attitude is changed.

You may believe that intercession is doing the work that your family member needs to do.

Not so.

Through the power of the Holy Spirit, you bring the other person's circumstances and problems before God. Thus, don't substitute doing, for interceding. And don't pray for the family member to be simply "patched up" as you believe they should be. Let God do God's work. Your work is to bring the person to God through Intercessory Prayer and let God create.

### Wrapping Up

It's time.

# Tuesday

## Week 7 – Day 2

### Morning Prayer

Theme: Ask God to heal our work communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Sisterly Love

The absence of loving attitudes and practices is at the root of all family discord.

But, because love is the very purpose of our existence, we can return to the practice of loving at any moment we wish to do so. Our capacity to love is not watered down except by the way we think. When we believe that love is given only when we're good, this attitude carries over to how we get along with each other.

But, God's grace is all giving. So we don't have to earn love, search for love, or struggle to find love – it's there. It is.

We need only to believe that love flows through us from an inexhaustible source.

Thus, love is a living force. It does mighty works. It heals us. It restores peace within our families. It brings order to our world.

Learning to be more loving toward your parents, toward your brothers and sisters, toward your husband or your wife, and toward your children is the most valuable thing you can ever do.

Love casts out fear. It helps us feel happy and whole. In order to live peacefully and harmoniously, our life's work must include the decision everyday to love everyone unconditionally, starting with ourselves. Then, let it spread.

### Wrapping Up

It's time.

# Wednesday

## Week 7 – Day 3

### Morning Prayer

Theme: Ask God to heal our living communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Possibilities

Your thoughts are the seeds that grow the conditions of your life. Whatever you wish to achieve awaits your calling it forth, including healed relationships within your family.

The things that we don't honestly want in our lives have a way of creeping in through our holding negative images, ideas, and thoughts in our minds and then affirming them with our words.

A thought becomes a concept, an intangible seed of energy. This energy is intelligence, responsible intelligence. The way we use our intelligence, the form it takes, the concepts we shape, the words we use, will either grow our families possibilities or will doom them. Thus, your potentialities will be actualized.

The Bible says that whatever we intend will become ours through bringing it into the light, which will show us The Way. Check out Job 22:28.

Thus, our every idea, word, action, creates a vibration that reverberates into the universe, creating a pathway through which that same vibration returns to us, manifesting as an experience, which becomes a memory. Each of us should be determined to get the best and most good memories possible out of every day we have together.

Pray for the Holy Spirit to help you work through any negative thoughts you have about yourself or about your relationship with others (especially your family).

### Wrapping Up

It's time.

## Thursday

### Week 7 – Day 4

#### Morning Prayer

Theme: Ask God to heal our nation

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#### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

#### The Holy Spirit As A Source of Purposeful Prayer

Prayer is not natural. It is learned. If you never prayed again would you suffer? Or, would the great consequence of your quitting prayer be that the life of Jesus would suffer, because prayer is the nourishment of the Holy Spirit. So, is prayer a means whereby we get more stuff? Or, is prayer simply a means whereby we get to know God better? Is prayer the only way we can get in touch with the truth and reality of God – as it applies to the individual lives of everyone in your family?

The Bible says – in the words of Jesus – “When you pray, go into your room, and when you have shut your door, pray to your father who is in the secret place . . .” (Matthew 6:6)

Does this make sense in this day and age with our crazy schedules? When we have received the Spirit does it make sense to apply the rules of common sense to prayer?

Consider. We’re seeking peace within the family. The mark of approval when you obey God is peace - deep, immeasurable peace. When the arrival of peace is slow – as evidenced by confusion instead of clarity, diffusion instead of unity, complexity instead of simplicity – God knows and cares.

So, begin praying in secret and watch and anticipate how Jesus, through the Holy Spirit, will point out the road blocks and give solutions.

#### Wrapping Up

It’s time.

# Friday

## Week 7 – Day 5

### Morning Prayer

Theme: Ask God to heal the world

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### Evening Prayer

Fundamental Friday(A review of the Spiritual Foundations of Change)

**Principle #7** - Prayer, through keeping you connected to God will reinforce Godly habits. (Acts 14:23; Romans 12:12; Philippians 4:6; Col. 4:2)

The real reason for prayer is intimacy of relationship with Jesus. And, so, we have to be careful to not use prayer as a trick to cover up what we know we ought to do. So, when you pray, keep your eye on Jesus and not on the habit you want changed. Thus, when you're not talking to Jesus, be sure you're walking with Him. This is how bad habits are paralyzed and Godly habits take over. When it's time to talk – talk. All time is the time to walk – so – walk. Thus, the hands of Satan are tied.

### Wrapping Up

It's time.

# Saturday Eating Realities

## Week 7

### **Never eat to fullness.**

I doubt if since starting the Diet you have ever finished a meal and felt miserably full. The impulse from your stomach to your brain signaling it is full takes 15-20 minutes. So, if you are eating quickly and without limits, by the time you feel full you have eaten about twice as much as your body needs. Spiritually that is GLUTTONY. Medically it is destructive. The body cannot process and metabolize all of that food so it is stored as fat and glucose leading to obesity, high cholesterol, and diabetes.

Pay attention to how much you have eaten at each meal over the past week. Notice that while eating enough to satisfy your bodily needs, you have not eaten to fullness.

# Saturday's Message

## Week 7

### "Our Greatest Thirst"

#### Psalm 42

When I was a boy at home in Catawba County, we always had a big garden over in the bottom land. The garden was a long way from the house and sometimes on a hot summer day we would borrow my Grandfather Yount's horse and wagon so that we could haul the tools (and the four (4) boys) to and from the garden. Some days my three older brothers would take turns plowing the horse. It was not fair to the horse, because they took turns and rested frequently, but the poor old horse was constantly at work. Sometimes old Red got so hot that I wondered if he could go on. And then, when the work was done, the old horse was hitched up to the wagon and had to pull all the tools and four (4) boys over the rough farm road and back to the house.

About half-way between the garden and the house there was a fast running branch where flowed some of the most refreshing water a boy ever put his feet in. The branch was down in a valley. Going from the garden to the house we crossed over a railroad track, went down a steep hill to the branch and up a long, steep hill on the other side.

Old Red made that trip so many times that he knew the way without having to be guided. He knew exactly where that refreshing water was running there in the branch, and when we got to the railroad tracks one boy would take a firm grip on the reins and another boy would start applying the brake shoes to the back wheels of the old wagon. Old Red had worked hard, he was thirsty, he knew where the refreshing waters were and when he got to that railroad track he knew he had it made. Just down the hill was the life-giving, life-refreshing water. It took a tight grip on the reins and strong pressure applied to the brakes to hold old Red back and keep him from running so fast that he turned the wagon over. But when he got to the water there was a sudden stop. We never did try, but I don't guess you would have made old Red move with a horse whip. He stayed there drinking up in great gulps the refreshing water flowing in that branch. He drank until his thirst was completely satisfied and then with renewed energy and vigor he pulled the wagon up the hill on the other side of the branch and on to the house.

In Psalm 42 the inspired Psalmist is writing about thirst. The thirst about which he is writing is even more intense and burning and stronger than the thirst which old

Red experienced after a hard morning's work in the fields. He is writing about what I like to think of as mankind's greatest thirst. He is writing about spiritual thirst. His concern is with his own personal thirst and the universal thirst of mankind for the living God.

Three (3) powerful spiritual truths are emphasized in the verses of this Psalm.

1. Strong emphasis is placed on the degree and the intensity of the writer's spiritual thirst. This fact is clearly revealed in verse 1 and the first part of verse 2: "As the hart panteth after the water brooks, so panteth my soul after thee, O God. My soul thirsts for God, for the living God."

Notice the spelling of that word "hart" in verse one – not HEART but HART. In Webster's dictionary the word HART is defined as "a male deer, especially when he has passed his 5<sup>th</sup> year and the crown antler is formed." In his mind the Psalmist pictures a deer which is dying of thirst diligently searching for the refreshing and life-giving waters of a brook. The deer which the Psalmist sees is so thirsty that he is literally panting as he searches here and there for that water.

The degree and intensity of that physical thirst which the deer is experiencing is the degree and intensity of that spiritual thirst which the Psalmist is experiencing. With his soul perishing for spiritual water the Psalmist literally pants like the deer and cries out: "My soul thirsts for God, for the living God."

The Psalmist is not alone in his condition of spiritual thirst. Deep down inside every person created in the image of God has that degree and that intensity of spiritual thirst. With their lips many people do not express it, but in their heart and mind they say over and over again: "My soul thirsts for God, for the living God."

2. In Psalm 42, strong emphasis is also placed on the urgency of satisfying that intense and burning spiritual thirst. This urgency shines through in the last part of verse 2 where the Psalmist asks this soul-searching question: "When shall I come and appear before God?"

The Psalmist could not answer that question, no other person could answer it for him. He knew that one day he was going to stand before God in judgment, but only God knew exactly when that time would be. But in his heart the Psalmist knew that he was not ready to appear before God in judgment until his spiritual thirst had been satisfied.

What was true of the Psalmist is true of us today. We must face God in judgment. When we do not know. And we are not prepared for that time of divine judgment until our spiritual thirst is satisfied like the physical thirst of the deer or of old Red was satisfied when they drank the refreshing water from the brook.

3. The Psalmist found IN GOD complete satisfaction for his spiritual thirst. In verse 5 and again in verse 11 the Psalmist writes: "Why art thou cast down, O my soul? And why art thou disquieted in me? Hope thou in God: for I shall yet praise him for the help of his countenance."

Again, what was true of the Psalmist of old is true of us today. The separation by the centuries of time between the Psalmist and us does not alter the fact that spiritual satisfaction is found ONLY in God who made the Psalmist and us for Himself.

This is the message and the invitation which God spoke through the prophet Isaiah and said: "Ho, every one that thirsts, come ye to the waters . . ."

This is the message and the invitation which God spoke supremely through His only Begotten Son Jesus Christ who said to the Samaritan woman at the well and who says to us today: "If you know the gift of God, and who it is that says to you, give me to drink, you would have asked of him, and he would have given you living water." (John 4:10)

This is the message and the invitation of John chapter 7 verse 37 where we read: "In the last day, that great day of the feast, Jesus stood and cried saying: 'If any man thirst, let him come unto me, and drink.'"

When I was serving as pastor of a Baptist church in the eastern part of North Carolina, we scheduled a series of revival services for the fourth week in June. It was a hot, dry summer. This was in tobacco land and the tobacco was literally burning up in the fields. The farmers were working from daylight to dark trying to irrigate the tobacco. Some of the farm ponds were pulled down so low that some fish died.

The series of services started on Sunday morning. Rev. Frank Taylor was the evangelist. Frank preached with spiritual power, extended the invitation and asked me to stand at the altar and receive those who made decisions. At first no one came forward. My eyes fell on one of our young men who had about 15 or 16 acres of tobacco in the field. It was evident that he was having a spiritual struggle. He was trying to sing and could not. He was trying to stand still and could not. Finally, he literally threw the hymn book on the pew and came

almost running to the altar and with tears in his eyes he made a firm recommitment of his life to God and to God's service.

That man was my neighbor and Sunday afternoon he shared with me something about the struggle he was having during the singing of the invitation hymn. I don't recall the exact words but here is the essence of what he said to me: "Preacher, my tobacco is burning up in the fields, literally dying of thirst. I made up my mind last week that I was going to revival services Sunday morning and night but, unless it rained, I was not going any more. I decided that I was going to spend the week watering my dying tobacco. But in that service this morning God spoke to me and I decided that the old tobacco could dry up – could literally die of thirst and fall over in the field, but my soul was not going to dry up spiritually. I'll be at every service and I'll have thirsty people with me."

Did we have a revival? Not before or since in my life have I witnessed the degree and quality of that experience of spiritual renewal in the lives of people and in a community.

With the hymn writer my friend could say:

I heard the voice of Jesus say,  
 "Behold, I freely give  
 The living water, thirsty one,  
 Stoop down, and drink, and live."

And with the hymn writer my friend could say:

I came to Jesus and I drank  
 Of that life-giving stream:  
 My thirst was quenched, my soul revived,  
 And now I live in Him.

Remember the invitation of Jesus who said: "If any man (person) thirst, let him come unto me and drink." (John 37:7)

Are you thirsty?

Reverend Phillip R. Morrow Sr.

# Sunday

## Week 8. Freedom From Fear

Fear is the one single emotion that evokes a response from every cell of your body and sets off every physiological system within you.

Our brains are equipped to register fear through worry – more sensitively than anger, sadness, joy, ecstasy, jealousy, love, and definitely more than pleasure.

This is why positive thinking – which is a great idea – is so hard to do. As far as how we're wired, happiness doesn't matter. Survival does.

The only reliable neural circuits within the body, where intense pleasure is expected every time, are eating and having sex, because both are essential for the survival of the species.

"We are attached to the Supreme Being by a supple chain which restrains without enslaving us. What is most admirable in the universal order of things is the action of free man under the divine hand.

Comte Joseph Marie De Maistre

So, sitting on the stoop waiting for the bluebird of happiness to save a marriage that's in trouble or to strengthen shaky finances, won't work. Nature doesn't care. So, we humans have to reach up for the bluebird's leg, or set snares, or make plans, because fear and worry will rise up within us, as naturally as hunger and thirst, when trouble strikes.

Most of the time the danger is not a snake on the path ahead or a twig crackling under a terrorist's boot – it's a thought – a thought that evokes a feeling, an emotion.

But, our brains, being better suited for the life of a hunter-gatherer, set off alarms geared toward fight or flight. So, we pour out chemicals designed to prepare us to take forceful physical action. Actually, nowadays we mostly sit and stew.

At the heart of the process, buried deep at the bottom of our brains, just atop the spinal cord, right next to the centers controlling our heartbeat and breathing, we find the brain stem – the apparatus that regulates our deepest reactions of fear.

Full-fledged worry that comes from fear usually is sparked by an event. Then, the growth phase kicks in – requiring a whole brain response.

For example, you open your bank statement and find that you're \$86 overdrawn, but you thought you had about \$1,400, and there's a pile of bills. The thoughts begin:

- Where's the money coming from to pay my bills?
- If I pay this, where will I get the money to pay the others?
- What happened? How did my finances get so out of hand?
- Will we be forced to move?
- What will this do to my credit score?

A lot of people know this all too familiar cascade of worries – set off by opening a bank statement.

Sometimes, however, worry of fear rises up like a slow burn from an innocent event interpreted wrongly.

A man may pass you in the hall and wink, for example. Afterwards you may wonder, "Is that someone I know?"

Then, later, "What did he mean by that wink? Does he know something I don't?" or, "Was he flirting?" or, "Was he making fun of me?"

So, instead of ignoring such a trivial move as the wink of a stranger, you may fix on it, becoming attached to it, personalizing it, and catastrophizing it.

In truth the mind can take any seemingly innocent event and turn it into what seems like a crisis slowly building.

So, what's happening when we fixate? Place the blame on the amygdala, the brain's danger sensor, and the prefrontal cortex – the smart center. The prefrontal cortex starts working the perceived danger back and forth, signaling to the amygdala that it's worrying. So, messages zip up and down between the amygdala and the prefrontal cortex and pretty soon you have a worried look.

Imagine this. You're going on a long air trip which means that you'll see lots of people. Some will have a worried look. Others will look vigilant – ready for action. Others will look happy. Here's what scientific research has discovered about our brains and worry from fear, about the causes and the ranges of expression.

- The worry of fear influences the actions of each person individually and differently – psychologically paralyzing some and making others bold and confident.
- There is a genetic basis for worry – a gene discovered in the 1990s that regulates serotonin production.

- Experiences in life play a part in whether you are a mild, moderate or severe worrier, because life experiences can modify the genetic expression to be stronger or weaker.
- When we are emotionally overwhelmed by a traumatic event of life, the information is permanently etched in the memory like a tattoo or a bad burn. The memory stays with you forever. This sometimes is diagnosed as post traumatic stress disorder – PTSD.
- Some of us have brains that are more sensitive than others to the brain's natural stress modulators – the GABA system. So, some of us are naturally cool and calm. And, some are high strung.
- Classic drugs used to treat anxiety and worry – Valium, Xanax, and others – work by activating GABA and GABA neurons. Thus the person who is born cool as a cucumber and stays that way in spite of life circumstances has plenty of GABA and GABA-sensitive binding sites. Thus, he or she need not take Valium or Xanax.
- And, the key point about what we usually consider as being issues of “character” – is to factor in the physical basis for virtues such as bravery, confidence, and grace under pressure and to say that being fearful and skittish and to lack grace under pressure most likely has as much to do with not having enough GABA as not having enough true grit.
- So, now, back to the Overweight State. This is a setup for the two basic elements of worry: 1. heightened vulnerability 2. loss of control.

The good news is that what is going on in the brain can be changed. Brains are plastic. They can change. If they have changed in a negative way there's nothing to say they can't be changed back in a positive way, modifying the genetic expressions through enhancing thought patterns and life experiences.

To conquer the worry of fear, admit it. Sheer stubbornness to not do your part will keep you vulnerable forever. Thus, there are four things you simply must do to get started:

1. You must want to regain control of your life – you must desire it.
2. You must be willing to change your thinking.
3. You must be willing to do the exercises that are coming up.
4. You must be honest with yourself.

# Monday

## Week 8 – Day 1

### Morning Prayer

Theme: Ask God to heal our families

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Dreams

Call it daydreaming. Call it visualization. Call it the mind's eye. Simply put, you have undoubtedly thought of why you're here. Why you were born. What you're good at.

Now, imagine this. In the Bible the Holy Spirit is described in personal terms, like a person – Jesus. So, imagine that you regularly meet with Jesus to discuss your plans for the future. At first the images will be fuzzy. Then, with practice, you should see yourself in an ideal situation, in an idealized body, doing what your heart believes is the thing that you were sent here to do, and, here you are, getting Jesus' point of view.

When you are able to close your eyes and see yourself in your idealized situation in complete detail, you are on the road to materializing your future. This is the way most turnarounds are achieved.

You will recognize three elements of thinking this way:

1. Frequency – the more you do it, the clearer it becomes.
2. Vividness – you will want your pictures to be crystal clear.
3. Intensity – put some emotion to this exercise.

Dreaming kept Victor Frankl alive in the Nazi concentration camps, a dream of addressing a large crowd – which he did, telling them, “What kept me alive was you. I dreamed that someday I would be here, telling you how I, Victor Frankl, survived. And, here I am.”

So, dream on.

### Wrapping Up

It's time.

## Tuesday

### Week 8 – Day 2

#### Morning Prayer

Theme: Ask God for the healing of our work communities

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#### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Good Quiet Words About Yourself

Negative self-talk, the worry of fear, The Overweight State – they all go together to keep you on the worry path.

But, good words, quiet words that are positive and personal, can, through daily use, change the structure of your brain, bringing about personality changes, boosting your enthusiasm, increasing your courage, gaining control over your emotions, and building up your self-esteem, through stating the dream.

So, say . . .

“I love to exercise.”

“I have all the energy I need.”

“My weight no longer affects my health.”

Or whatever your dreams are.

All change moves from the inner to the outer, in the self-concept. Thus, you become the person you want to be on the inside before you see a change in appearance on the outside.

This is a way of telling the truth in advance, of convincing yourself in your subconscious mind that the condition you desire already exists. Your subconscious – through intuition – then makes whatever changes are necessary internally and externally, to align your inner world with your desired outer reality.

But, be patient. Habits change slowly. If you believe in yourself, well, then, there’s nothing you can’t do – with the Holy Spirit’s help. So, don’t quit. Don’t ever quit.

#### Wrapping Up

It’s time.

# Wednesday

## Week 8 – Day 3

### Morning Prayer

Theme: Ask God for the healing of our living communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As The Source of A Good Show

Imagine this. You're transferred to Heaven and are sitting in person with Jesus in the Garden of Paradise at your first meal and Jesus is evaluating your earthbound performance. What you want to hear is, "You put on a good show."

So, start this very moment to work, talk, and act exactly as if you were already the person you desire to be. Behave as if you have that performance evaluation by Jesus in mind. Thus, your positive and optimistic feelings will generate actions and behaviors consistent with them. Or, you can act enthusiastic and cheerful and your behavior will generate positive feelings – it works both ways.

In fact, it's almost impossible to act the part of a happy, cheerful person for more than five or six minutes without having a backflow experience in which your actions create the emotions that are consistent with them. Thus, behave positively and enthusiastically and soon you will be positive and enthusiastic.

The basis for these techniques in reshaping your brain through training your mind is cognitive behavior. Using those techniques you can deliberately create in yourself the mental qualities of a high-performing person. You can begin today to act with purpose, courage, confidence, competence, and responsible intelligence – changing your brain through training your mind. Your body will follow. So, begin your show.

### Wrapping Up

It's time.

# Thursday

## Week 8 – Day 4

### Morning Prayer

Theme: Ask God for the healing of our nation

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Optimism

Optimism, of course, involves self-delusion, your belief that your own abilities are superior to the obstacles that logically should stop you dead in your tracks.

When you insist to others that you can do a thing or that you will do something, it has a powerful impact on your thinking and on your subsequent behavior. And, that's exactly what you need to perform a heavy-duty assignment such as the permanent loss of excess weight.

How can you be any good unless you think you can accomplish what has been impossible for you to accomplish before now? Consider. Top athletes are always convinced that they can be heroes, even if they don't shout it from the rooftops. And it shows. Baseball scouts can see it in their eyes – that look – that "good face" of self-confidence that radiates outward.

So, keep your conversation throughout the day consistent with what you really want to happen. Refuse to focus on your fears and misgivings. Be positive and optimistic in everything you say. Keep your words upbeat and cheerful. This is your job. God's job is to help you actualize your potentialities.

### Wrapping Up

It's time.

## Friday

### Week 8 – Day 5

#### Morning Prayer

Theme: Ask God for healing of our world

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#### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Mind Feeding

To change your brain, you must feed your mind continually with words, images, and thoughts that are consistent with the direction in which you are growing. So, read. Read books and magazines for personal and professional excellence. Listen to educational CDs or audiocassettes as you travel. Attend seminars and lectures. Open your mind to ways of accelerating your development of new habit patterns of thought. And, talk to people about how you can get better at what you do. You don't need to shoulder the whole load alone.

Thus, keep one eye on your time, not on your watch. With all the ways we have of feeding the mind, none will work if you don't organize your days to combat the most dangerous, expensive, and self-destructive habit of all – wasting time. If you blow off most of your nine to fives on useless, time-consuming behavior, you will go nowhere. Keeping track of your time is the moral equivalent of counting calories or watching portions, except you're monitoring output, not input.

And, don't watch much TV or read newspapers and magazines that focus on bad news. Next to sex, bad news sells best. Don't read upsetting stories. Seek balance. Good things are also happening. If you don't limit the amount of media news you consume, you will over dose on worry and your brain will become toxic, not changed. You are programmable and TV is your teacher

To improve your outer results, ya gotta improve your inner feeding habits.

### Wrapping Up

It's time.

# Saturday Eating Realities

## Week 8

### Plan what you will eat.

A good habit to get into is to plan out your meals Monday through Friday. While it probably has been boring eating the same thing each day, you should notice how liberating it is not to have to worry about what you will eat. If you plan simple small meals Monday to Friday you can take control over the nutritional content and amount of what you and your family are eating. Also, you will not be tempted to stop for a quick burger and fries for lunch or on the way home. And remember, the weekends are a free time. Go to your favorite restaurant and eat whatever you want.

# Saturday's Messgae

## Week 8

### "Gather Up The Fragments"

#### John 6:1-13

For the past several days I have been watching T.V. news reports about the terrible destruction caused by severe storms in central Florida. At least 20 people were killed, many were injured and at least 1,500 houses and buildings were damaged or destroyed. News reports showed helpers moving into the areas to assist residents as they searched for loved ones and possessions. Fragments from the damage were moved around, stacked up or loaded on vehicles to be hauled away. The stories of death and destruction evoked compassionate concern for all the people involved as they gathered up the pieces of their lives and possessions that remained.

As I watched these news reports, my mind suddenly flashed to an event in the life of Jesus as recorded in John 6:1-13.

As Jesus fulfilled his ministry, great crowds followed Him. On this occasion Jesus asked Philip where they could buy food to feed the people. Philip answered that they really did not have the money to buy food for the multitudes. Andrew spoke up and said that a boy was present in the crowd who had a lunch of five barley loaves and two small fishes. Jesus took that small lunch, worked a miracle, and fed the multitudes. After the meal Jesus noticed that food was left over so He said to the disciples: "Gather up the fragments that remain that nothing be lost." To me, that is an interesting and challenging sentence spoken by Jesus. Although Jesus was speaking of food on this occasion, I have the strong conviction that what he said applies equally to every area of man's life. One of the great glories of the Gospel is that a person can start over again. Man often sinks down into sin but he need never to be defeated by sin. Life can be redeemed. Jesus can pick up the pieces of a person's life and put that person's life together. Any person's life can be redeemed. When we give up on winning a lost person to Christ, we are doubting the power of Almighty God.

According to the Gospel records, Jesus spent a major part of His earthly ministry trying to get people to start over gain in life. His message was always one of hope to the shipwrecked and courage to the fallen. He was forever telling people that they need not despair, for God always offers a new chance and a new lease on life. Let us turn to the New Testament and examine the lives of some of those persons whose lives were redeemed by the power of God.

Here is Zacchaeus whose life had been degraded by dirty business practices. He was a tax collector who had taken more money than the people were supposed to pay. As a result the people despised him. His life had reached bottom and was broken to pieces by sin. But just then Jesus Christ passed his way and his broken life was restored. After his despair had been replaced by hope and faith, Zacchaeus picked up the broken pieces of his life and with Jesus' help put them back together. He offered to make restitution to the people from whom he had taken unjustly and promised to follow Jesus. Then Jesus said to Zacchaeus: "This day is salvation come to this house." Zacchaeus' life had been redeemed. The broken pieces of his life had been put together. He was saved.

Here is the woman of Capernaum who was known for her loose living. She had no respect for herself or for the lives of others. Was there any hope for her salvation? Not until Jesus Christ came into her life. Her path crossed the path of Jesus and her life was transformed. She manifested her faith and Jesus forgave her sins. Then Jesus said to her: "Your sins are forgiven. Your faith has saved you. Go in peace." The fragments of her life were gathered up and Jesus put her on the road to Heaven.

Here is Saul who was one of the most notorious persecutors of the Christians in the early Church. His love of the law had caused him to hate Christians. As a result he tried to arrest and imprison every Christian he could find. This was his sinful condition until he suddenly and dramatically met Jesus Christ on the Damascus road. After meeting the risen Lord, he became one of the most dynamic missionaries in the history of Christianity. The transformation of his life was so radical that his name was changed from SAUL to PAUL. His life had been broken by sin but Jesus Christ picked up the broken pieces. His life was redeemed. He was saved, and after being saved, he was used of God in saving others.

The inspiring part of God's message is this: Your life can also be redeemed. Perhaps sin has broken your life but what sin has left can be restored. Thank God for that! "Gather up the fragments that remain, that nothing be lost." AMEN – may it be so.

Reverend Phillip R. Morrow Sr.

# Sunday

## Week 9. Restoring Peace With the Culture

Increasingly we are all traumatized by a culture of violence and uncertainty that is eroding our capacity to trust in the world. Children killing children in high school cafeterias. Random drive-by shootings. Workplace gunfire. Terrorist violence. Ecological crises of unprecedented proportions. The wars. Environmental toxins. It's enough to drive us all crazy.

Needless suffering affects all of us as the morning news unfolds the contamination of cruelty, horror, greed, and indifference. These kinds of stories challenge whether our faith has meaning in real life.

The relationship between the state of our culture and the soundness of your emotional life is not a subject likely to be addressed by your doctor or by anyone else.

"There is something in the nature of things which the mind of man, which reason, which human power cannot effect, and certainly that which produces this must be better than man. What can this be but God?"

Marcus Tullius Cicero

Yet, even the most naïve of us knows that living on an endangered planet creates a culture that affects every man, woman, and child. The most at risk, of course, are our children.

The pain of our children's despair invites us to remap our culture's values, to reexamine and transform the value of profit, of consumption, and to check out sustainability and wholeness.

So, to the forefront of our thinking must come doubt and faith and there we take a stand to be an adult about our culture, an adult who can take on the challenge of working with God to find a way out, an adult practicing responsible intelligence.

The willingness and courage to be aware of and experience the dark side of life, and the consequent despair we feel when we do so, is what distinguishes authentic faith from wishful thinking, from illusion, from denial.

Consider the words of William Blake from "On Another's Sorrow."

"Can I see another's woe,  
And not be in sorrow too?  
Can I see another's grief  
And not seek for kind relief?"

## **Empathy and Compassion And the Culture**

Fortunately the kind of suffering that comes with The Overweight State offers a good antidote for dealing with the suffering within the human family. Through empathy with the suffering of others we loosen the bonds of pain constricting our own hearts. As you open your heart to the world, you grow in compassion.

Empathy is not coffee club mushiness. It is encoded in our brains, part of our natural equipment for dealing with the illusions of our culture and it is the emotion Jesus came to awaken through the Atonement, through Redemption.

Jesus said, "Love your neighbor," and "Do unto others as you would like them to do unto you." Thus, we can cultivate our inborn capacity to feel another person's pain and pleasure, happiness and sadness, love and fear, desire and despair – through the work of the Holy Spirit. We can consciously decide that we will no longer safely watch from the sidelines. We can intuitively know that when Jesus said, "I am the way," the way becomes a path toward Intentional Compassion, Healing, and Peace.

## **Intentional Compassion – Prayer with Meaning**

Our personal lives are crowded with small times when, out of love, we perform what seem to be random acts of kindness, of compassion. Usually these acts are spontaneous, unplanned, single acts. But, when these separate acts are added up and examined, we see the face of God. When we perform the work of God with intention, with planning, and with purpose we are performing Intentional Compassion. We act as Jesus would have us to act not just in our busy out of control everyday lives, but through specific instances of focused prayer for others. When we stand face to face with God, we will discover that through obedience to the commands of Jesus to love one another, thousands can be blessed, because our intentions are contagious.

Practicing Intentional Compassion is deceptively simple:

### **Speak From The Heart And Listen With Love**

Thus, we heal ourselves and others. The more we do it the better we get – the surer we are of healing when we do the practice well.

When you actually get it – that everybody carries the seeds of sorrow, fear, and despair within them, this reality reminds you of the exquisite fragility of life and your need to protect it.

And, this reality opens you to a meaning of who you can be as you practice empathy and Intentional Compassion. Through these gifts you expand your consciousness of suffering and release yourself, from the “I – Me – Mine” prison of feeding the ego, to an awareness that suffering is universal and that mindless eating is not the real solution to your worries.

You are no longer isolated by “my weight problem” but can move out into an enlarged, interconnected sense where you are truly In The Spirit.

Intentional Compassion is the gold in the accumulated sludge from the runoff of the sorrows of our culture.

It is the best medicine for you and through you for the human family.

### **The World And Its Suffering**

The world as God originally designed it, was the best of all possible worlds, with order and beauty created by God for man. The first civilization was founded by Cain, a murderer, and as we listen to the daily news a lot of civilized life is a vast, complicated, more or less gilded-over system of murder, with strong men forcing innocent people away from their soil, making them refugees, making them live an artificial existence, away from the elemental order of peace and joy as established by God.

Thus, we have the awful problem of the suffering of innocent people, a problem that continually crops up in the Scriptures and in life and remains a mystery, except when viewed as the sin of strong men who out of pure hatred deprive the innocent of life, liberty, and the pursuit of happiness.

When we are sensitive to the sins of the strong against the weak we can measure our growth in grace. Grace will send us to our knees when we realize the awfulness of sin and the suffering it causes. This is the price of being sensitive to suffering.

Could it be that God uses the suffering that's in today's news as a means to bring us to the dust as we talk to Him in vicarious intercession through Intentional Compassion – knowing that God has the power to save the victims as He has saved us – if prayer has the power to awaken the mercy of God?

## Prayers of Unquestionable Power

*Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words.*

*Romans 8:26*

Romans 8:26 infers that some situations are so despicable that we have no words to express the sorrow we feel and so the Holy Spirit – who has energized us for prayer – takes over and utters prayers for us from the heartaches we feel, heartaches caused by the waves of revulsion created by the media's images of evil acts in the newspapers and on TV.

Prayers can be contrasted as being either conscious – of the mind, or subconscious – of the heart. Conscious prayers are those in which we ask to be made spiritually real, when we sense that we are not. Subconscious prayers are those in which the need to draw closer to God through Jesus, in the power of the Holy Spirit, wells up within us.

When God searches our hearts, not to know what our conscious prayers are, but to find out what the prayer of the Holy Spirit is, the Spirit of God is using our minds and bodies as the temple of the Holy Spirit, so, it's our responsibility to maintain the temple in as good a condition as we can in order that our prayers will be made as powerful as they can be.

## If Prayer Is A Thought . . .

When we are Born Again we receive the Spirit of Jesus. But, to get the mind of Jesus takes brain work, a matter of the will. To be transformed by the renewing of our minds means that we are willing to lift all our concerns – individual, social, family, civic, world – all our problems, into the realm of the Spirit and there habitually work out a life of practical holiness, keeping the powers of our thinking going full pace. The more you do this, the more you can do it.

Remember, to be saved is a gift bought by the death of Jesus. But to be saved and never think about it is utmost ingratitude. We owe it to Jesus that we don't allow our brains to get rusty.

When our thinking is vigorous, our prayers are powerful, because prayers are thoughts lifted up to God.

You may be unaware of the fact that for more than 30 years in some of the world's most outstanding scientific institutions our thoughts have been studied to discover their true nature.

The evidence suggests that human thoughts – and thus prayers – are an actual physical “something” with the astonishing power to change our world.

So, every intention, every prayer we have uttered for us by the Holy Spirit as well as those consciously spoken or thought by us is a thing of energy, energy that influences other things.

So, we come to the word “Intentional” as a type of prayer resulting from our feelings of compassion for another human being. A textbook definition of Intentional characterizes it as “A purposeful plan to perform an action, which will lead to a desired outcome.”

The key words are “a purposeful plan.” Jesus says, “Ask.” To ask for something means that we want it, we desire it, we can see it, we can taste it, but we usually assume that God will deliver the plan and the inspiration to carry it out. Thus, we have no purposeful plan of how to achieve what we want. And, nothing happens until something moves, until action is taken. But, God helps those who help themselves.

So, Intentional Compassion begins with spirited prayer that is precisely targeted. Your intention pushes the boundaries as you focus on your own actions. This requires reasoning. This requires a commitment to do the intended deed.

God’s work is to answer your prayer through ridding your mind of self-limiting thoughts to which your potential acts are connected. Your work is to turn around those thoughts so that you can move forward on the desired outcome and then just do the work, trusting God for the outcome.

Thus, we live in a perfect world, just as it is.

# Monday

## Week 9 – Day 1

### Morning Prayer

Theme: Ask God for healing of our families

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Intention

What is your highest possible Intention with regard to the grief, fear, and despair of the culture we live in, factoring in the first six words of the Great Commission – “Go ye into all the world.”

Sit and meditate on this question. Listen to what your heart is telling you.

Then, take your writing pad and pen. Divide a page in half. At the top of one side of the page write – “What am I good at?” At the top of the other side write – “In the Spirit.”

Now, describe the attributes of your personality and of your skills under the “What am I good at?” side.

Under the “In the Spirit” heading list the attributes of your Spirit. (See 1<sup>st</sup> Corinthians 12:4-11)

Next, check with your church and with area churches for information regarding planned short-term missionary activities. Or, alternatively, spend some time volunteering at a local outreach such as your community homeless shelter, soup kitchen, or Habitat for Humanity.

Now, instead of watching too much TV or reading too many newspapers, spend a short time each day reciting the Twenty-Third Psalm. “The Lord is my Shepherd, I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He guides me in the paths of righteousness for His names sake . . .”

### Wrapping Up

It’s time.

# Tuesday

## Week 9 – Day 2

### Morning Prayer

Theme: Ask God for healing of our work communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Music

Music has the real ability to enhance relaxation and increase your concentration through changing your brain and body chemistry. Researchers have not yet figured out how music raises your spirits or soothes your soul or causes a tapping of your toes or makes you want to jump and shout – but it does.

So, why not consider taking up a musical instrument or even better use your in house instrument – your own voice. This way you'll make new friends, improve your confidence, and push more blood throughout the cells of your body. Even if you're belting it out while behind the wheel on the freeway – you'll be expressing yourself and pushing more O<sub>2</sub> at the same time. And, there's no downside, except time for practice.

So, until you get your vocal chords up to speed, consider other people's music:

1. **To relax**  
Lots of possibilities from Gregorian chants to lullabies to jazz
2. **To move quicker**  
Rock, hip-hop, samba, steel-band, bagpipes, classical, the can-can
3. **To focus**  
Mozart's "Sonata for two pianos in D major, K. 488"
4. **When reading or writing**  
Mozart's "Divertimento" in B flat major
5. **To uplift or heal**  
Hymns

### Wrapping Up

It's time.

# Wednesday

## Week 9 – Day 3

### Morning Prayer

Theme: Ask God for healing of our living communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Contemplation While on Your Back

Meditative Prayer while sitting in a chair can cause you to slouch, aggravating back problems. Instead try this technique, called the rest position – a part of the Alexander Techniques for better posture.

- Step 1. You'll need a few books or a small firm pillow to put under your head – so get them ready.
- Step 2. Lie on the floor on your back with your knees bent and with your feet flat on the floor about the width of your hips. Your knees can be separated or touching. Either is OK – whichever is most comfortable.
- Step 3. Rest your head on the books or pillow, experimenting until you get your face level, looking up at the ceiling. If your head is thrown back – not enough books. Chin on chest – too many books.
- Step 4. Once you are in position, allow your back to fall naturally onto the floor without forcing. Fold your hands on your chest.
- Step 5. Relax. Release your tension. Breathe deeply slowly in and out.
- Step 6. Pray for the Holy Spirit to help you relax your body while energizing your soul.

### Wrapping Up

It's time.

# Thursday

## Week 9 – Day 4

### Morning Prayer

Theme: Ask God for healing of our nation

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source For Identifying Your Clouds

In the Bible clouds are the symbol for the sorrows and suffering and circumstances arising out of a culture where the sovereignty of God seems to be contradicted.

Yet, it is through these very clouds that the Holy Spirit teaches us how to walk by faith. No clouds – no faith.

Consider. “Behold, He is coming with clouds . . .” (Revelation 1:7). Thus, God does not come in shiny brightness. And, when a cloud comes it’s not to teach us something, like with a lesson plan. It’s more like He wants us to unlearn something. He wants us to go through the grief, fear, and despair caused by our culture and, while in the cloud, we are to simplify our beliefs until our relationship with Him is exactly like that of a child.

So, how about you?

What does your interpretation of grief, fear, despair say about you?

There is a connection between the circumstances allowed by God and what we know of Him.

What about you?

Are you able to consider all the carnage in the world today and yet stay certain that God is great and God is good? Is anyone in your cloud except Jesus?

### Wrapping Up

It’s time.

# Friday

## Week 9 – Day 5

### Morning Prayer

Theme: Ask God for healing of our world

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Tears

In Luke 6:21 Jesus says, "Happy are you who weep now because you will laugh." And in Luke 23:28 He says, "Do not weep for me but weep for yourselves and for your children."

Many adults can't cry, especially men. They feel ashamed or embarrassed or afraid to show their soft side.

They fear that if they start to cry they won't be able to stop, or they'll show weakness, a sign of being out of control.

But, shedding tears can release pent-up sadness that builds over time.

Sometimes nothing else will work but a torrent of tears.

Tears can wash away bad worry.

Crying eases the mind.

Sometimes what you really need to do and want to do is cry. The Bible says it's ok.

### Wrapping Up

It's time.

# Saturday Eating Realities

## Low Fat Eating

A simple way to improve your health is to pay attention to how much fat you are eating. Fat tends to clog up your arteries increasing the risk of heart disease and stroke. It also adds to the fat around your organs, leading to an ever enlarging waist line. You have been eating under 30 grams of fat a day which is a reasonable goal to strive for. Most Americans eat more than 60 grams of fat per day promoting the epidemic of obesity and cardiovascular disease.

Here are some simple tips you can use to start watching your fat intake. For a comprehensive list of the fat content of foods visit the USDA website and select Fat, sorted Alphabetically.

<http://www.ars.usda.gov/Services/docs.htm?docid=9673>

### The Ten Commandments of Low Fat Eating

- 1) **Eat no more than 30 grams of fat/day. (Nuts eaten as snacks are not counted)**
- 2) Know the fat content of everything you eat.
- 3) Limit Visible Fats
  - A) Do not use mayonnaise. If you have to use some, then use only Lite (low fat) Mayo.
  - B) Switch from regular butter or margarine to Non fat butter substitutes.
  - C) Switch from regular milk to skim milk.
- 4) No fried foods (French fries, fried chicken, regular potato chips).
- 5) Limit cheese.
- 6) Only fat free dressing.

- 7) Choose fat free or low fat products when possible. (ex. Non fat hotdogs, 96% lean ground beef, baked chips, etc)
- 8) Choose LEAN meats that are grilled, broiled, or baked. (Not fried)
- 9) Use PAM for cooking instead of oil, butter, or lard.
- 10) Use egg whites when cooking instead of whole eggs.

Most Fast Food Restaurants have a nutrition section on their websites where you can check the nutritional values of your favorite foods and decide what may be a healthier choice. Here are some examples of how many grams of fat are in some common foods.

#### **Kentucky Fried Chicken – (www.kfc.com)**

Crispy Strips - 24g

Pot Pie – 40g

#### **Lower Fat Choices**

Roasted Caesar Salad w/o dressing or croutons - 9g

Caesar Side Salad w/o dressing or croutons – 3g

Roasted BLT Salad w/o dressing – 7g

Tender Roast Filet Meal – 7g

Honey BBQ Sandwich - 6g

Tender Roast Sandwich w/o sauce - 5g

Chicken Breast w/o skin or breading – 3g

Green beans – 1.5g

Seasoned Rice – 1g

Mashed potatoes w/o gravy - 4g    with gravy - 4.5g

Corn on Cob – 1.5g

Baked Beans – 1g

#### **Taco Bell (www.tacobell.com)**

Chicken Quesadilla - 30g

Nachos Supreme – 26g

Fiesta Taco Salad – 47g

Lower Fat Choices

When ordering the following ask for items "Fresco Style" for under 10 grams of fat.

Crunchy Taco – 7g  
 Soft Taco Beef – 8g  
 Ranchero Chicken Soft Taco – 4g  
 Grilled Steak Soft Taco – 5g  
 Gordita Baja Beef – 9g  
 Gordita Baja Chicken – 6g  
 Gordita Baja Steak – 7g  
 Bean Burrito – 8g  
 Burrito Supreme Chicken – 8g  
 Burrito Supreme Steak – 9g  
 Fiesta Burrito Chicken – 9g  
 Tostada – 6g  
 Enchirito Beef – 9g  
 Enchirito Chicken – 5g  
 Enchirito Steak – 6g

**Burger King ([www.bk.com](http://www.bk.com))**

Whopper - 42g  
 Large Fries - 35g

Lower Fat Choices

Chicken Whopper Sandwich w/o mayo – 7g  
 BK Veggie w/o mayo – 7g  
 Whopper Jr. w/o mayo – 13g  
 Hamburger – 13g  
 Chicken Tenders (4 pieces) – 9g / (5 pieces) – 12g  
 Side Garden Salad w/ fat free honey mustard dressing - .5g  
 Fire-Grilled Chicken Caesar Salad, fat free dressing w/o Garlic Parmesan Toast – 7g  
 Fire-Grilled Chicken Garden Salad, fat free dressing w/o Garlic Parmesan Toast – 7g  
 Fire-Grilled Shrimp Caesar Salad, fat free dressing w/o Garlic Parmesan Toast – 10g  
 Fire-Grilled Shrimp Garden Salad, fat free dressing w/o Garlic Parmesan Toast – 10g

**Wendy's (www.wendys.com)**

Classic Single w/o cheese – 19g

Biggie Fries – 24g

**Lower Fat Choices**

Plain Baked Potato – 0g

Small Chili – 6 g

Large Chili – 9g

Ultimate Chicken Grill Sandwich – 7g

Junior Hamburger – 9g

Side Salad with fat free dressing – 0g

Junior Frosty – 4g

These meals at Wendy's are 510 calories or less and contain 10 grams of fat or less when served with a diet soft drink or water.

- Grilled chicken sandwich with a side salad and fat free dressing

- Junior hamburger with a side salad and fat free dressing

- Large chili with a side salad and fat free dressing

- Plain baked potato and a small chili

**McDonald's (www.mcdonalds.com/usa.html)**

Big Mac – 30g

Large Fries – 25g

**Lower Fat Choices**

Hamburger – 9g

Cheeseburger – 12g

Premium Grilled Chicken Classic Sandwich – 9g

Premium Grilled Chicken Ranch BLT – 13g

4 Piece McNuggets – 10 g

Bacon Ranch Salad with Grilled Chicken, fat free dressing – 9g

Bacon Ranch Salad w/o chicken, fat free dressing – 7g

Caesar Salad w/ Grilled Chicken, fat free dressing – 6g

Caesar Salad w/o chicken, fat free dressing – 4g

California Cobb Salad w/ Grilled Chicken, fat free dressing – 11g

California Cobb Salad w/o chicken, fat free dressing – 9g

Side Salad, fat free dressing – 0g

Fruit'n Yogurt Parfait – 2g

Apple Dippers w Low Fat Caramel Dip – 1g

**Pizza Hut ([www.pizzahut.com](http://www.pizzahut.com))**

Choose Thin 'N Crispy or Hand-Tossed Crusts

Fat per One Slice of 12" Medium Pizza

Pepperoni -10g

Cheese – 8 g

Chicken Supreme – 7g

Quartered Ham – 6g

Veggie Lover's – 7g

**Subway**

Ham, Ham and Turkey, or Club - 6 inch on wheat; no mayonnaise, cheese, or oil  
5-6g

Check menu for other 5-6 gram options (there are usually many choices).

**Chick-Fil-A**

Regular Chicken Sandwich – 16g

8-pack Nuggets – 12g

4-pack Chicken strips – 13g

Chicken Salad Sandwich – 15g

Chargrilled Chicken Sandwich (no sauce) – **3.5gm**

Add sauce – 9.5g

Chargrilled Chicken Garden Salad (Fat free dressing) – 6g

Brownie – 15g

Cheesecake (1slice) – 21g

# Saturday's Message

## Week 9

### "Do We Really Care?"

#### Luke 10:38-42

The title of this message is the title of a well-known song which asks the challenging question: "Do we really care?" I want to expand that basic question to ask: "Do we really care about the things in life that really matter? Do we really care about the values in life that really count – count for now and for eternity?"

Luke 10:38-42 tells about an interesting event in the life of Jesus. Jesus entered a certain village and was received as a special guest in the home of Martha and her sister Mary. Mary sat at the feet of Jesus and listened to His great teaching while Martha worried about serving the guests at the table. Martha came to Jesus and asked Him to get Mary to help her with the chores. And Jesus said to her: "Martha, Martha, you are careful and troubled about many LITTLE things. But ONE thing is needful: and Mary has chosen the good part, which shall not be taken from her."

Too often we are like Martha – giving our attention to the LITTLE things instead of paying attention to the BIG things. Many times we are guilty of majoring on minors. We get our values all mixed up. We care about the little things too much and do not care enough about values that really matter.

All of this gives rise to another important question: "What are some of the values that really count – really matter?"

1. Life matters. Life is a gift from God. God created us – made us in His own image. Genesis 2:7 says: "Then the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being." Life itself is a value that counts – and we should be concerned about life – the quality of life of every person God has made. We need to give attention to what I think of as the wholeness of life – physical, mental, spiritual, social. All these qualities are intertwined and related and contribute to the wholeness of life.
2. Our personal relationship with Almighty God who made us is a value that counts – for now and for eternity. John chapter 3, tells us about a Pharisee named Nicodemus showed great concern about this abiding value and Jesus told him that he "must be born again" – spiritual birth – in order to be in right relationship with God. Romans 3:23 declares "all have sinned, and

come short of the glory of God." But Romans 6:23 proclaims that "the wages of sin is death, but the gift of God is eternal life through Jesus Christ our Lord." Thank God for the Good News message found in John 3:16 which says: "For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." Where are we right now in our personal relationship with Almighty God who created us?

3. Personal spiritual growth is a value that counts.

Dr. David Dyer, one of my religion professors at Wake Forest University, told us: "Spiritually speaking many people are born again but never get out of the delivery room." What he meant was that some people experience the new birth in Christ but do not grow as God intends toward Christ-likeness. Are we maturing in the faith through Bible study, worship, and service? Are we becoming more like Christ every day that we live? Are we growing up spiritually? To be sure, spiritual growth is a value that counts.

4. Divine judgment counts. It counts for eternity. In His teachings concerning judgment, Jesus Christ is very forceful and descriptive, especially in Matthew 25 verse 31 and following where He says:

When the Son of man shall come in His glory, and all the holy angels with Him, then shall He sit upon the throne of His glory: and before Him shall be gathered all nations; and He shall separate them one from another, as a shepherd divideth his sheep from the goats: and He shall set the sheep on His right hand, but the goats on the left. Then shall the King say unto them on His right hand, 'Come, ye blessed of my Father, inherit the kingdom prepared for you from the foundation of the world:' . . . Then shall He say also unto them on the left hand, 'Depart from me, ye cursed, into everlasting fire, prepared for the devil and his angels.'"

The hymn writer knew that divine judgment counts and was motivated to write:

Where will you spend eternity?  
This question comes to you and me!  
Tell me, what shall your answer be!  
Where will you spend eternity?

And so, we return to the original question asked by the title of this message and we make it very personal. Do we really care? Do we really care about the values in life that really matter? Remember the command of Jesus Christ who said: "Seek ye first the Kingdom of God and His righteousness."

Reverend Phillip R. Morrow Sr.

## Sunday

### Week 10. Freedom From Grief

Grief is a universal emotion. Everyone grieves, because, everything passes. So, you might have a fresh loss or a loss long buried or there's a loss smoldering on the back burner. There's lots of mystery about loss and death because our way of thinking – so analytical and rational – can't take it in.

Thus, you must make some meaning out of your losses or the thoughts attached to them will keep reverberating around in your head, driving you half crazy. So, to keep out devastating thoughts that are as urgent as is the need of a cold drink in a blazing sun, we're on the path right now to discover not only the meaning of grief, but how to turn around the devastation it can cause.

"God . . . is not a transcendent being living in a distant heaven whence from time to time he intervenes in the affairs of the earth. He is an ever-present spirit guiding all that happens to a wise and holy end."

David Hume

Your way of grieving is unique to you. Everyone has a different style, but, there's a common emotional force that erupts with the loss of a father, a mother, a child, a spouse, a lover, or even a close friend. This force, when unconstrained, has the power to wipe out your life as you have it structured.

In the Overweight State we often sense the effects of sadness when persons are faced with the loss or threatened loss of a primary relationship, through separation, divorce, or emotional distancing within an intact household. And, sometimes this burden is added on to the impending loss of a parent through sickness.

Time after time we have seen this combination of circumstances wreck the best efforts of well-intentional persons to get their eating patterns under control, because its just too much to cope with.

As well, there's another often seen factor that is related to the grieving process, one that keeps chipping away at your peace of mind – unredeemed grief from your earlier years. In our work we often see persons who live with unfinished grief reverberating in every cell for years, over having never mourned the death of a parent or a child who died years ago.

This is a good place to consider the nuances of terms that are related to grief and grieving. Consider the difference between grief and sorrow. We usually think of sorrow as pertaining to the emotional state we get when somebody

neglects us or betrays us or abandons us or abuses us. Of course grief, the stronger word, can apply equally well to those circumstances – it depends on how deeply you feel the emotion.

There are other words for grief – sadness, heartache, misery, woe, melancholy, despondency, or, as described by Stephen Vincent Benet – “An iron chain.”

There are, as well, words other than “grieve” that depict the process – mourn, lament, ache, bewail, bemoan, eat one’s heart out, weep, cry, tears.

One of the reasons grief causes so much long-lasting emotional turmoil is the way our friends try to advise us when we’re grieving. They think that to grieve too long will cause us to become depressed. So, they say such things as: “You need to get over this and get on with your life.” “Don’t let your feelings get the best of you.” “Don’t fall apart.” “Be strong.” “It’s not healthy to cry.”

Such comments are counter productive. What you need is a friend who will be willing and able to recognize and tolerate the pain you’re in, to be present with you, to say nothing, to just be there.

Thus, your only reasonable recourse is to surrender your grief to God. There is a danger to your emotional well-being when you choose to do otherwise, when you choose to suppress grief or to unconsciously avoid it or deny it. It has the potential for disrupting the emotional balance needed for good health.

So, there’s unredemptive grief – grief that’s not surrendered.  
Then, there’s redeemed grief – grief surrendered to God.

Consider Job who lost everything. “The Lord restored Job’s losses when he prayed for his friends.” (Job 12:10)

The peace, the quiet, the acceptance – these come only when you leave yourself completely alone in Jesus’ hands and then begin to pour your life out in the priestly work of Intentional Compassion, for the needs of others.

Jesus is not just beginning to save you from your state of sadness. He has already saved you and me completely. That’s Redemption. It’s a done deal. When you surrender your grief as did Job, through praying for his friends – you enter the ministry of the interior.

So, start praying right now that the Atonement of Jesus will be fully understood in the lives of others as it has been in yours. Pray for your friends right now and pray for those you’re going to come in contact with in the future – right now.

# Monday

## Week 10 – Day 1

### Morning Prayer

Theme: Ask God for healing of our families

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit  
The Holy Spirit As The Source of Grace

Salvation is a gift from God that is given once and lasts for eternity. Grace comes day by day. So, yesterdays grace won't do for a day when your heart is filled with grief. Grace is the overflowing favor of God and you can draw on it in the moment of your need. When you do this, when you surrender your grief through drawing on the grace of God, you are showing yourself and others that you are a miracle of God.

Thus, you fill your mind with the thought that God is there. This concept of divine control will be formed so powerfully in your mind that you will know – God is my Father. He loves me. I will never think of anything He might forget – so why should I give in to grief?

Consider this. You can choose to continue to suffer, of course. But, to choose to suffer is not a normal or reasonable thing. But, choosing God's will – even if it means that you might suffer – is different, entirely.

True surrender is not simply surrender of your external life. It is surrender of your will.

Grief causes pain, emotional pain. Jesus says, "Come to me . . . And I will give you rest." (Matthew 11:28) Grief will cause you to feel uncertainty. Jesus says, "Come to me."

Remember, the Christian life is a life of spiritual courage and determination lived out in our flesh. So, don't give in to grief. Surrender! Then let your grief take the course God dictates.

### Wrapping Up

It's time.

# Tuesday

## Week 10 – Day 2

### Morning Prayer

Theme: Ask God for healing of our work communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Gratitude

“Thank you” seems like such an impossible prayer when your heart is shattered and broken. Yet, now is a good time to remember what you are thankful for. Think of how grateful you are for those who are still alive, the friends and family who help hold you up at this time.

Let’s endorse British writer G.K. Chesterton’s idea of “Taking things with gratitude and not taking things for granted.”

Think of life itself – your life. Are you grateful for it? Sometimes the pain of grief causes pain of such force that to feel gratitude seems impossible. Even so, let your mind return to a memory of a good time. Now, repeat out loud – “A good time is a taste of God.” Replay the moment over and over. Repeat the affirmation: “A good time is a taste of God.”

Be grateful for help. Grieving is not something to do alone. Consider one purpose of grief – to teach us that we are not alone – that we are interconnected and that in our interconnectedness lies our hope and our solace. Friends, family, and spouse can pitch in – within the constraints of your need for both help and solace.

So, practice the deliberate and conscious habit of finding somebody every day to whom you can honestly say, “Thank you” – somebody who least expects it from you.

Say a prayer of thanks to God for sending you the Holy Spirit.

### Wrapping Up

It’s time.

# Wednesday

## Week 10 – Day 3

### Morning Prayer

Theme: Ask God for healing of our living communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Action

Grief, like despair, can stop you dead in your tracks. At that time, to “get moving” seems irrelevant or impossible. Ironically, it is the one thing you most need to do. Remember, movement is in your bones and in your blood and in your heart. It will sharpen your senses, protect your memory, and even inspire self-esteem.

Try some of the following :

- 1) Walking (a good inexpensive form of exercise as long as you have a safe place to walk and have a backup plan if it is too hot or cold. Try walking while moving a ball from one hand to the other to build coordination)
- 2) Treadmill (start slow and gradually work up speed at your own pace)
- 3) Exercise Bike (bikes that work the arms and legs are especially good)
- 4) Recumbent Bike (good for people with knee problems these bikes take the stress off the legs and knees while providing a good cardiovascular workout)
- 5) Elliptical Trainer (one of the best low impact workouts, however, they tend to be more expensive)

Pick one then “**Get Moving**”.

### Wrapping Up

It's time.

# Thursday

## Week 10 – Day 4

### Morning Prayer

**Theme: Ask God for the healing of our nation**

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### Evening Prayer

**Theme: Changing what is, through the power of the Holy Spirit**

### The Holy Spirit As A Source of Common Sense

It makes sense to love yourself. It opens the door to abundant living within the family. Without loving yourself you become a part of the living dead – limping through life – unable to help those who need you.

Self-love makes good sense. You can't grow or glow without it. Nor can you make solid and fulfilling decisions.

The problem? Self caring is often confused with hedonism, where self-involvement is both exclusive and consuming. This has no resemblance to the common sense approach of focusing on your own needs – to the point of balance – mentally, physically, and spiritually.

Self-care makes good sense.

It makes good sense to make that early morning exercise class. It makes good sense to never eat to fullness – to push your belly away from the table when you're satisfied, before you're stuffed full and it makes good sense to help your loved ones care for themselves.

Self-love affirms the divine design, to delight in the beauty and function of your body and personality. It affirms the vision you have been given to mold your family as an instrument to serve humanity.

### Wrapping Up

It's time.

# Friday

## Week 10 – Day 5

### Morning Prayer

Theme: Ask God for healing of the world

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

## The Holy Spirit As A Source For Turnaround of Sadness

This is a two-part completion exercise, known as Nous Work, for you to (1) identify your beliefs about your grief and (2) turn those beliefs around.

### Part I

Here are six questions for you to answer. Don't try to pretty up the answers. Just write – on your writing pad.

1. Who makes you sad? Why? How?
2. What do you want them to do to change?
3. What should or shouldn't they do, be, think, or feel?
4. What do you need for them to do for you to feel happy?
5. What do you think of them? Make a list.
6. What experience with that person do you not want to relive?

### Part II

The work of the Holy Spirit is to connect you to truth and reality through deep inquiry. Here are five inquiries for you to use to investigate the reality of what you have written for the previous questions.

Inquiry #1. Is what you are saying true?

Inquiry #2. Can you know that it's absolutely true, beyond a shadow of doubt?

Inquiry #3. What thoughts do the answers bring up? (example: sadness or anger over something said or done to you)

Inquiry #4. What if you forgive the person for making you feel this way?

Inquiry #5. After forgiving them, what if you turnaround the negative thought and think the opposite thought about them? (example: "in spite of how you have treated me, I am happy"). Thus, the power of forgiveness changes your mind and behavior (you cannot change other people).

As you work in the Nous Work exercise, think of someone you haven't totally forgiven yet. Pray for the Holy Spirit to help you forgive them.

### Wrapping Up

It's time.

# Saturday Eating Realities

## Your Witness

As you lose weight and start to feel more energetic you should expect people around you to notice. Do not be surprised if family, friends, and co-workers comment on your health change. The question you must ask yourself is "How will I respond when people take notice?". Will you simply tell them how you are eating differently or attribute the change to your new exercise routine? As Christians we should always look for ways to witness to those around us. You should consider using your health transformation as a way to share your reliance on God and the Holy Spirit. When people ask what you did to cause the change, tell them about the power of the Holy Spirit in your life and how your faith has empowered you. Share with them the Spiritual Fundamental Principles and Tools and use this as a guide to talk about the transforming power of Jesus Christ. In today's secular world the opportunity to share your faith with others is limited. Think of what you are doing now in your life as a witness opportunity. I guarantee that people will notice and ask about your change. Are you ready to share the truth with them?

# Saturday's Message

## Week 10

### "What Is Life All About?" Ecclesiastes 1:1-11; 12:13-14

For many people in today's world life is characterized by emptiness. They have never been able to answer with any satisfaction the basic questions of life – such questions as:

Who am I?

Why am I here?

What am I supposed to do?

What is my future beyond this life?

Is history a never-ending meaningless cycle or does history have a purpose?

Is there really a God who cares for me?

It is certainly not wrong to ask questions and to search for answers. God made us with inquiring minds. And modern man is not the first to ask the questions listed above. The Bible – the Holy Spirit inspired Word of God – gives examples of people who asked questions and searched for answers. One such person is the inspired writer of the Old Testament book of Ecclesiastes – the person who identifies himself in the book as "Preacher."

In the opening verses of Ecclesiastes chapter one the inspired writer asked one of the basic questions in all of life. In so many rambling words revealing a confused and empty life he asks the question: "Is there really any meaning in life or is all life characterized by emptiness?" And then after setting forth the basic question the writer uses the rest of the book to tell about his earnest, intensive search for a satisfying answer to that question. In several ways he tries to find real meaning in life. For example:

1. First, he tries human wisdom. In chapter 1 verse 13 he writes: "I gave my heart to seek and search out by wisdom concerning all things that are done under heaven." In chapter 1 verse 17 he writes: "I gave my heart to know

wisdom." In chapter 2 verse 12 he writes: "I turned myself to behold wisdom." In chapter 7 verse 25 he writes: "I applied my heart to know and to search and to seek out wisdom and the reason of things."

Here is the clear picture of a determined man – a man determined to turn all his attention in the direction of seeking human wisdom. He is searching for meaning in life and in his search he seeks human wisdom.

What did this man accomplish? He gained wisdom. He became one of the most educated men of his day. He discovered that human wisdom is helpful, but in passage after passage he declares that human wisdom alone is not the answer to the basic question: "Is there really any meaning in life?" After all his seeking and searching and learning, he discovered that his mind was expanded and literally stored full of human knowledge and wisdom, BUT HIS HEART WAS STILL EMPTY.

2. Second, the writer of Ecclesiastes testifies that in his search for meaning in life he tried human success. He dedicated himself without reservation to being a success – to being successful in the eyes of his fellow travelers along the pilgrimage of life. And the Book of Ecclesiastes reveals that the man achieved his goal of being successful. He went all the way – got all the things he wanted. In the eyes of his fellowman he was on top of the world. He had it all – all but what he really wanted. He wanted real meaning in life BUT HE DID NOT FIND MEANING IN SUCCESS ANY MORE THAN HE DID IN HUMAN WISDOM.
3. Third, in his earnest, intensive search for meaning in life the writer of Ecclesiastes tried pleasure. In his quest for pleasure he went all the way. He pulled out all the stops. He lived like he wanted to live – according to his own rules.

What did he discover about pleasure? He came to the realization that the life of human pleasure, in the final analysis, is a hollow, empty life. He discovered that pleasure is not the end. Human pleasure will not bring genuine satisfaction to man's burning desire for real, abiding meaning in life.

And so after trying human wisdom, success, and pleasure, the writer of Ecclesiastes is right where he started in the first place. He has not yet found what he is searching for – real meaning in life. But in the last two (2) verses of the book, he puts it all together. He shares with his readers the fact that there is one way – only one way – to know what life is really all about – only one way to find real, lasting meaning in life. In chapter 12 verses 13-14 he writes: "Let us hear the conclusion of the whole matter: fear God and keep His commandments:

for this is the whole duty of man. For God shall bring every work unto judgment, with every secret thing, whether it be good, or whether it be evil.”

Since the writer of Ecclesiastes was inspired to write this book, God has acted in an even greater manifestation of His love in helping people find meaning in life. Over 2,000 years ago God sent Jesus Christ and Jesus said: “I am come that people might have life – real life – and have it more abundantly.” Jesus said: “I am the way, the truth, and the life. No man comes to the Father but by me.” For us today it is God’s plan that we find real meaning in life by being right with God through faith in Jesus Christ who took our place on the cross and died that we might be saved.

Here is life – REAL LIFE. It is found in Jesus Christ.

Reverend Phillip R. Morrow Sr.

# Sunday

## Week 11. Restoring Peace With The World

It seems easy for Christians struggling with the Overweight State to hold a totally negative image of the world as a bleak and terrible place, Devil-ridden, doomed, and dangerous.

What about you? What is your attitude about your life in the world? Do you fully appreciate the distance you've traveled? Do you value your accomplishments? Have you discovered the good within you?

How you view yourself in the world but not of the world, as the Bible says, will give you the proper connections that enable you to function well but to remain independent of the superficial ways in which society measures success.

"To every man there openeth  
A Way, and Ways, and a Way.  
And the High Soul climbs the High Way,  
And the Low Soul gropes the Low,  
And in between, on the misty flats,  
The rest drift to and fro.  
But to every man there openeth  
A High Way, and a Low.  
And every man decideth  
The way his soul shall go.

John Oxenham

We must remember that each of us is a divine original, created by God to make a unique contribution to life, one that only you can make. This is true for you and for millions of other people like you who are unknown outside their small circles.

You can't afford to travel shallow, refusing to plumb the depths of your experiences. When you skim the surface, you miss what lies beneath. "Your soul suffers if you live superficially," cautions Doctor Albert Schweitzer.

### Different Ways To Read the World

The word "read" shares a root with other words – art, skill, ordain, adorn, and ordinary, for example. To read the world you're fitting together the connections between the obvious and the not-so-obvious – things, places, events, feelings, and thoughts.

Basically there are three different ways to read the world spiritually:

First, we read the world for what it teaches us about the spirit within us and the convergence of the Holy Spirit with our own spirit.

Through this kind of reading, we gain a new understanding of our place in the world and learn to recognize the many workings of the Holy Spirit.

Second, we read the world to see what it can show us about the meaningful life. Everything that happens to us and everything we encounter as an experience has the seeds within it to contribute to our journey toward peace, joy, and harmony.

By reading the texts of our experiences in this way we pick up clues as to who we are and what we need to deal with. Therein we discover ways to get in touch with the depths of our souls and the breadth of our connections to others.

Third, we read the world for what is. Not as a symbol. Not as a teaching. Not as a mirror. Simply for what is, for truth and reality. When we discover truth and reality, we find the peace we've been searching for.

We also discover that there are things we cannot possess with our reasoning nor envision in our imaginations. These are the realities of mysteries that reflect the Great Mystery.

# Monday

## Week 11 – Day 1

### Morning Prayer

Theme: Ask God for healing in our families

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Attention

To see God in the world – pay attention. All sorts of wonderful and important things are going on in front of our very eyes and we miss most of them because we're half asleep.

Jesus in the Garden of Gethsemane said to His disciples, "Watch here and wait with me." They couldn't do it.

God is in the details. Paying attention demands practice and discipline.

Contemplative prayer is right on the money. It is the healing balm for our inability to pay attention. It is there for you to utter at any moment.

To be attentive, you must be open, receptive, and totally present. Otherwise, you risk overlooking a thousand forms of beauty every day.

Every day there are moments of grace and great insights and lessons in discernment. Every day we miss them. Slow down or you'll miss the good stuff.

As you leave your home each day, ask yourself, "If I pay attention today, how will I see God?" By evening's end you'll have the answer.

Take yourself off automatic pilot and you will enter a whole new world of wonder.

### Wrapping Up

It's time.

# Tuesday

## Week 11 – Day 2

### Morning Prayer

Theme: Ask God for healing of our work communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As Inspiration for Being Present

Henry David Thoreau went into the woods at Walden Pond to find himself in the 19<sup>th</sup> century. One of the things he wrote was this, "Now or never! You must live in the moment, launch yourself on every wave, find eternity in the moment."

So, leave your past to God's mercy and your future to God's love. This moment is the only moment you're assured of.

Be creative with your moments. As an artist focuses – so can you. Be in the moment at the stove cooking, washing dishes, cleaning the floor, sitting or lying quietly, praying. Be in the moment at play or when reading. Be here, like the ice skater, moving without effort, fluid and free.

Jesus spreads a banquet before us and He says, "Eat, in remembrance of me." So we eat without regrets for the past or fears for the future.

So, don't wish yourself someplace else. Pledge yourself to the moment and let it teach you. Surrender yourself to the moment and let it preach to you.

### Wrapping Up

It's time.

# Wednesday

## Week 11 – Day 3

### Morning Prayer

Theme: Ask God for healing of our living communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Connection

The capacity to experience wonder and a primal sense of connectedness with all of life has been confirmed by quantum physics and ecology to be both possible and inevitable.

Your self and your world are linked in ever-expanding circles. We are kith and kin of God's creativity – from stones to galaxies. This concept of inter being transforms our concept of Jesus' words, "Love your neighbor as yourself."

Who is your neighbor? The Samaritan? The woman in prison? The Iraqi woman forced to flee her home? The enemy?

All these and more – the entire community of life. The entire universe. We must love it all as our self.

Every drop of blood that falls in Darfur, in Palestine, in Israel, in Afghanistan, in Iraq, splashes on our shoes and spatters the hem of your dress and my trousers.

The Hopi Indians say that we all began together, that each race set out on a different journey to learn its own road to power. Now it is time to put the pieces of the puzzle back together. Now it is time to work to make the circle unbroken again.

### Wrapping Up

It's time.

# Thursday

## Week 11 – Day 4

### Morning Prayer

Theme: Ask God for healing of our nation

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Devotion

Devotion is a word derived from the Latin *devotio* for “vow” or “total dedication.”

The great spiritual traditions suggest a treasure chest of devotional acts: morning prayers, evening prayers, grace said over meals, and reverent physical movements such as kneeling or bowing our heads to pray.

Think about it. Every aspect of your life has potential as a devotional practice. Every movement of your body is anchored in the act of creation. Everything we do, everything we see, everything we touch, everything we say can be defined as a devotion.

Dorothy Day, cofounder of the Catholic worker movement, says, “I believe lots of people pray through the witness of their lives. Through the work they do. Through the friendships they have. Through the love they offer and receive from other people.”

So, you can see the possibilities: a quiet time reading your Bible in the early morning hours, a weekly call to a special friend to share your deepest feelings, a reflective pause at work before going out to lunch, some quiet time with your children at bedtime, prayer with your partner before dropping off to sleep. All these are truthful times of heartfelt worship which feed your soul and spur your spiritual growth. Such times are nothing less than the oxygen of spiritual survival.

### Wrapping Up

It's time.

# Friday

## Week 11 – Day 5

### Morning Prayer

Theme: Ask God for healing of our world

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Hospitality

In the Bible Jesus is the most hospitable of people, mingling with rich and poor, Jew and Gentile, women of good repute and bad, crossing boundaries in the name of love.

Christian monasteries have a long-standing tradition of taking in strangers, acting as if the stranger could be Jesus, heeding the words of Hebrews 13:2, "Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares."

This spiritual practice goes against the grain of today. In the post modern world we're afraid of everybody if we don't know them. Thus, hospitality can be the step you need to take to adjust your attitude toward dismantling the barriers of your world and the world at large. Hospitality is the way to turn a prejudiced world around, one heart at a time.

So, start with your own situation and those who are close at hand. Share who you are and what you have. Then, extend the practice to your neighbors and to the world.

When you are gracious and courteous to strangers, it shows that you are a first class world citizen. And, that's what the world needs – more citizens united by hospitality, an openness to new ideas, tolerance of strangers, and a willingness to face the mysteries of living adventurously.

So, open your door.

### Wrapping Up

It's time.

# Saturday Eating Realities

Week 11

Read Smart Moves 1-22

# Saturday's Message

## Week 11

### "Making God's Will Mine"

#### Matthew 26:36-45

Dr. A.C. Reid – in a brief sermon delivered in Harvard University Chapel – said: "To discover the will of God is our highest privilege, our greatest need, and our finest source of strength." Dr. Reid is right. But if I were to survey any group of people by asking, "What do you think is the most important thing in your life?" I would receive many different answers. We are living in a day when people have many hopes and dreams and priorities. But for Jesus Christ – during the course of His earthly life – there was one thing that really mattered – one thing that took top priority; and that one thing was to do the will of God.

In John 4:34 Jesus said to His disciples: "My meat is to do the will of the Father which hath sent me, and to finish His work."

In John 5:30 Jesus declares: "I seek not mine own will, but the will of the Father which hath sent me."

In John 6:38 Jesus affirms: "For I come down from Heaven, not to do mine own will, but the will of Him that sent me."

In the Garden of Gethsemane shortly before His arrest and crucifixion Jesus prayed three times saying, "Not my will, but thine be done."

In the Christian life, Jesus Christ is our example. He lived life as God intends for all of us to live – in the center of God's will for our lives.

It is my conviction that the Word of God teaches a number of truths concerning the will of God. Consider some of these truths:

1. God definitely has a will for every person's life. God knows everything about every individual. He has a definite plan for everyone.
2. Sometimes a person must engage in a struggle before he knows what the will of God for his life is. This was certainly true of Jesus. His temptation experience was a struggle to know God's will concerning the kind of Messiah He would be. His experience in the Garden of Gethsemane was a struggle to determine God's will about moving on to face the cross of Calvary. We

also will find times when we struggle in our desire to know and do the will of God.

3. Obeying God's will for your life is not always the most popular thing to do. It was not for Jesus. It led Him to a cross! We may not be awarded with popularity when we commit ourselves to the will of God for us. I was responding to what I know to be God's will for my life when I changed my course of study at Wake Forest University from pre-law to pre-ministerial, but when an adult friend in my home town heard the news, he told me: "I am very disappointed. I was hoping that you would do something important with your life!"
4. Obeying God's will for your life is the right thing to do. Doing the right thing is always best.
5. If you will submit your life without reservation to the will of God, He will supply all your needs. He did that for Jesus and He will do that for all of us.

A Baptist pastor who always sent a personal, hand-written letter to the high school and college graduate from his church wrote the following paragraph in those letters: "I wish for you the very best in life, knowing from personal experience that the only way to live life at its best is to live in accord with God's will. Be assured of my prayer as you – throughout the course of life – seek the knowledge to know and the courage to do God's will."

The prayer of the hymn writer is an inspiration:

Have thine own way, Lord,  
Have thine own way.

Thou art the potter,  
I am the clay.  
Mold me and make me,  
After thy will.

While I am waiting,  
Yielded and still.

AMEN

Reverend Phillip R. Morrow Sr.

# Sunday

## Week 12. Freedom From Anger

When anger erupts in us, it is a warning bell that there is unredeemed conflict with another human being. Thus, it is a diagnostic tool for sniffing out trouble in the neighborhood. Diagnostically it is virtually 100% correct, and you can trust it every time.

"There is but one way to browbeat this world,  
Dumb-founder doubt, and repay scorn  
in kind, --  
To go on trusting, namely till faith move  
Mountains.

Robert Browning

When we are angry, if we were able to be objective about it, we would know that we're on to something big, really big. That something big is a thought to which we are attached, a thought with pseudo-moral authority and dynamite potential that carries conviction of being "in the right."

Consider the case of Jonah. When God said to Jonah, "Do you do well to be angry?" Jonah shot back, "I do well to be angry, angry enough to die." (Jonah 4:9)

The diagnosis of anger, however, is incomplete, there are unresolved diagnostic questions:

- Is the wrong outside?
- Is the wrong inside?

The other person is outside, the one to whom the anger is directed:

- Our spouse
- Our child
- Our God

Somebody somewhere did something that irked us and we are angry. This is what Jonah did. He got irked. He quarreled with God, blaming Him for his trouble.

Yet, when we carry the diagnostic process further, and track the anger carefully, we almost always discover that there are clues within of the erroneous thought to which we are attached:

- Wrong information
- Wrong interpretation
- Inadequate understanding
- Lack of forgiveness

- Underdeveloped heart
- Assumptions which have not been subjected to the inquiry of the Holy Spirit

Thus, the big thing about anger is to reframe its emotional power and see it as an opportunity to move to higher ground spiritually. Our quarrel with whoever is believed to be the cause of our anger can be turned around as we forgive them. And, since the mindset of forgiveness can only come from God, through forgiving another person we move closer to God. That's revolutionary for your health.

*25 So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. 26 Be angry but do not sin; do not let the sun go down on your anger, 27 and do not make room for the devil. 28 Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. 29 Let no evil talk come out of your mouths, but only what is useful for building up, [E22](#) as there is need, so that your words may give grace to those who hear. 30 And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. 31 Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, 32 and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.*

*Ephesians 4:26-27*

# Monday

## Week 12 – Day 1

### Morning Prayer

Theme: Ask God for healing in our families

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

#### The Holy Spirit As A Source of Love

Love is our strongest human need. Often we confuse the rush of hormones and the romantic symbol of Hollywood as love and end up making someone else's behavior responsible for our happiness.

What about you? Do you know yourself? Do you know the difference between your authentic needs and the things your ego demands to mask your fears and insecurities?

Think about it. Could you expect another person to get inside your head with sufficient discernment to anticipate your various unspoken needs all the time? And then, when it doesn't happen, can you legitimately say (resentfully) – "If you really love me you will . . ."

It happens.

It takes a lot of soul-searching to discover what is true for you, what your assumptions about love are, or whether you've subjected the topic of love to the inquiry of the Holy Spirit.

Looking outside your self to others for love is putting the cart before the horse.

Until you discover love within yourself, you can't authentically share it with anyone else.

### Wrapping Up

It's time.

# Tuesday

## Week 12 – Day 2

### Morning Prayer

Theme: Ask God for healing of our work communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Love

Love. We think about it. We speak about it. We sing about it. We dance with it in mind. These are some of the conceptual ways that give rise to the clichés with which we refer to love. You could say that these concepts of love are those of the world.

So, what would it mean if you considered love as a practice that should correspond to what it means to be created in the image and likeness of God?

There are, of course, logical implications to the question:

- Each of us is created in and of love
- God loves us
- God is love in us
- Each of us is the very activity of love
- You have all the love you need to love everyone and everything

So, talk to the Holy Spirit.

Ask for the strength to love authentically. Ask for help in sweeping away any anger that is within you.

### Wrapping Up

It's time.

# Wednesday

## Week 12 – Day 3

### Morning Prayer

Theme: Ask God for healing of our living communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As The Source of Love

Being loving instead of angry is, of course, a choice. But this choice takes openheartedness and courage. Anger is a powerful emotion that attaches to our thinking. When you make a conscious choice to be loving, you will begin reorganizing your thinking and your actions in ways that are consistent with your decision to change.

Consider this. What will the decision to be loving require of your thinking when your children or your parents or your partner get on your last nerve?

How will you behave when faced with a big disappointment? What about the time when an unkind word slips out? Will you be able to say within yourself to the person who hurt you most – “I love you.” “I forgive you and I bless you?”

Patience, kindness, gentleness – these are among the greatest virtues that authenticate love. Sometimes they are treated as though they are signs of weakness. Not so. Their expression requires character. To turn around and love someone today who made you angry in the past – that takes great strength.

So, do this. List the name of someone who makes you angry. Then, make a list of his or her good qualities. Everyone has good qualities. Say a prayer of gratitude for those good qualities.

For the next week, twice a day, repeat the prayer. This is helpful in reducing misunderstanding and hostility through softening your heart. Thereby you will treat and respond to that person positively and with generosity of spirit.

### Wrapping Up

It's time.

# Thursday

## Week 12 – Day 4

### Morning Prayer

Theme: Ask God for healing of our nation

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As The Source of Love

There's no fun in holding grudges. The longer you hold on to anger, the more it hardens your heart. Bitterness limits you, reduces your energy and your happiness. When you give up feelings of resentment, you gain Inner Peace. Loving is essential to your own spiritual health.

When you make the choice to love without condition, you feel closer to the people in your world and there is less stress and tension in your life. Thereby you are living on Higher Ground.

Love is a magnet. Love attracts the best of everything. It attracts the most positive relationships, because people are drawn to your non-judging attitude. They feel comfortable with you, with being in your space.

Discovering the nature and power of love will spell the end of anger, of resentment, of bitterness. This must become your life's work, your purpose. Thus, you will grow in your understanding of what Jesus was talking about – of loving your neighbor as yourself.

So, don't wait for love. You are love. And, loving gives you wings. So, fly.

### Wrapping Up

It's time.

# Friday

## Week 12 – Day 5

### Morning Prayer

Theme: Ask God for healing of the world

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

#### The Holy Spirit As The Source of Love

Loving is letting go. When we love we don't need to judge, to editorialize, to control. Thus, we let go of our demands on others and ask what we may do for them.

When we live lovingly, we encourage our partners to be themselves, to grow, and to develop in their own time and in their own unique way.

Self-realization without regard to the needs of your partner is the way of the world. Genuine intimacy based on shared beliefs brings forth the greatest opportunities for self-discovery and personal growth.

To increase your happiness and the quality of your relationships and to discover what you need to change, you must be honest in examining your behavior, your emotions, and your feelings.

Are you giving what you want to receive?

Are you selling yourself short in this crucial area?

The answers lie within.

You need only listen to the still small voice to discover the answers. Then, begin making positive changes, moment by moment.

The spiritual purpose of a partnership is to break down the walls of Resistance between us, through sharing and accepting one another. It's a great adventure, this finding oneness with God through a journey of self-revelation – together – soul to soul. Any other way is unthinkable.

### Wrapping Up

It's time.

# Saturday Eating Realities

Week 12

Read Smart Moves 23-47

# Saturday's Message

## Week 12

### "Retreat To Power"

#### Luke 5:12-16

When I was a boy growing up in the little town of Catawba, North Carolina, our pastor at Catawba Baptist Church for ten (10) years was Rev. A.R. Waters. The parsonage was across number ten (10) highway from our house. The Waters children were some of my best friends. We frequently visited each other and spent a great deal of time together. I have many precious memories of the relationships developed with Mr. Waters and his family. I remember watching as Mr. Waters would pick up his Bible in one hand and a small stool in the other hand and quietly make his way into the woods behind the parsonage. Several hours later he would return to the house, not looking tired or troubled but appearing refreshed and strengthened. As I got a little older, it became obvious to me that Mr. Waters was out there in the woods alone praying and studying God's Word. Mr. Waters was "retreating to power."

Mr. Waters had a great example for his experiences of retreating to power. The Gospel records make it clear that Jesus Christ, during the course of His earthly ministry, had a number of experiences when He retreated to power. Many times Jesus would slip away from the crowds and pray. One such experience is described in Luke 5:16 which says: "Jesus withdrew himself into the wilderness and prayed."

A study of the retreats in the life of Jesus reveals several truths.

1. When did Jesus retreat? He often retreated when He had major decisions to make. Our Lord's temptation experience as recorded in Matthew 4:1-11 is one example of this truth. After His baptism experience, Jesus' Messiahship had been confirmed by God, the Father, who said: "This is my beloved Son, in whom I am well pleased." Now the question facing Jesus was what kind of Messiah does God want me to be? The people of that day had several different concepts of the Messiah which are reflected in the temptations which Jesus faced out there in the wilderness. As He retreated, Jesus rejected them all and decided that God wanted Him to be a spiritual Messiah. In making this decision, Jesus got away from the crowds and got alone with God.

2. What did the retreats mean to Jesus? A list of benefits could no doubt be made but at least two (2) truths are clear.
  1. Jesus received the knowledge to know God's will. That was certainly a truth revealed in the temptation experience already discussed. Jesus worked through those temptations by the devil and obtained the knowledge to know God's will. He left that wilderness knowing that God wanted Him to be a spiritual Messiah.
  2. During those retreats, Jesus was blessed with the courage and the power to do God's will. In His soul-searching Garden of Gethsemane experience as recorded in Matthew 26:36-46 Jesus found the courage to do the will of God and go on to face the agonizing death on the cross. After His earnest praying there in the garden, Jesus came to His sleeping disciples and said: "Rise, let us be going . . ." and then made His way to the cross utilizing the courage which God gave Him.

In all of this, there is a tremendous challenge for all the people of God in our day. We need to retreat to power. Like Jesus, our great example, we need:

The knowledge to know God's will;

The courage to do God's will;

The divine power to do God's work even as Jesus did.

In today's world, there is so much spiritual work to be done. In our preparation to do that great work, let the people of God "retreat to power." Amen – May It Be So

Reverend Phillip R. Morrow Sr.

# Sunday

## Week 13. Restoring Peace with Nature

Nature is the place of wonder. Wonder is the basis of worship. It isn't enough to be stopped in our tracks by looking at the continuous fabric of light emitted by stars on a dark night. When meteors flash like fireflies we can see an angel hurrying to minister. When we see the Milky Way flowing like a luminous river, we can envision the occupants of heaven on holiday.

As children of God we have a tremendous treasure in nature. Thus, nature is holy and sacred. Through it we can see God reaching out to us in every wind that blows, every sunrise and sunset, every cloud in the sky, every flower that blooms, and every leaf that fades.

If each of us is unfolding life frame by frame, as if in the movies, nature provides a theater for some of our most effective healing and for our most dramatic experiences of being with God.

The settings may vary but the feelings are universal. Nature exerts her healing while you're walking through the woods, when you're watching a sunrise, as you canoe a mountain river, as you touch down your toes in the lapping of ocean waves, as you toss a smooth rock into a small pond and follow the ripples moving away from and toward you in ever-widening circles, or simply by sitting under a tree.

"The world is charged with the grandeur of God."

Gerald Manley Hopkins

As you sit or walk or canoe, bring your thoughts and ideas that are worthy of credit to God and learn to compare and associate them with what is happening in nature.

When this happens, we have started to read the book of nature.

There's another book that can serve as a vehicle to re-enchant you with the wonders of nature – the Bible.

Do this. Take your Bible outdoors to read. It's a natural. Passages that seemed fuzzy or incredible when read indoors seem totally natural outdoors. Outdoors, when you think about it, we are face to face with the wonder of it all. We see that the miraculous is not so extraordinary after all. It's the common mode of reality actualized.

It's our daily bread.

Now, how about an "Emmaus Walk."

To begin, read Luke 24:13-32.

As you start out, hiking along a country trail or a wooded path, you may be tired, sluggish, inattentive. Then, birdsongs begin to penetrate your senses and the play of light on oak leaves and maples catches your eye.

Notice the rocks. Their creation is so complex, so intricate, so profuse with life and form and color and scent, so representative of millions of years of prehistory and of the permanence of creation.

Now, to get the adrenalin rushing through your arteries and tingle your feet into life, read a few paragraphs of Revelation. The words of Revelation are guaranteed to arouse your imagination.

You'll experience a world of sky battles between angels and beasts, horrifying punishments, magnificent salvation, kaleidoscopic vision, and cosmic song. Hey, ya gotta get ready.

So, there in the great outdoors, you can be re-encharnted with the soaring adoration and primal affirmation for which God made us. There you can hear the Voice of God.

# Monday

## Week 13 – Day 1

### Morning Prayer

Theme: Ask God for healing of our families

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Wisdom

An instinct to move is inborn. If you've ever had a baby this reality becomes junior or sister kicking and jabbing – about month five. By month nine he or she is moving and shaking, ready to debut into the world of nature.

If you're tired of technomedicine and turned off by medicines and surgery and can't make sense of herbs, tonics, secrets of ancient discoveries, including Chinese medicine and the Ayurvedic tradition, and, the dazzling array of bridges between your body and your mind can't seem to gel, remember what Dorothy said in The Wizard of Oz – the answer you're looking for is right here, in your own backyard.

It's motion – in the outdoors. If you could bottle it, you'd be hailed as the great deliverer and filthy rich.

We've seen it over and over, the transformation that occurs when a man or woman wakes up to the wisdom of re-enchanting the magnificent design of their body with the role nature has played in the good life. Stories of the good life from every culture that has taken the time to consider that old theory of the four elements - earth, water, air, fire – are stories of motion, how things move – the way and feel of things.

So, your first job is to think. Then, imagine. Then, move.

### Wrapping Up

It's time.

# Tuesday

## Week 13 – Day 2

### Morning Prayer

Theme: Ask God for healing of our work communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Creativity

Journal Work.

Do a journal exercise on the following parallel thoughts.

First, Jesus saying – “Man does not live by bread alone.”

Second, D.H. Lawrence, the English writer, “The human soul needs actual beauty even more than bread.”

What say?

### Wrapping Up

It's time.

# Wednesday

## Week 13 – Day 3

### Morning Prayer

Theme: Ask God for healing of our living communities

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As A Source of Wisdom

It's easy to get the mistaken notion that spirituality is a separate department of life, because, when the Overweight State controls your life, it is difficult to discover the therapeutic value of your spirit and the Holy Spirit.

Rightly understood, spirituality is a vital awareness that pervades all realms of your being.

Someone will say, "I come alive when I'm at the beach with my dog, picking up litter."

"I come alive every morning as I jog in the park – rain or shine. You should see me glide, it's magic."

"I come alive when I play golf."

"I come alive when I'm in the garden."

As you can see, the power of the spirit is potent medicine. Whenever we come alive, that is evidence that the medicine is kicking in. There are many dose forms, but underlying all is the desire to deepen our relationship to God.

So, seeing nature as a friend can be like seeing the world for the first time as it really is. Look! Get out there!

### Wrapping Up

It's time.

# Thursday

## Week 13 – Day 4

### Morning Prayer

Theme: Ask God for healing of our nation

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

#### The Holy Spirit As A Source of Divine Friendship

The Devotion of Hearing

“He who has ears to hear, let him hear.”

If the word of God is divine and the Divine Word is primary, then, human hearing is essential.

So, what about your ears? Are they so heavily trafficked that when another person brings word from God, you don't hear it? Or, are your ears like good soil which readily welcomes God's Word and rejects the lies of the world?

Here's an idea. Practice the gift of hearing in reverence and silence and in wonder, so that you will truly hear and understand and believe.

Listen to the words of God.

*And he said, "Go forth, and stand upon the mount before the LORD." And behold, the LORD passed by, and a great and strong wind rent the mountains, and broke in pieces the rocks before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; **12** and after the earthquake a fire, but the LORD was not in the fire; and after the fire a still small voice.*

*1 Kings 19:11-12 RSV*

Pray for the Holy Spirit to open your ears to hear the “still small voice” of God.

### Wrapping Up

It's time.

# Friday

## Week 13 – Day 5

### Morning Prayer

Theme: Ask God for healing of the world

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As The Way

When Jesus said to Thomas, "I am the Way, the Truth, and the Life," what did He mean?

Suppose you were in a strange town and asked for directions and were told, "Take the first road to the right and at the stoplight go across the square. On the right you'll see a church, take the third road to the left past the church and the house you want is the fourth on the right."

Chances are you'd be lost before you got half way.

But, suppose the one you asked for directions said, "Come, I'll take you there."

Thus, the person is The Way. Thus, we can't miss, can't get lost. That is what Jesus does for us. He doesn't simply give advice and directions. He takes us by the hand and leads us out of confusion into clarity. Along the way He strengthens us and personally guides us moment by moment and day by day. He doesn't simply tell us about the way. He is the Way.

Thus, all the usual habit patterns that have sabotaged your weight loss efforts before will be turned around: excuses, setting off without a plan, rationalization, shaving the truth, moodiness, going for the quick fix, timidity, and so on.

He is the Truth – His character affirms it through His life.  
He is the Life. Life with Jesus is the Abundant Life indeed.

### Wrapping Up

It's time.

# Saturday Eating Realities

## Week 13

### Motion (Phase 2)

By this point you should feel better and lighter and be more able to start a routine exercise program. By aggressively exercising while maintaining the strict Diet or eating with the same general diet principles you should see an increase in weight loss.

Your goal should be 150 minutes per week. This is usually broken down into 30 minutes 5 days a week.

The type of exercise you do is not as important as just doing it. Find something you enjoy that is simple to do.

Here are some ideas to get you started:

#### At Home:

- 1) Walking (A good inexpensive form of exercise as long as you have a safe place to walk and have a backup plan if it is too hot or cold. Try walking while moving a ball from one hand to the other to build coordination)
- 2) Treadmill (start slow and gradually work up speed at your own pace)
- 3) Exercise Bike (bikes that work the arms and legs are especially good)
- 4) Recumbent Bike (good for people with knee problems these bikes take the stress off the legs and knees while providing a good cardiovascular workout)
- 5) Elliptical Trainer (one of the best low impact workouts, however, they tend to be more expensive)
- 6) Exercise bands (available at most sports stores they will provide on-the-go strengthening)
- 7) Health Bouncer – buy a small in-home trampoline and run on it in your living room for 20 minutes a day. You can do this while watching the kids or listening to the news.

#### At Work:

- 1) Use the stairs (never take the elevator)
- 2) Wear ankle weights (will help you burn more calories)
- 3) Walk with a purpose. Instead of walking sluggishly, always try to walk with a quick, light step. This will help to burn more calories.
- 4) Take a walk over lunch. Take 5 or 10 minutes before or after lunch and take a brisk walk.

# Saturday's Message

## Week 13

### "One Picture of Jesus"

#### II Peter 1:1-4

Since my wife died suddenly on May 5, 2006, I have developed a new interest in pictures that we have taken across nearly forty-six (46) years of marriage. I have discovered that the pictures have helped to build important memories and to revisit those pictures again and again helps to refresh those precious memories.

All of this reminds me that the Bible is a valid written record of God's revelation of Himself to people that contains many "word pictures" of Jesus Christ. Reading and studying these word pictures of Jesus teach us important spiritual lessons concerning who Jesus is, the remarkable qualities of His perfect life, and what He would have us be and do. One such pictures of Jesus is found in II Peter 1:1-4. What does this word picture teach us about Jesus.

1. Jesus possesses divine power. II Peter 1:3 refers to "His divine power."

There is much emphasis today on power – nuclear power, military power, man-man power. But the greatest power on earth and in Heaven is the divine power of Jesus Christ – power that can literally take the life of a sinner – any sinner who is willing – and transform that person's life into a redeemed child of God. There is a powerful message in that hymn which declares:

Would you be free from your burden of sin?  
 There's power in the blood, power in the blood;  
 Would you over evil a victory win?  
 There's wonderful power in the blood.  
 There is power, power, wonder-working power,  
 In the precious blood of the Lamb.

2. Jesus is one who blesses the lives of His people. II Peter 1:3 says that Christ "gives us all things that pertain to life and godliness." One translation says that "By His divine power Christ has given us everything we need to live a godly life." This is a wonderful spiritual truth. In our own strength we cannot live that quality of life that God would have us live. But we do not have to rely on just our strength. Our text declares that Christ gives us all the blessings we need to live according to God's will. What a Christ we know and serve!

3. Jesus is one who makes great promises to His people. Peter writes that "Christ has given us precious and very great promises." I am not sure how many promises of God are contained in His Holy Word. There are many. And God is faithful and without exception keeps His promises. All the blessings of God promised in His Word can be ours through Christ if we are willing and ready to receive them and to be good stewards of them.

Years ago, I was blessed to hear Dr. Carl Bates, pastor of First Baptist Church, Charlotte, N.C., speak on the subject "A Call To Commitment." In that message – which I hope time will never erase from my memory – Dr. Bates spoke of the promises of God and then used a meaningful illustration. He said that Dwight L. Moody was talking to a friend one day and his friend said: "Dwight, do you know what I believe the first question will be when I stand before God in judgment?" "No, I am not sure," said Mr. Moody. And his friend replied: "I believe God's first question will be: 'My child, why did you not let me bless you more?'"

4. Jesus enables us to share the divine nature of Almighty God. Peter writes in II Peter 1:4: "Christ has given us precious and very great promises in order that by receiving what He has promised we may escape from the destructive passion that exists in the world, and come to share the divine nature." We are created in the image of God. We are able to have fellowship with God and to take on the divine nature. We can live on a higher level than the world expects. By the power of Christ our sinful human nature can be transformed. The Bible teaches that we cannot even begin to imagine what we can become if we are totally committed to God through faith in Jesus Christ. In John 10:10 Jesus said: "I am come that you might have life and that you might have life more abundantly." With God's help we can grow more and more spiritually speaking as we become greater sharers in the divine nature!

Look often at that word picture of Jesus found in II Peter 1:1-4 and you will be inspired and challenged to grow toward that divine quality of life which Jesus had in mind for all of us when He said in Matthew 5:48: "Be ye perfect, even as your Father which is in Heaven is perfect."

Reverend Phillip R. Morrow Sr.

# Sunday

## Week 14. Freedom From Anxiety

**GAD – generalized anxiety disorder – if you have it and find out this is what it’s called, you’ll likely say, “you mean there’s a name for this.”**

GAD is a chronic state of being on edge, of having trouble concentrating, of having tension in muscles and joints, of having trouble falling asleep or staying asleep, of being irritable, and of getting tired easily.

The worry that it causes is like dust. You can dust every day or so and get help with the dusting but slowly, inexorably, the dust sifts in, a grain at a time.

“The presence of God calms the soul, and gives it quiet and repose.”

Francois De Salignac Fenelon

And, even though GAD colors every view of your life, no one thing is usually the culprit. It’s free floating. And, you can’t entirely hide it. It shows through when you’re trying to have fun. It’s as nasty as sitting on an anthill, naked, in a hot sun.

The worries of GAD come more often and are more intense and last longer than the good worries of average people. Thus, the worries of GAD become a way of life. They enfold everything and when you’re hit with it, you’re tempted to think of yourself as weak, a loser, or simply bad – which pins a moral flag onto the worry state.

Neuroscientists are just now able to put together some of the pieces of the GAD puzzle. To date they include these probabilities:

1. There probably is a genetic vulnerability to GAD.
2. Experiences of life cause the genetic tendency to express itself, sometimes strongly, sometimes not so strongly.
3. The person with GAD is not able to sooth himself or herself as readily as other people can.
4. Self torment is also more apt to occur.
5. The basis for less soothing and more torment probably has a biological basis. This is connected to the body’s production of GABA (gamma amino butyric acid), which is the precursor of internally produced drugs that act like Valium and Morphine. In the body these are known as endorphins.

6. The number of receptor sites for endorphins, also a genetic factor, plays a role in whether the anxiety you feel is slight or whether it's heavy.

Thus, GAD is not your fault, it occurs as a result of physical factors that you can't control.

But, there are a few things you can do that will make your body handle its anxiety and worry.

And, they're next.

# Monday

## Week 14 – Day 1

### Morning Prayer

Theme: Ask God for healing of our families

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

## The Holy Spirit As The Source of Peace

### Step #1. Reduce worry points.

Questions:

1. Have you had a will drawn?
2. Do you have a plan to reduce future worries about money?
3. Do you have a system for organizing your desk and your office?
4. Do you have a Rolodex or other system for keeping important telephone numbers next to your telephone?
5. Do you always put your car keys in the same place so you'll never have to search for them?
6. Do you make sure your children see the dentist when they should.

Worry over ordinary, everyday things can be reduced through putting the **CPPR** method into action:

1. **Check it out.** Be specific. What's causing your anxiety patterns? Ask what, who, where, why, when, how?
2. **Pray about it.** Ask for wisdom – discernment.
3. **Plan** – put your plan on paper with objectives and goals.
4. **Remedy** the cause of worry – take action.

This approach turns worry into action, treating worry as the warning signal it should be. The basis for this approach is structure – a generic word for lists, reminders, schedules, rules, any organizing method. Structure is a potent antianxiety agent.

Pray for the Holy Spirit to give structure to your life.

### Wrapping Up

It's time.

# Tuesday

## Week 14 – Day 2

### Morning Prayer

Theme: Ask God for healing of our work communities

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### Evening Prayers

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As The Source of Peace

#### Step #2. Use good words.

The words with which you communicate determine the quality of your life – the extent of your anxieties and your worries. This is especially true when communicating with others or with yourself. Especially with yourself.

The impact of your words and the words of others spoken to you cause measurable biological changes in your brain. Words are stored in your conscious and subconscious mind. We think in words.

Thus, words can make you laugh, make you cry, make you worry, make you anxious, make you happy.

#### Self-Talk

The words that you utter internally, your self-dialogue, becomes the program of your mind, the thought to which you become attached. So, you're continually telling yourself what to be afraid of, what to worry about – silently. These are negative silent words that are programming your mind silently.

Obviously, thereby, you can turn around negative programming by replacing it with positive self-talk.

So what are you saying to yourself about yourself? Here are two questions.

#1. Describe one negative thing that you say to yourself.

#2. Describe one positive thing that you say to yourself.

Pray for the Holy Spirit to help you think more positively.

### Wrapping Up

It's time.

# Wednesday

## Week 14 – Day 3

### Morning Prayer

**Theme: Ask God for healing of our living communities**

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### Evening Prayer

**Theme: Changing what is, through the power of the Holy Spirit  
The Holy Spirit As The Source of Power**

### **Step #3. Nous Work on negative words spoken to you by others.**

When you assimilate words that other people say – whether that’s what you hear them speak or whether you read those words – those accepted words become part of your belief system – words to which your mind is attached.

#### **Part 1.**

So, on your writing pad – write the answers to the following 6 questions:

1. Who makes you worry? Why? How?
2. What do you want them to do to change?
3. What should or shouldn’t they do, be, think, feel?
4. What do you need for them to do so that you won’t worry?
5. What do you think of them? Make a list.
6. What experience with that person do you not want to relive?

#### **Part 2.**

The work of the Holy Spirit is to connect you to truth and reality through deep inquiry. Here are five inquiries for you to use to investigate the reality of what you have written for the previous questions.

Inquiry #1. Is what you are saying true?

Inquiry #2. Can you know that it’s absolutely true, beyond a shadow of doubt?

Inquiry #3. What thoughts do the answers bring up? (example: worry over something said or done to you)

Inquiry #4. What if you forgive the person for making you feel this way?

Inquiry #5. After forgiving them, what if you turnaround the negative thought and think the opposite thought about them? (example: “you make me happy”). Thus, the power of forgiveness changes your mind and behavior (you cannot change other people).

As you work with the Nour Work Exercise, think of someone you haven’t totally forgiven yet or someone you’ve judged harshly. Forgive them!

### **Wrapping Up**

It’s time.

# Thursday

## Week 14 – Day 4

### Morning Prayer

Theme: Ask God for healing of our nation

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As The Source of Peace

#### Step #4. Use your head.

An aerobic workout habit is good for pumping more blood to more places, and since blood contains O<sub>2</sub> and since your brain is one of those places – the place where the neurotransmitters and their receptor sites are mismatched -- it makes perfect sense that you need to get moving to overcome the shyness, the reticence that GAD causes.

So, as regular workouts improve your chemical confidence, there's a good chance that you will go from being a shy wallflower to a Carol Burnette – clowning, singing, and yodeling like Tarzan. Honestly, she used to be one of the shy people, as told in her autobiography One More Time.

Anyway, even if the example doesn't fit, a workout in a fitness class will combine both physical and social exercise – perfect starting places to push the endorphins and to squelch the shyness of worrying over doing the wrong thing, like being embarrassed by your two left feet.

So, join the beginner's class. They're so forgiving and they're for having fun. So, fun, not perfection, is the bottom line.

And, as you make friends, you can come up with all sorts of outrageous conversation – from considering whether the better tempo for the workout would be the music of John Lennon or John Philip Sousa.

### Wrapping Up

It's time.

# Friday

## Week 14 – Day 5

### Morning Prayer

Theme: Ask God for healing of the world

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### Evening Prayer

Theme: Changing what is, through the power of the Holy Spirit

### The Holy Spirit As The Source of Peace

#### Step #5. Go to more church socials.

The GAD Syndrome creates reticence about social situations because worry about what was said kicks in later. Here are four good moves that will begin your turn around from shyness to outgoingness.

**1. Be prepared – like a Boy Scout.**

At home, work on a few conversation starters and silence fillers. That way, if awkward moments arise, you'll be ready with, how a new technology generating power from saltwater could generate 25% of the Netherlands electricity.

Knowing that you have a few well rehearsed conversation openers at the ready if need be will cut your anxiety level and let you enjoy yourself.

**2. Enter breathing.**

A few deep breaths before you actually go in will do wonders for quieting your anxieties.

**3. Talk like Charles Kuralt**

Keep your conversational style simple. Don't stretch to be overly interesting. Just be warm and open. Make a concerted effort to shift the conversation away from yourself onto the other person. The more you do it, the better you'll get.

**4. Pretend you're Katherine Hepburn.**

Katherine can help you slip out of shyness and become the person you were meant to be. Mimic her. Maybe a part in a movie will open up.

### Wrapping Up

It's time.

# Saturday Eating Realities

## Week 14 Congratulations

Now that you have finished the first 12 weeks of the REDUCE plan you should have a general understanding of the basic principles of nutrition. You have been eating a low calorie, low fat diet rich in fiber and protein. (review the Nutrition Breakdown page). You have been eating in a structured way – 3 average sized meals and 2 snacks a day. Hopefully you are eating more fruits and vegetables and are limiting your intake of “pleasure foods” (deserts, sweets, chocolate, etc.). You have probably also noticed that your weight loss has leveled out and you are not losing as much weight as when the diet started. Welcome to Resistance. Your body’s natural reaction to a change is to slow down the metabolism and try to retain as much excess weight as possible. Your job is to not get discouraged and continue to work towards a goal of better health. You have taken a monumental step by completing the 12 week diet and hopefully lost 10-20 pounds or more. If you never lose another pound your overall health will still be improved by the initial 10-20 pounds lost. Your first goal is to use the skills you have learned about diet and exercise to sustain you initial weight loss. Use the techniques below for the next 12 weeks and just try to maintain your weight loss. Eventually the other pounds will come off, but, it is a slow process. Look for 1-2 pounds of weight lose each month and remember – the goal is not necessarily to lose a lot of weight. Your main goal is to feel better physically, mentally, and spiritually and have better overall health.

Maintenance. If you are happy with your current progress and are on your way to your goal weight you can continue the same general diet principles indefinitely. Eat 3 meals and 2 snacks a day consisting of the Diet foods or nutritionally similar meals for at least 5 days a week. (See the Nutrition Breakdown). Continue to weigh yourself daily, and if you see any significant increase in weight, restart the

strict diet. Here are some suggestions on how to continue healthy eating.

Breakfast – Pick 1 or 2 simple breakfasts such as All Bran or Oatmeal and stick to these most days of the week.

Lunch – Choose something under 400 calories. A simple sandwich, salad, or prepackaged meal (Weight Watchers Smart Ones, Lean Cuisine, Healthy Choice, Lean Gourmet) are good options.

Dinner – Stay under 500 calories. Keep it simple. Use the Diet choices, homemade meals, prepackages meals, along with experimenting with fish meals. Read labels and try to match your meals with what you have been eating. Avoid eating out and deserts.

Snacks – Continue nuts as 1 snack a day and work on increasing your fruit intake.

## Nutritional Content

<b>Breakfast</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
Oatmeal	240	3	40	4	10
All Bran	250	3	57	18	16
Egg on Toast	120	6	10	2	10

<b>Lunch Sandwiches</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
Tuna Salad	245	8	20	4	28
Egg Salad	285	17	20	4	20
Chicken Salad	295	9	20	4	21

<b>Dinners</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
6 inch Subway with cheese	370	11	47	4	32
Salad with Grilled Chicken	150	2	14	2	20
Fish Dinner	240	5	30	3	18
Wendys Salad with Chili	255	6	26	6	18
KFC Tender Roast Sandwich with Green Beans	310	7	30	3	33
Chick-Fil-A Chargrilled Sandwich with Fruit	300	4	46	4	28

# Saturday's Message

## Week 14

### "The Solid Rock"

#### Hebrews 13:8 and Matthew 7:24 – 27

Since the time of our marriage on June 26, 1960, my wife and I agreed that, God willing, we would eventually move back to our home county and enjoy living out our retirement years in familiar surroundings. The long years of planning turned into reality about two years ago when we sold our house in Thomasville, NC, and made the move to our small farm in Catawba County. Some years earlier, our daughter, Rose Marie, her husband, David, and their daughter, Lindsey, had moved from Charlotte and built a house on the farm. About that same time, our son, Ray and his wife, Patrice, purchased a small farm in Catawba County and moved from Winston-Salem. Eight months ago, Ray and Patrice were blessed by the birth of their daughter, Clara. Jewell and I rejoiced that finally our family would be living within fifteen minutes of each other.

Almost immediately, Jewell and I realized that indeed we were not returning to "familiar surroundings". One day, as we were riding around in our home county, I turned to Jewell and exclaimed, "Nothing ever stays the same!" Later during a time of meditation, I started reflecting on that statement. All of a sudden I said to myself, "Things may not stay the same, but I know SOMEONE who stays the same!" The inspired writer states that truth very clearly in Hebrews 13:8 where he declares, "Jesus Christ the same yesterday, and today, and forever."

During my reflection time that day, I was encouraged by considering some of the great qualities of our Lord that never change.

1. Jesus Christ is the same in His Love. "For God so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." (John 3:16) What a verse! What rich meaning! What remarkable spiritual truths are found in that one verse! Divine love starts with Almighty God and includes all the people of the entire world. The degree of God's love is proclaimed in that little word "so" which is often just skipped over when we read or quote John 3:16. Accepting God's great love supremely revealed in the coming of Jesus Christ – God's only begotten Son – brings salvation for now and for eternity to "whosoever believeth in him." That divine love never changes.

2. Jesus Christ is the same in His forgiveness. "If we confess our sins, God is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." As the Word declares, we have "all sinned and come short of the glory of God." (Romans 3:23) But divine forgiveness is always available. Jesus Christ is the SAME....His amazing forgiveness never changes.

3. Jesus Christ is the same in His presence. The Bible makes it clear that God is with his people. His divine presence is a blessing to cherish. The psalmist makes it clear that even "though I walk through the valley of the shadow of death, I will not fear for God is with me." The word THROUGH is key even if we "slide" over it quickly when we read or quote Psalm 23. We walk THROUGH not just INTO. We move on THROUGH that dark valley and INTO eternity on the other side. And God is with us all the way. Our Lord's final promise to His disciples, including all of us, is "Lo, I am with you always, even unto the end of the world." (Matthew 28:20)

When I was a boy growing up in the little town of Catawba, NC, Sunday night services at Catawba Baptist Church were special. The evening services usually had three parts – a time to sing, a time to pray, and a time to hear God's Word read and proclaimed. The "time to sing" part of the service gave us the opportunity to request that a verse or two of one of our favorite songs be sung by the congregation. Hymn number 400 in the old Broadman Hymnal was one of my Daddy's favorites. Hymn number 400 was entitled "Never Alone". I can still hear my father as he called out "Number 400" over and over again in those Sunday night services. As a church, we would stand and sing together the words and message of the great song:

He (Jesus Christ) promised never to leave me,  
 Never to leave me alone.  
 No, never alone, no never alone.  
 He promised never to leave me,

Never to leave me alone.

The message of that hymn, even at age 69, keeps ringing in my mind and remains planted in my heart. Our Lord will never leave nor forsake us. We are never alone, His presence does not change.

Our son, Ray, is a fisherman. As often as possible I go with him to the Yadkin River where we enjoy fishing for catfish. Sometime ago, following several days of hard rain, we went to the Yadkin to fish. The water was higher than I had ever seen and really rough. On that day it could be called "the mighty Yadkin". We launched the boat in one of the most remote areas of the river and went upstream to one of Ray's favorite spots. The anchors were dropped at the front and the back of the boat but they would not hold in the raging

water. We floated downstream almost as if we did not have the anchors down. We pulled up the anchors and moved downstream to another location where a huge rock started over on the bank and extended over to the middle of the river. The water was so high that only the top of the enormous rock could be seen. At that new spot we dropped the anchors again with the same results as before. Down the river we floated! This time we pulled up the anchors and Ray said, "Dad I am going to ease the front of the boat up against that big rock. You catch hold of it. Someone has bored a hole in the rock and I have a medal rod in the boat that will fit right into the hole. We are going to anchor to that solid rock." We did just that and before long eight lines were out there in the water. The water continued to rage all around and over the top of that big rock but the boat stayed secure. We were anchored to the solid rock and could not be moved by the raging waters. Before long, Ray caught a twenty-five pound catfish!

When we loaded the boat and left the river that day, I was so happy that Ray caught that big fish. But I must confess that my mind was focused on the solid rock. Then I thought of Jesus Christ who is the same yesterday and today and forever. He is the solid rock and if our lives are anchored in Him the winds of change and the circumstances of life may rage all around us but we will not be moved. But whether or not we are truly anchored to Jesus Christ is our individual decision to make. I don't know about you, but I take me stand with the hymn writer who declares:

On Christ the solid rock I stand.  
All other ground is sinking sand.  
All other ground is sinking sand.  
AMEN.

Reverend Phillip R. Morrow Sr.

## Post Script

Remember, in every failure – yes, in every failure – the seeds of success are generating. The work of the Holy Spirit is to help you recognize those seeds, understand their meaning, and challenge the Resistance, while you pour on the water and the fertilizer to bring them to flower.

Ray and I wish you every and continued success as you grow this new garden of adventure in your life.

It's been our pleasure to research all these ideas for you.

It's been a pleasure to present them. Thanks for helping us have so much fun.

"To God nothing is impossible."  
Francis Raelais

## Source Notes

Book	Publisher	Year	Author
1. Healing With Motion	Rodale Press, Inc.	1999	
2. The Intention Experiment	Free Press	2007	Lynne McTaggart
3. Living The Message	Harper San Francisco	1996	Eugene Peterson
4. Oswald Chambers Devotional Reader	Thomas Nelson	1990	
5. Magic Words	Nicholas Direct	1995	Ted Nicholas
6. In The Spirit	Harper Perennial	1993	Susan I. Tarfar
7. Worry	Random House	1997	Edward M. Hallowell
8. Healing Through The Dark Emotions	Shambhala	2003	Miriam Greenspan
9. Spiritual Literacy	Scribner	1996	Frederic and Mary Ann Brurssat
10. My Utmost For His Highest	Discovery House	1992	Oswald Chambers
11. Loving What Is	Three Rivers Press	2002	Byron Katie
12. Maximum Achievement	Simon & Schuster	1993	Brian Tracy
13. 10 Habits That Mess Up A Woman's Diet	McGraw Hill	2006	Elizabeth Somer
14. The World's Best Kept Diet Secrets	Source Books	1998	Diane Irons
15. Mindless Eating	Bantam Books	2006	Brian Wansink
16. The Message	NavPress	1996	Eugene Peterson
17. The King James Bible			
18. The New International Bible	Zondervan	1985	
19. The Breakout Principle	Scribner	2003	Herbert Benson and William Proctor
20. The Daily Study Bible Series	Westminster Press	1956	William Barclay
21. The Maker's Diet	Berkley Books	2004	Jordan S. Rubin
22. Whatever Became of Sin	Hawthorne Books	1973	Karl Menninger
23. Nourishing Wisdom	Bell Tower	1991	Marc David
24. Half Time	Zondervan	1994	Bob Buford
25. The Book of Jesus	Simon & Schuster	1996	Calvin Miller, Editor
26. The Cloud of Unknowing	Doubleday	1973	William Johnston, Ed.
27. One Small Step Can Change Your Life	Workman	2004	Robert Maurer
28. The War of Art	Warner Books	2002	Steven Pressfield
29. Recapture the Wonder	Integrity	2003	Ravi Zacharias
30. Great Men Search For God Compiled by Harold Whaley	The Peter Pauper Press	1975	
31. The Slow Down Diet	Healing Arts Press	2005	Marc David
32. Diabetes Solution	Little Brown	2003	Richard K. Bernstein
33. Jesus The Man Who Lives	Harper and Row	1975	Malcolm Muggeridge
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# The REDUCE Diet Plan

A Simple, Healthy Lifestyle Guide

Consisting of

1. A Structured Therapeutic Diet
2. A Simple Exercise Routine
3. Common Sense Principles for Life

Designed by

Dr. Ted Chandler, M.D.

Dr. Ray Morrow, M.D.

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## Fundamental Principles (References)

1. Structured Diet – Therapeutic, Experimental, Maintenance
  - a. Caloric Restriction/Modification
    - i. Men – 2000 cal/day
    - ii. Women – 1600 cal/day
  - b. High Fiber – 25-30 grams/day (1, 2, 3)
  - c. Set Point manipulation – 5 days on, 2 days off
  - d. 3 meals and 2 snacks/day mandatory
  - e. High Quality Food
    - i. Limit Trans fat (4, 5, 6)
    - ii. No Processed foods (crackers, cookies)
    - iii. No Calories from drinks
    - iv. Low Glycemic Index foods/Glycemic Load (7,8)
    - v. 5 servings of fruits/vegetables daily
2. Motion (9, 10,11, 12, 13)
  - a. Pedometer – 10,000 steps/day (14)
  - b. Exercise 30min 5 days a week – 150min/week minimum (15)
  - c. Strengthening
3. Nighttime routine
  - a. Clearing the mind, focus on success
  - b. Organizing tomorrow – list of 6 things, think of someone to help
4. Good Sleep – physical and mental repair/restoration (16)
5. Routine – daily, weekly
6. Spirituality
  - a. Admit you need God’s help
  - b. Your body is God’s temple
  - c. Replace the Love of food with God’s Love

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# Goals

Reduce overeating

Energy levels increased

Develop structured eating habits

Understand the concepts of healthier eating

Cut weight by 10-20%

Experience the spiritual side of weight loss

# The Basis For This Diet Plan

## Wrong Eating

Obesity is rampant.

As a society,

We eat too much,

We eat the wrong things. (fatty foods, fast food, processed foods, concentrated sweets)

We eat the wrong way. (skip breakfast, fast food for lunch, a large dinner before bed)

We eat for the wrong reasons.

For taste.

For emotional comfort.

For pleasure.

For reward.

For socialization.

For the Love of food.

We do not eat for the fundamental purpose of food.... For nutrition.

At its basic level the only purpose of eating is to supply nutrients to our body. But through wrong eating we have developed a disconnect between eating and nutrition.

This disconnect is okay if,

- your weight is in the healthy range (BMI <25) (see the BMI calculator page).
- you are satisfied with your weight and health.
- you have no weight related medical problems (diabetes, hypertension, high cholesterol, heart disease, degenerative arthritis) and are not at risk.
- you are exercising regularly (>150 minutes/week) and striving to maintain a healthy lifestyle.

It is not okay if,

- you are overweight (BMI>25) and have weight related medical problems (especially diabetes).
- you are overweight (BMI>25) and believe you need to lose weight (especially if you have a family history of diabetes, hypertension, high cholesterol, heart disease).
- you are obese (BMI>30).

In these cases you need to make a change in your life and take control of your eating and health. This plan is the first step.

### What this plan is.

This is a lifestyle plan designed to return eating to the basic role of providing nutrition. It is specifically designed for overweight and obese adult onset diabetics but will work on anyone who wants to lose weight.

The main idea behind the diet is to make eating simple. The 3 diets included are nothing fancy. They are not "fad" diets. They are simple, well rounded meals that take very little preparation time. They are meant to teach you how to eat healthy (how much to eat, what foods are effective for weight loss, how to structure eating). They are also meant to take away the daily burden of having to repeatedly decide what to eat. You no longer have to decide what to eat for dinner while you are finishing your lunch.

### What this plan is not.

It is not an easy, fun, delicious quick fix. It is not a "take this pill and you will be better" answer. We as a society have incurred the epidemic of obesity by making eating all of these things and more. We continually look for the quick and easy fix, all the while experiencing worse and worse health.

### The Process

Step 1. Calculate your Body Mass Index from the BMI calculator page. If your BMI is greater than 25 this plan will work for you. (A BMI of less than 25 is considered a healthy weight)

Step 2. Decide your goal BMI. If your BMI is greater than 30, your initial goal should be to get your weight to a level where your BMI is less than 30 and keep it there. If your BMI is 25-30 your initial goal is to get to a BMI of less than 25.

The initial 12 week diet is considered a therapeutic diet. It is designed to start the process of weight loss while teaching you the basics of right eating. During these 12 weeks you will eat a variety of nutritional meals and snacks. By tracking your weight and ability to tolerate the diets during these 12 weeks you will be conducting a self experiment on what works for you long term. After the 12 weeks are up you should use the same basic eating principles you did while on the diet. (3 meals, 2 snacks a day; similar nutrition profile; fruits/vegetables). Maintain this at least 80% of the time. You aren't asked to be perfect, just consistent.

# Body Mass Index (BMI) Calculator

BMI	OVERWEIGHT								OBESE								
	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
Height	Weight (lbs)																
5'	118	123	<b>128</b>	133	138	143	148	<b>153</b>	158	164	169	174	179	184	189	194	199
5' 1"	122	127	<b>132</b>	137	143	148	153	<b>158</b>	164	169	174	180	185	190	195	201	206
5' 2"	126	131	<b>136</b>	142	147	153	158	<b>164</b>	169	175	180	186	191	196	202	207	213
5' 3"	130	135	<b>141</b>	146	152	158	163	<b>169</b>	175	180	186	192	197	203	208	214	220
5' 4"	134	140	<b>145</b>	151	157	163	168	<b>174</b>	180	186	192	198	204	209	215	221	227
5' 5"	138	144	<b>150</b>	156	162	168	174	<b>180</b>	186	192	198	204	210	216	222	228	234
5' 6"	142	148	<b>155</b>	161	167	173	179	<b>186</b>	192	198	204	210	216	223	229	235	241
5' 7"	146	153	<b>159</b>	166	172	178	185	<b>191</b>	198	204	210	217	223	229	236	242	248
5' 8"	151	158	<b>164</b>	171	177	184	190	<b>197</b>	203	210	217	223	230	236	243	249	256
5' 9"	155	162	<b>169</b>	176	182	189	196	<b>203</b>	209	216	223	230	236	243	250	257	264
5' 10"	160	167	<b>174</b>	181	188	195	202	<b>209</b>	216	223	230	236	243	250	257	264	271
5' 11"	165	172	<b>179</b>	186	193	200	208	<b>215</b>	222	229	236	243	250	258	265	272	279
6'	169	177	<b>184</b>	191	199	206	213	<b>221</b>	228	235	243	250	258	265	272	280	287
6' 1"	174	182	<b>189</b>	197	204	212	219	<b>227</b>	234	242	250	257	265	272	280	287	295
6' 2"	179	186	<b>194</b>	202	210	218	225	<b>233</b>	241	249	256	264	272	280	288	295	303
6' 3"	184	192	<b>200</b>	208	216	224	232	<b>240</b>	247	255	263	271	279	287	295	303	311
6' 4"	189	197	<b>205</b>	213	221	230	238	<b>246</b>	254	262	271	279	287	295	303	312	320
6' 5"	193	203	<b>210</b>	218	227	236	244	<b>252</b>	260	268	278	286	294	302	310	320	328
6' 6"	198	209	<b>216</b>	224	232	242	250	<b>258</b>	266	274	284	293	301	310	318	327	336
6' 7"	203	214	<b>221</b>	229	238	248	257	<b>265</b>	273	281	290	300	309	317	325	335	345
6' 8"	208	219	<b>226</b>	235	244	254	263	<b>271</b>	279	288	297	307	317	324	333	343	353

Look up your height in the first column.  
Then find your weight in the corresponding row.

The number at the top of that row is your BMI.

(Ex. Height 5'10", weight 202lbs = BMI 29)

BMI < 25 is considered a healthy weight.

BMI between 25-29 is overweight.

BMI of 30 or greater is obese.

# Diet Rules

## General Rules

- Start on a Monday.
- Follow the diet number listed on the graph.
- The weekends are a diet free time. You may continue to follow the diet for that week or eat what you wish.
- Eat all 3 meals and 2 snacks a day (no missing meals).
- Try and eat at the same times each day.
- If you eat anything in place of or in addition to the diet you must write it down on the "diet additions" section of the graph. (Confession)
- Follow the diet for 3 weeks then start over at Day 1. Do this 4 times for a total of 12 weeks.

## Snacks

- Eat at least 2 snacks a day.
- One snack each day should be some form of nuts (see Snacks).
- You can eat additional snacks throughout the day or at night as long as you only eat fruits and vegetables. You can eat all the fruits and vegetables you want.

## Drinks

- **No** regular sodas or sweetened tea
- Only diet or artificially sweetened drinks
- Or, just drink water (all you want)

# Shopping List

## On hand Items for all 12 weeks

½ gallon skim milk  
1 qt. light mayonnaise  
1 loaf whole wheat bread  
Five 8oz. cans of *Del Monte* Lite syrup peaches, pears, or fruit cocktail (per week)  
Snacks

## Items for Diet #1

1 container of *Quaker* Old Fashioned Oatmeal  
Three 6 oz. cans of *Star-Kist* Lite Tuna packed in water (use ½ can per meal)

## Items for Diet #2

1 box of *Kellogg's* All Bran cereal  
1 dozen large eggs  
1 head of Iceberg lettuce  
Vegetable topping for salad  
Fat Free or Low Fat dressing (any flavor)  
3 packages of 6oz. *Tyson* grilled chicken breast strips fully cooked (use ½ pack per meal)

## Items for Diet #3

1 dozen large eggs  
Five 5 oz. cans of *Tyson* 98% Fat Free Chicken breast packed in water  
5 Fish dinners (*Lean Cuisine, Healthy Choice, Weight Watchers Smart Ones, Lean Gourmet*)

Approximate Cost per Day - \$7.00

# Diet #1

**Breakfast:** Old Fashion Oatmeal (not instant) ½ cup  
1 cup Skim milk

**Mid Morning Snack:** Choose one snack item

**Lunch:** Tuna sandwich on whole wheat bread  
3oz. canned tuna (water packed) mixed with 1Tbs  
light mayonnaise  
You can add 1 tablespoon of pickles, relish, mustard.

One 8oz can of *Del Monte* Lite Syrup Peaches, Pears,  
or Fruit Cocktail

**Afternoon Snack:** Choose one snack item

**Dinner:** 6 inch *Subway* Sub on wheat -  
Ham, turkey, roast beef in any combination  
No mayonnaise, oil, or sauces added  
Only plain mustard  
Any vegetable toppings allowed

## Diet #2

**Breakfast:** All Bran (1 cup), Skim milk (1cup)

**Mid Morning Snack:** Choose one snack item

**Lunch:** Egg salad sandwich on whole wheat bread  
2 boiled eggs with 1 Tbs. light mayonnaise  
You can add 1 tablespoon of pickles, relish, mustard.

One 8oz can of *Del Monte* Lite Syrup Peaches, Pears,  
or Fruit Cocktail

**Afternoon Snack:** Choose one snack item

**Dinner:** Grilled chicken salad (choose one)

- A. Homemade Salad with 3 oz. *Tyson* Grilled Chicken Breast Strips  
Low Fat or Fat Free dressing (2 tablespoons)  
No bacon or croutons  
Any vegetable toppings allowed
- B. *Chick-Fil-A* - Chargrilled Chicken Garden Salad
- C. *McDonalds* – Salad with grilled chicken
- D. *Burger King* – Tender Grilled Chicken Garden Salad

## Diet #3

**Breakfast:** Poached or scrambled egg on wheat toast

**Mid Morning Snack:** Choose one snack item

**Lunch:** Chicken salad sandwich on whole wheat bread  
 5 oz. canned *Tyson* 98% fat free chicken breast  
 packed in water mixed with 1 Tbs. light mayonnaise  
 You can add 1 tablespoon of pickles, relish, mustard.

One 8oz can of *Del Monte* Lite Syrup Peaches, Pears,  
 or Fruit Cocktail

**Afternoon Snack:** Choose one snack item

**Dinner:** Fish Dinner (choose one – we recommend trying the meals in section A as much as possible. If you cannot eat fish, try any *Lean Cuisine* dinner around 300 calories)

A. Any Fish Dinner from : *Lean Cuisine*  
*Healthy Choice*  
*Weight Watchers Smart Ones*  
*Lean Gourmet*

B. Homemade Fish Dinner

4 oz. fish fillet (any fish – ex. Flounder, Cod,  
 Mahi Mahi, Tilapia, Salmon, Halibut)

Season with lemon, salt, pepper

Wrap in foil and bake at 350F for 20 minutes

Serve with a small salad or any vegetable

C. See the Fish Dinner Suggestions page

# Snacks

## NUTS

Almonds – 24 nuts

Walnuts – 14 halves

Cashews - 18 nuts

Pecans – 20 halves

Plain Salted Peanuts – 28 nuts

Pistachios – 40 nuts

Sunflower Seeds – ¼ cup

Low Fat Cottage cheese – ½ cup, ok to add fruit (such as blueberries)

Any fruit or vegetable – Eat all you want (suggestions below-  
1 serving=1 cup)

Berries (1 cup)	Raisins (small box)	Figs	Radishes
Blackberries	Pineapple	Grapefruit	Rhubarb
Cranberries	Peaches	Green Peppers	Spinach
Blueberries	Pears	Kiwi fruit	Squash
Raspberries	Oranges	Lettuce	Tangerine
Strawberries	Cantaloupe	Turnips	Zucchini
	Apricot	Watermelon	
Apples	Asparagus	Mango	
Banana	Beets	Mushrooms	
Celery	Broccoli	Nectarines	
Carrots	Brussels sprouts	Okra	
Grapes (1 cup)	Cabbage	Onion	
Honeydew Melon	Cauliflower	Papaya	
Tomatoes	Cucumber	Prunes	

## Alternative Meals

You may replace one breakfast, lunch, and dinner once a week if you need a change (3 replacements/week)

**Breakfast** 1. 4 oz. pork tenderloin, pan fried, No oil (use *PAM* or a non stick pan only)  
4 oz. cup of unsweetened applesauce

2. ½ Grapefruit with artificial sweetener

**Lunch** 1. Banana sandwich on whole wheat bread  
1 banana with 1 Tbs. light mayonnaise

2. Peanut butter sandwich on wheat bread

**Dinner** 1. *Wendy's* – Side Salad and Small Chili

2. *KFC* – Tender roast sandwich without the sauce, individual green beans

3. *Chick-Fil-A* - Char grilled chicken sandwich, small fruit cup

# Fish Dinner Suggestions

## 1. Cod Fish With Sautéed Vegetables

4 ½ ounces Cod fish  
 Dash each lemon and lime juice  
 Salt and fresh ground pepper  
 1 teaspoon olive oil  
 2 cups mushrooms, sliced  
 ¾ cup onion, sliced  
 ¼ cup corn  
 1 ½ cups chopped tomato  
 Basil and oregano to taste

1. Put fish in shallow pan with a little water, sprinkle with lemon and juices and add salt and pepper to taste.
2. Bake fish until it flakes easily and is opaque throughout.
3. While fish is baking, heat oil in large skillet and stir-fry veggies and add seasonings.
4. Make a "bed" of the veggies and serve with the fish on top.

## 2. Salmon with Sweet Salsa

4 ½ ounces salmon  
 1/3 teaspoon olive oil  
 Dash lemon juice  
 Green or red pepper, chopped  
 ½ cup pineapple chunks  
 2/3 cup mandarin oranges packed in water  
 Dash lime juice  
 2 teaspoons slivered almonds, chopped  
 Garlic, salt and pepper to taste

1. Baste salmon with olive oil, sprinkle with lemon juice, salt and pepper to taste.
2. Bake salmon at 400° F for 15 minutes or until fish is opaque throughout and flakes easily.
3. Combine pepper, fruit, garlic, lime juice in bowl; mix together.
4. Serve with salsa over salmon, sprinkle with chopped almonds.

### 3. Mediterranean Fish

4 ½ ounces halibut, baked or steamed  
 2 tomatoes, sliced thinly  
 1 ounce low-fat feta cheese  
 12 black olives  
 1 ½ cups green beans  
 1 apple

Bake or steam fish till done. While cooking, slice tomatoes and spray with olive oil Pam and garnish with herbs (parsley, oregano, salt and pepper). Put slices on a cookie sheet with nonstick foil. Slice cheese thinly and place on the same cookie sheet and garnish also. Slice olives and put on top. Put cheese, tomatoes and olives under broiler for 5-10 minutes till cheese bubbles and tomatoes are soft. Remove fish from cooking, put on plates and top with cheese and sliced tomatoes, garnish with olives.

Steam green beans and serve with plenty of lemon. Have apple for dessert.

### 4. Ten Minute Fish Dish

You Need:

4 ½ ounces fish fillet, you can use kingfish or other fish, not too flaky  
 3 cups zucchini  
 ¾ cup rough chopped onion  
 2 tomatoes cut into wedges  
 1 teaspoon olive oil  
 Salt  
 Black pepper  
 Lemon juice

Do This:

Season fish with salt, black pepper and fresh lemon juice, grill 5 minutes each side, or however long it takes. Put the tomato, onion, and zucchini in a bowl, add the olive oil, salt and pepper and microwave this for 3 minutes. I have found that microwave is the best way to cook the vegetables to keep 'em crunchy and retain all that lovely juice to flavor the fish. Place fish onto a plate with vegetables and juice on top.

## Exercises

### Daily Cardiovascular Fitness

You should strive to do some form of aerobic (cardiovascular) activity daily.

Start slow (depending on your current fitness level) and build up to a goal of 30 minutes daily.

If you are already getting some exercise you should start at 20 minutes/day and increase by 2 week increments to 25 minutes/day then the goal of 30 minutes/day.

If you have not been exercising previously, then start at 10 minutes/day and increase each week by 5 minute increments to 30 minutes/day.

The exercise can include anything such as walking (outside or treadmill), exercise bike, swimming, elliptical trainer, etc. A simple option is a treadmill or exercise bike indoors (no excuses of too hot, too cold, raining, etc).

Chart the amount of exercise you do each day on the graph in the "exercise" column. Also remember to do weight training on Mondays, Wednesdays, and Fridays.

# Exercises

## Weight Strengthening

### Monday, Wednesday, Friday

### Use 3-5 lb hand weights

1. Floor Exercises (lying on the floor on your back, arms straight) – 15 repetitions
  - a. Arms down at your side (weights touching your hips), lift weights to over your head
  - b. Arms out at 90 degrees, lift weights from your side to above your chest
  - c. Arms above your head, lift weights up above your chest
  - d. Grab legs and rock (grab behind your knees and rock on your back)
  
2. Chair Exercises – 15 repetitions
  - a. Curls – arms straight, bend at the elbows to bring the weights to your chest
  - b. Presses – Start with the weights on your shoulders and straighten your arms to lift the weights above your head
  - c. Lift weights from side – Start with your arms hanging down at your side and with your arms straight lift the weights out to the side and up to shoulder high

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

Date	Diet	Weight	Blood Sugar (if diabetic)	Blood Pressure	Exercise 10-20-30 minutes	Diet Additions
Day 1	#1				/weights	
Day 2	#1					
Day 3	#1				/weights	
Day 4	#1					
Day 5	#1				/weights	
Day 6	free					
Day 7	free					
Day 8	#2				/weights	
Day 9	#2					
Day 10	#2				/weights	
Day 11	#2					
Day 12	#2				/weights	
Day 13	free					
Day 14	free					
Day 15	#3				/weights	
Day 16	#3					
Day 17	#3				/weights	
Day 18	#3					
Day 19	#3				/weights	
Day 20	free					
Day 21	free					

## Nutrition Information

<b>Diet #1</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
Oatmeal ½ cup	150	3	27	4	2
Skim milk 1 cup	90	0	13	0	8
3 oz tuna	100	1	0	0	20
2 slices whole wheat bread	100	2	20	4	8
1 tbs light mayonnaise	45	5	<1	0	0
8 oz can of fruit light syrup	120	0	30	2	0
6 inch sub	320	6	47	4	24
cheese	50	5	0	0	8
<b>Total</b> ( not including snacks)	975	22	137	14	66

## Nutrition Information

<b>Diet #2</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
All Bran 1 cup	160	3	44	18	8
Skim milk 1 cup	90	0	13	0	8
2 eggs	140	10	<1	0	12
2 slices whole wheat bread	100	2	20	4	8
1 tbs light mayonnaise	45	5	<1	0	0
8 oz can of fruit light syrup	120	0	30	2	0
3 oz grilled chicken (made at home)	100	2	3	0	19
Salad	15	0	3	1	1
Low fat dressing 2 tbs	35	0	8	1	0
<b>Total</b> ( not including snacks)	805	22	123	26	56

## Nutrition Information

<b>Diet #3</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
1 egg	70	5	<1	0	6
1 slice whole wheat bread	50	1	10	2	4
5 oz canned chicken breast	150	2	0	0	13
1 tbs light mayonnaise	45	5	<1	0	0
2 slices whole wheat bread	100	2	20	4	8
8 oz can of fruit light syrup	120	0	30	2	0
Fish Dinner (avg)	240	5	30	3	18
<b>Total</b> ( not including snacks)	775	20	92	13	49

<b>Snacks</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
Almonds 24	164	16	6	3	6
Walnuts 14 halves	185	18	4	2	4
Peanuts 28	160	14	6	2	7
Low Fat Cottage Cheese ½ cup	80	2	6	0	14

## Nutrition Information

<b>Alternate meals</b>	Calorie (kcal)	Fat (grams)	Carbs (grams)	Fiber (grams)	Protein (grams)
4 oz tenderloin	250	12	0	0	36
4 oz unsweetened applesauce	50	0	12	2	0
½ grapefruit	52	0	12	2	1
Banana	100	0	27	3	1
1 tbs light mayonnaise	45	5	<1	0	0
2 slices whole wheat bread	100	2	20	4	8
8 oz can of fruit light syrup	120	0	30	2	0
Wendy's side salad	35	0	3	1	1
Small chili	220	6	23	5	17
KFC Tender Roast Sandwich (no sauce)	260	5	23	1	31
Green Beans	50	1.5	7	2	2
Chick-Fil-A Chargrilled sandwich	270	3.5	33	3	28
Small fruit cup	30	0	13	1	0

# Smart Moves

## Smart Moves

### **Lesson #1. The Chocolate Move**

A chocolate sundae with two scoops of ice cream has about 500 calories. Instead of the ice cream, substitute fruit – strawberries, bananas, peaches, with one tablespoon of chocolate syrup – for about 160 calories.

So, if you can substitute fruit for sugary and fatty desserts 200 days a year, for a savings of 200 calories each time – that's 40,000 calories or about 11 pounds lost.

Bottom line – 11 pounds lost  
And, the taste is delicious.

### **Lesson #2. The Soft Drink Move**

Water and weight loss go hand in hand

- Water in the stomach controls appetite
- Water tones muscles
- Water keeps skin from sagging
- Water metabolizes fat
- Water with lime, lemon, or cucumber gives water a good, pure taste

So, if you substitute water for 1 soda everyday – in a year's time you will save yourself from adding 150 empty calories with each soda, which over 365 days amounts to a total savings of 16 to 21 pounds.

Bottom line – 16 to 21 pounds lost  
And, your body cells will bless you.

### **Lesson #3. The Chips Move**

A serving of traditional potato chips (1ounce=12 chips), has 150 calories. The automatic eater munches away until about 7 ounces disappear. That's 1,050 calories – more than enough for a healthful, three-course dinner.

Alternative – switch to baked chips. Serve with nonfat salsa. Eat five ounces instead of seven. 1 ounce has 105 calories. Five ounces has 525 calories.

Let's assume you eat chips once a week. Over the course of a year you'll save 27,300 calories or 7.5 pounds.

Bottom line – lose 7.5 pounds with chips alternative

### **Lesson #4. The Think Positive Move**

Negative self-talk makes you turn to comfort eating. Begin the change to good thoughts by listening to every little thought, daydream, or fantasy that you have and instead of allowing it to continue when it is negative, call out "cancel" and turn it into a positive one.

Suppose that turning negative thoughts into positive thoughts persuaded you to exercise 30 minutes a day, five days a week, burning 200 calories with each session. That's 260 days at 200 calories for a total of 52,000 calories or the loss of 14-15 pounds.

Bottom line – lose 14-15 pounds at least and probably more, as your improved frame of mind will help you choose better at each meal, saving at least 100 or more calories every time you eat.

### **Lesson #5. The Salad Move**

When it comes to weight loss, green salads are in a class by themselves. Highly healthy. Throw in an exciting green-spinach, arugula, etc., and other raw vegetables and top it off with a reduced fat dressing. High in fiber – eat a small salad or a large one at the beginning of the meal – and, reduce your appetite and fill up the void.

Studies confirm that persons who enjoy a salad every lunch and dinner wind up saving about 200 calories a day simply by eating less of other more fattening foods.

Bottom line – lose 20 pounds through the salad alternative.

### **Lesson #6. The Butter Move**

Butter fat is saturated – artery cloggers. Olive, canola, soy, and nut oils reduce the risk of heart disease.

So, rather than smearing your bread with butter, dip it lightly in a dish of measured olive oil. If this alternative causes you to use one tablespoon less of fat a day – you could potentially chalk up 12 pounds of weight loss by the year's end.

Bottom line – lose 12 pounds.

## **Lesson #7. The Tuna Salad Move**

There's bad news about restaurant and deli tuna salad. It probably won't help you lose weight – too much fat and calories from mayonnaise and the oil packing the tuna.

Homemade, however, using water packed and light mayo and throwing in pickles, onions, celery, carrots, capers, or even curry powder, is another story entirely, with a loss of 3-6 pounds if you eat a tuna salad sandwich once a week. Think – homemade.

Bottom line – lose 3-6 pounds.

## **Lesson #8. The Food Pusher Move**

They're everywhere – at home, at work, at church – everywhere – the food pushers. They're not bad people, they want to please you, to make sure you're looked after.

Your job is to say "No" in interesting ways, for example:

"This is delicious," after you sample it. "I'd love to have more, but I ate a big breakfast of oatmeal and I'm stuffed."

Or, "I can't take another bite, I ate a snack just a few minutes ago."

Be polite! Be firm!

Never, ever say "I'm on a diet." It gives the pusher the signal that you really want it, but feel that you must refuse – leading the pusher to seduce you.

So, resist a pusher once a week and decide not to have that doughnut or that 500 calorie dessert.

Bottom line – lose 7-10 pounds by choosing the food pusher alternative.

## **Lesson #9. The "Surf" Versus "Turf" Move**

Check out the numbers:

- Prime rib – 6 ounces – 600 calories
- Salmon – 6 ounces – 400 calories
- Sirloin – 6 ounces – 450 calories
- Tuna steak – 6 ounces – 275 calories

The fattiest of fish, with their omega-3, heart saving fatty acids, will beat out red meat in the calorie countdown.

A restaurant meal is fattier than home cooked. Fried and blackened are fattier than grilled, poached, or steamed.

So, choose fish, choose your heart, choose to lose.

Bottom line – lose 4-18 pounds with the “surf” alternative.

### **Lesson #10 The Grocery Shopping Move**

Supermarkets are goodie factories. Don't shop when you're hungry. Eat before you leave home. Otherwise the candy bar will leap off the shelf into your shopping cart to make sure you take it home.

Do yourself a favor. Eat, then shop.

Bottom line – lose 9 pounds by avoiding hunger at the market.

### **Lesson #11. The Dessert Move**

Regular ice cream has 350 calories per cup.

Fancy ice cream has 500 calories per cup.

Try this: a quarter pound of sweet cherries has 80 calories. A quarter cup of sprayed from the can whipped cream has 40 calories for a total of 120 calories.

If not cherries: pears, peaches, apples, bananas, berries – and if you switch once a week – that's 3-6 pounds lost.

Bottom line – lose 3-6 pounds with the dessert alternative.

### **Lesson #12. The Salad Dressing Move**

Bleu cheese has 60-80 calories per tablespoon.

Vinaigrette has 40-50.

Most of the time you will use about four tablespoons of salad dressing per salad. If you switch from creamy to vinaigrette and you eat a salad every day, you could save 43,800 calories in one year!

Bottom line – that's 13 pounds lost.

### **Lesson #13. The Calorie Bomb Move**

Losing weight is not about discipline.

Losing weight is not about will power.

Losing weight is about controlling your lifespace and reducing errors of judgment.

Take chocolate candy. A box of Whitman's Samplers. Chocolate is a main weakness. You will never eat just one piece.

So are "chips" 12 chips? Who's counting?

Ice cream. Half a gallon is a savings – "Get two for the price of one."

Candy bars. Cheaper by the dozen?

Leftover bags of Halloween candy – just in case.

You must mine sweep your kitchen periodically to get rid of things you shouldn't have bought in the first place. Over time you will save a tremendous amount of calories.

Then, stock up on fruits and vegetables.

Bottom line – lose 10-29 pounds through patrolling your lifespace.

### **Lesson #14. The Burger Move**

We're fixated on burgers – and we eat them so often that they're a major cause of weigh gain.

A half-pounder, grilled, has about 800 calories.

Lean roast beef, ½ pound – 400 calories.

Chicken breast, ½ pound – 280 calories.

Substitute chicken for hamburgers three times a week and save 520 calories each time for a total of enough calories to drop about 23 pounds a year.

Bottom line – lose 6-23 pounds a year with the burger alternative.

### **Lesson #15. The Muffin Move**

In your mind's eye you may think a bakery or supermarket muffin is a healthy choice.

Not so. Just one plump muffin will set you back 600 calories and if one a day is your pattern that's about 219,000 calories or about 62 pounds of hip or belly.

So, give up on muffins.

Switch to fruit.

Bottom line – lose 21-62 pounds by choosing the muffin alternative.

### **Lesson #16. The Spritz Move**

You can't cook without some kind of oil. Oils sear the surface of foods and locks in juices and flavors. And, they prevent sticking.

Butter and margarine have about 100 calories per tablespoon and, except in small amounts occasionally as a treat, they're too concentrated with fat for everyday use.

Instead, we have oil sprays such as PAM, which you're able to control with great precision and only a quick spritz is needed if the pan is coated with a nonstick coating.

Bottom line – lose 10 pounds by substituting a spritz for a tablespoon.

### **Lesson #17. The 7 Percent Move**

Grains, whole grains, are high-fiber, rich in antioxidants, cancer preventing and weight loss promoting by curtailing your hunger longer.

Yet, only 7 percent of Americans choose the grain alternative.

So, join up!

When buying bread, pasta, cereals, crackers, check the label for "whole." Whole wheat, oats, or whole something-or-other will be listed first.

And, when buying rice, choose Basmati or wild rice.

And, buy bulgur – broken up whole wheat – instead of couscous or white rice.

Bottom line – lose 21 pounds by joining the 7 percent and choosing the whole grain alternative and dropping a slice of bread or two daily for a savings of 200 calories per day.

### **Lesson #18. The Pizza Move**

Pizza is American and it's got a lot going for it with some controls.

Two slices of Domino's 12 inch, cheese only, will set you back 375 calories. An entire individual thin-crust, cheese pizza has 1,100 calories.

Frozen pizza, oven baked, will total about 600 calories. And pizza contains tomatoes with its healthy Lycopene, so there's good with goodness.

So, pretend it's Friday night and you've baked a frozen pizza instead of ordering the usual greasy delivered alternative. You'll save 200-400 calories each time.

Bottom line – lose 3-6 pounds with the pizza you love.

### **Lesson #19. The TV Move**

Watching television and aimless eating go together, and because we're focusing on the screen, we're not paying attention to the disappearance of chips, popcorn, candies and sodas. So, having a TV time amounts to eating about 300 extra calories a night.

A creative solution, but one that requires some stealth, is this. Make a pact with a friend: "I'll "steal" your TV if you'll "steal" mine. We'll donate both TVs to Goodwill."

Alternatively, of course, you could put the TV in a "TV Room" away from where you eat and put limits on TV usage, as well as on the food allowed during the viewing time. And think of how much time you'll save – time that you could devote to a creative project – reducing food cravings.

Bottom line – lose 27 pounds with the TV alternative.

### **Lesson #20. The Clothes Move**

When you put on a few extra pounds the temptation is to let out your clothes or buy larger sizes.

Wrong move!

Bad psychology. Fat clothes make you feel fat. Fat clothes are a sign that you've accepted being heavy.

A better strategy – do the opposite. Forget the sweat pants or the baggy robe – even at home. Wear fitted pants. They'll make you feel better and you'll be reminded to think slim. And, most importantly, you'll be less likely to overeat if it shows or if you're uncomfortable.

Bottom line – lose 9 pounds by the clothe alternative.

### **Lesson #21 The Expensive Delicacy Move**

Expensive delicacies, such as Heart of Palms, shrimp, kiwi fruit, crab meat, are low in calories and even though the cost is high you can use them in salads to make sure you eat a salad every night, ending up with good value for the money!

And, the cost will be lower than you think, because:

- You'll buy fewer junk foods, and
- You'll have half the medical costs

So, the real bottom line – lose 20 pounds and save money by buying expensive delicacies.

### **Lesson #22. The Amazing Lunch Move**

Sandwiches, soups, and salads make good lunches with enough fiber and food value to keep away cravings without stuffing you, making you most productive at work during the "lag period" of 1-3 o'clock.

So, on your shopping list, include:

- A loaf of whole wheat bread
- Lite Mayonnaise
- Sliced, reduced-fat, cheese – ½ a pound
- Sliced baked turkey – 1 ½ pounds
- Tomatoes
- Greens
- Vinaigrette dressing

With all the necessary ingredients for preparing your own lunch, you'll save at least 200 calories daily without overeating.

Bottom line – lose 15 pounds with the lunch alternative.

### **Lesson #23. Marching For A Cause Move**

Getting involved in community and national causes can pump extra meaning into your life. And, if you walk 40-50 miles to honor a loved one and to raise money, at the very least you will require a few weeks of getting ready with shorter training walks.

Let marching become your way of speaking out. As a bonus, getting involved in causes will increase your sense of confidence and self-worth. And, you will want to continue looking your best.

Bottom line – for a 40-50 mile walk you can expect to trim off 40-50 pounds, continuing the training walks.

### **Lesson #24. Hit The Ground Running Move**

Once your day begins, finding time to walk is almost impossible.

Something else always pops up.

Try this.

Wake up. Roll over. Go to the bathroom. Drink a cup of tea. Slip into shoes and clothes and start moving. Right away! Before you know it, before you're even half awake, it'll be over.

Benefits:

1. You'll have more energy
2. You will have more time and ability to concentrate for the rest of the day

Bottom line – lose 28-42 pounds in a year.

### **Lesson #25. Buy Better Dairy Move**

Suppose you switch from whole milk to 2 percent. You'll save 20 calories per serving. Switch from 2 percent to skim. Another 20 calories saved. Low or reduced fat cheeses can save you 30 to 50 calories per ounce, depending on the type of cheese. And low fat yogurt for whole yogurt saves you at least 50 calories per cup.

Even if you're lactose intolerant, your gut should be able to tolerate half a cup of milk 4 times a day – to get the calcium you need. Or, you can have soy milk, cheese, or yogurt, which contains no lactose.

Bottom line – lose 16 pounds.

## **Lesson #26. The “Hello Feet” Move**

Reacquaint yourself with your feet. Use the stairs instead of the elevator. Park away from the door and walk. A pedometer will motivate you. McDonalds has them for about 3 bucks, but you get what you pay for.

Bottom line – climbing stairs consumes 15 calories per minute. Let’s say you do it for 10 minutes every work day. In a year’s time you’ll lose 11 pounds. Climb those stairs at lunch break and you’ll lose twice as much – in minutes.

## **Lesson #27. Kitchen Gadget Move**

In addition to basic kitchen tools, you need good gadgets to:

- Reduce fat consumption
- Control calories
- Make batch cooking a dream

What you have to have:

- Two nonstick 8” or 10” sauté pans.
- 2 quart and 3 quart sauce pans
- A heavy duty stock pot for batch recipes.
- A food scale to help you get a handle on proper serving sizes.
- Plastic containers that are freezer and microwave safe.
- Baggies for leftovers, cut-up fruits, and vegetables, and for taking fruit to the office.

Bottom line – lose 12-15 pounds.

## **Lesson #28. The Food Meditation Move**

Before you eat, take your food to the table. Sit down. Close your eyes. Take two to four deep breaths to relax your mind and body. Thank God for the food. Do this consistently and soon you will “slow down” the process of eating and create awareness of the food in front of you. Once you master “mindful” eating, your body will fall back into its natural healthy shape and stay there forever.

Bottom line – lose 17 pounds.

## **Lesson #29. The “Conscious” Snacking Move**

Snacks are not only okay, they’re wise, when made conscious and planned.

- Snacks give you energy when you need it.
- Snacks keep you satisfied so you don’t experience runaway hunger.

- Snacks cut out emotional cravings.

So, snack strategically. An apple here, an orange there, a handful of peanuts, an ounce of cheese, some yogurt.

Bottom line – lose 19-26 pounds by avoiding the vending machine.

### **Lesson #30. The Avoid “Autopilot” Eating Move**

Slow down your chewing. Focus on your food with gratitude. Turn off the TV. Have some music instead. Take away the newspaper propped against the cereal box, turn off electronic gizmos, pay attention.

Mindless eating is overeating. Eat slower, gain psychological satisfaction; stop the cravings.

Savor the texture, the taste, the aroma. If you’re with someone, put down your fork to listen to their talk.

At work, get away from your desk. Or, don’t answer the phone or do work while eating.

Bottom line – lose 21 pounds.

### **Lesson #31. The Write It To Learn It Move**

The road to self wisdom, according to Socrates, is to know yourself.

So, let’s pay attention to our eating habits by keeping a food diary. A food diary plays three crucial roles:

1. If kept at the time or near the time of eating, it can change your behavior instantly.
2. You will simply learn what you’re doing right and what you’re doing wrong.
3. The diary helps you individualize your weight loss program.

Bottom line – lose 23 pounds.

## Help Unsuspecting Husband Moves

### Lesson #32.

#### Husband Move #1. Have Fun On An Outing

Be a good example. Model what you expect him to do. Get him up and out, on a long walk and talk. Stroll together at least once a week.

Or, go bowling.

Or, go skating.

Or, go dancing.

Or, tour a zoo or museum.

In other words, do something together!

Bottom line – lose 9 pounds.

### Lesson #33.

#### Husband Move #2. Don't Undereat Breakfast

Men have more bulk which requires more calories. Yet, breakfast is the most common meal they skip.

But, research confirms – a nice, big breakfast helps weight loss.

So, teach him or provide him or lead him to a better breakfast.

What is his preference?

Cold cereal? Oatmeal? The “to go” breakfast of a peanut butter sandwich and yogurt and fruit? Nuts? Eggs and toast?

Discourage the fast food ham biscuit.

Plan breakfast the evening before. Lay it out on the kitchen counter. Tell him.

Bottom line – lose 20 pounds.

### Lesson #34.

#### Husband Move #3. Slip A Little Something Into His Briefcase

Men love healthy food but they operate on the Big E principle – expediency – whatever is at hand and is quick. So, if you don't do it right, what's he to do?

Head for the vending machine with its candy bars, chips, and sodas. Here are some suggestions:

1. Nuts – one ounce – 160-180 calories, with a piece of fruit – 75 calories, and some yogurt – 100-200 calories.
  2. Crackers and peanut butter – 190 calories, and a sliced apple – 60 calories.
  3. Fruit salad mix with nuts – 260 calories.
  4. Yogurts – 100-200 calories, wheat germ – 50 calories, and fruit – 60 calories.
- Bottom line – lose 30 pounds.

### **Lesson #35.**

#### **Husband Move #4. Pack A Power Lunch**

At lunch the Big E Factor – expediency – whatever is quick and convenient, kicks in, and ends up with an expensive, high calorie take-out or restaurant meal. Instead, simply pack a healthy lunch.

Make a great sandwich on whole-grain, high-fiber bread, packing the insides with extra-lean ham, roast beef, fresh turkey or chicken, or pastrami or corned beef, with a slice of reduced fat cheese and a tablespoon of light mayonnaise, and add tomato, pickle, lettuce, and onion. Voila, awesome eating!

Bottom line – lose 20 pounds

### **Lesson #36.**

#### **Husband Move #5. A Smart Evening At Home**

The evening meal is often heavy, to satisfy that lean and hungry look. And, if the work of the day was stressful, the first things at hand are often fattening food and drink. So . . .

- Try a turkey burger or veggie burger instead of beef
- Try a heaping salad
- Plan for a healthy snack for TV munching

Bottom line – lose 30 pounds.

### **Lesson #37.**

#### **Husband Move #6. Out, Out Junk Food**

Men grab what's at hand. So, stock up on apples, bananas, and grapes, and other fruits.

- Have ready fresh vegetables with a healthy dip
- For the nut lover, put 1 ounce in a plastic bag and put in the fridge for the next work day.
- Choose apples – they contain 150 disease-fighting phytochemicals.
- Choose colorful fruits: berries and purple grapes are superstars.

Bottom line – lose 30 pounds by replacing calorie-dense snacks with nutrition-dense, low-calorie fruits and vegetables.

## Mom's Moves

### Lesson #38.

#### Mom's Move #1. Don't Reward Good Deeds With Food

Yes, food is love, but so are hugs and special agreements like staying up late on Friday night.

So, call a family meeting and vote on a change in the reward system for doing well at school or getting through a tough situation, because, using food as a reward in today's culture makes weight control more difficult.

Bottom line – lose 30 pounds

### Lesson #39.

#### Mom's Move #2. Do A Stealthy Snack Switch

That old saying, "out of sight, out of mind," really works. When your ravenous horde descends on the kitchen, they won't even notice that you're systematically changing what to offer them.

Instead of sweets – offer fruits and vegetables for snacks and fruit for desserts. You'll be amazed. They'll simply eat what's at hand, especially if you set the model without grumbling about losing cookies for dessert, but, make cookies and sugary desserts a special occasion. Then, they'll appreciate them.

Bottom line – lose 30-50 pounds.

**Lesson #40.****Mom's Move #3. Stop Portion Distortion**

Happily spending time together, eating out more often with a group, and making meals together all conspire to make eating more calories through bigger portions a grim reality.

Bigger husbands take more calories than smaller children and women. More isn't always better and that's especially true about the evening meal. So, pay attention to how much you're putting on their plates. Chances are, they'll feel satisfied with just a few tablespoons less and so will you.

Bottom line – lose 20 pounds through better portion patterns.

**Lesson #41.****Mom's Move #4. Go! Get Out There!**

Whether you feel like it or not, your body needs a certain amount of sunlight and activity to reduce depression and anxiety. Listen to the call of nature and go play outside, everyday. You'll burn at least 100 calories in 15 minutes. Add up several 15 minute jaunts – try to accumulate 1 hour everyday – and you can lose 40 pounds in 1 year.

Bottom line – lose 10-40 pounds out there.

**Lesson #42.****Mom's Move #5. Get Creative**

Research shows that having a creative pursuit makes you healthy in mind, body, soul, and spirit.

What about all those moments you cherished and captured in photos? Where are they? They're around here someplace . . .

Get them out. Make a project of labeling and organizing and perhaps digitizing them so that everyone can relive those precious moments.

Bottom line – lose 13 pounds by substituting creativity for recreational eating.

**Lesson #43.****Mom's Move #6. Get A Pedometer For Everyone In The Family**

Nothing changes behavior as effectively as a pedometer. Ordinarily we average about 5,000 steps a day. By setting a goal of 10,000 steps a day – a goal that is measurable and documented – the excitement runs high if everyone in the family has a pedometer and a contest is begun.

Then look for those inexorable times of waiting. Think of how fit you and your family could get if you could harvest all that time waiting into physical activities. And, McDonalds has them – pedometers – for about three bucks or with a salad meal, they're free.

Bottom line – lose 20 pounds in a year by adding 5,000 steps to your day and burning an extra 200 calories, day by day. OMRON HJ112 Premium Pedometer (\$40 Amazon.com) is a very good choice for top of the line.

**Lesson #44.****Mom's Move #7. Get Your Kids Into The Kitchen**

Kids love to make pizza. Buy either precooked or raw dough rounds. Let the children clean, chop, and sauté vegetables. Switch to lean meat and save loads of calories, setting the stage for toppings of every sort – even regular mayo – because you can afford the extra pleasure without guilt.

Bottom line – lose 20 pounds by avoiding the extra grease involved with eating out with strangers by staying at home with the kids.

**Lesson #45.****Mom's Move #8. Sweat It Out With Friends**

Form a group. Meet once a week. Choose inexpensive tools – medicine balls, bands, free weights. It's amazing how quickly the body rebounds and gets back into shape. And, add on activities: aerobics, dance, tennis classes, karate, Tai Chi, fencing. Getting together with friends is more than half the fun.

Bottom line – lose 15 pounds by being physically active one hour a week.

## **Lesson #46.**

### **Mom's Move #9. Don't Be A Sleepyhead**

Too little sleep leads to fatigue and fatigue not only makes you too tired to exercise, it makes a coward of you in life (so said Vince Lombardi).

And, night owls tend to snack late.

So, examine your sleep routine. Work it out. Make it relaxing: soak in the tub, read a novel. Unwind!

Bottom line – lose 30-50 pounds by giving up night time calories and getting up early to exercise.

## **Lesson #47.**

### **Mom's Move #10. Call A Friend In Time Of Trouble**

Trouble comes, invited or not. Guard your heart. Don't eat, sleep, or try to wish away a problem – call a girlfriend – let her help you by listening and responding. Take a walk, call on your cell phone (not in the car) and as you burn a few calories and gain a little serenity, you'll be relieving a burden that's robbing your peace of mind.

Bottom line – lose 9 pounds by turning aside from a doughnut three times a week by calling a friend.

# “Not By Bread Alone” Weight Loss

**E. Ted Chandler, M.D.** - After two years in the Navy, Dr. Chandler earned a degree at Wake Forest University. Chosen as one of the first class of Morehead Scholars at the University of North Carolina at Chapel Hill, he graduated from the School of Medicine with a M.D. degree. After 20 years of private practice in Hickory, NC, Dr. Chandler took a position as Associate Professor with Wake Forest University School of Medicine, teaching medical students as the medical director of The Reynolds Health Center. He presently is Professor Emeritus at Wake Forest. Dr. Chandler is also sub-investigator in the Departments of Cardiology and Endocrinology with the Accord Study – a large NIH study of Adult Diabetes. In addition to his medical profession, Dr. Chandler has been an active leader in the Church. He is a current member, Sunday school teacher, and past Deacon at Rich Fork Baptist Church. Five times he has ventured to Africa for missionary doctoring with missionary colleagues in Sierra Leone, Liberia, Tanzania and Kenya.

**Ray Morrow, M.D.** – Dr. Morrow grew up in Thomasville, NC. He received his undergraduate degree from Wake Forest University in 1990 then received his medical degree at Wake Forest University/Bowman Gray School of Medicine in Winston-Salem, NC in 1994. Internal Medicine Residency at Wake Forest University Baptist Medical Center from 1994 -1997. He was Assistant Chief of Medicine for the Internal Medicine Program in 1997 and received Internal Medicine Board Certification in 1998. He is currently in practice in Winston-Salem, NC.

**Reverend Phillip Morrow Sr.** – Reverend Morrow was born in rural Catawba, NC in 1937. He attended Wake Forest University from 1955 – 1959 then went on to attend Southeastern Baptist Theological Seminary from 1959 - 1962. He has pastored several churches in NC and spent 26 years working at Baptist Children’s Homes of NC with his last position being Assistant to the President. He retired in 1999 and currently lives in Catawba.