

My Harmonic Health

The Problem

Do you have any idea how powerful you are? Have you ever thought about it? In Luke 10:19 Jesus says, 'I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.' And that's just one of many scriptures that talks about the power we have in Christ.

So if we have all of this power and authority, why do we feel so powerless? How is it that we have been given the power and authority to cast out demons yet we can't stop ourselves from eating a piece of chocolate? Why do we struggle with so many issues around our weight such as emotional eating, inactivity, self-control, guilt and feelings and low-self esteem?

A 1998 Purdue University study discovered that religious Americans were more likely to be overweight than their nonreligious peers. How can this be? Shouldn't we be the healthiest people on the planet because of the promises that God has given us? Where is the disconnect?

The problem is analogous to having an electric fan on a scorching hot day. We have been given an indispensable tool to help us but until we plug in the fan, we will never receive the benefit and the power that we have. Until we call on the Holy Spirit to be our help as our instruction book tells us, we will never walk in the authority we have been given.

Now add our inability to utilize our power with our laziness; lack of education on nutrition and healthy eating; a diet industry that lies and brainwashes us and hectic schedules and we have a global epidemic of obesity of more than 1 billion overweight adults, of whom at least 300 million are obese. (1)

You may identify with one or all of these issues but don't feel discouraged. At the end of the program will have a strategy to move you forward in any and all of these areas that have been keeping you stuck.

In the next 21 days you will learn how to utilize power God has you to move your mountains out of your way. In a unique and powerful way, you will gently uncover all of the issues around our weight and understand how God wants to heal you and transform you in this area of your life.

The Program

My Harmonic Health is a 21 day e-workbook that will guide you through a step-by-step formula for successful weight release from a biblical perspective. This program will cover 5 main areas:

Sensible eating- understanding God's view of healthy eating
Habits- understanding the choices God wants us to make and how He wants us to live
Attitudes- understanding how God wants us to think, act, behave and speak
Partnerships- understand how God wants us to handle our problems
Exercise- understanding the level and commitment of health God wants us to enjoy

These 5 sections form the acronym SHAPE – God has blessed us with all different shapes and He wants us to understand that our unique shape is our gift the world. Your friends, your family and the world need your unique shape. Being all who God has called you to be will bring glory to God.

The Preparation

How are you feeling right now? - Apprehension, excitement, fear of failing (again). Throughout this program you will go through a roller-coaster of emotions. I encourage you to keep a journal handy to write out the feelings that may come to the surface. Ask the Holy Spirit to reveal new truths and insights to you and to gently change you.

Throughout the program, avoid the tendency to judge yourself, your actions and your choices. There will be no right or wrong, no guilt or condemnation- just notice what comes up for you and invite the Holy Spirit to show you these feelings, the root cause of them and finally you.

You may choose to add the discipline of fasting. It will not be part of this program but it is highly recommended. Remember it is not a weight loss tool but another tool to draw closer to God.

Avoid the urge to 'try' to suddenly eat dramatically different. Remember that there are no quick fixes to anything. Change is a process. You will learn that 'trying' is rarely successful. Flesh can't change flesh. (I'll explain throughout the program.

Are you familiar with the expression, 'sow where you want to go?'
Begin to pray for your fellow members as know that they will be praying for you.

I encourage you to get a separate book and track new insights. I'm not sure what form this book will take on yet- it may become a small group study, a book or a workbook.

The Process

The goal of this program is to promote permanent change, through a series of small doable incremental changes—baby steps.

Change at anything is a process. God wants to change us little by little from glory to glory. (2 Cor. 3:18)

This program will run for 21 consecutive days but remember that this is only the beginning. You are on a life-long journey.

Each day you will read the daily devotion, reflect on the daily thought and follow through on the daily action step. As a volunteer, you will also be asked to provide me with feedback from time to time. I encourage you to book off anywhere from 10 minutes to 1 hour per day.

The Principles

The success of this program is based on a few biblical principles:

God wants you well! (3 *John 1:2*)

God wants to transform our lives little by little (2 *Cor. 3:18*)

God wants us to partner with the Holy Spirit to live a victorious life (*John 14:15-25*)

God has provided us with choices and he wants us to choose the best way. (*Deut. 30:19*)

God wants to use our good health to glory him and help other people. (1 *Cor. 6:19*)

These principles will be reinforced throughout the entire program.

The Purpose

Americans spend \$40 billion a year on weight-loss programs and products. You probably have spent hundreds if not thousands a year on some product or program promising you instantaneous results

You need a solution to how to release the weight without falling for the sales gimmicks and unhealthy diets. What if I told you that you never had to spend another penny on a weight loss gimmick again? This book was written to help you achieve the best health of your life as well as draw closer to God.

God does not want you going around the same mountain time and time again. He wants you free. 2 Cor. 3:17 says ‘Where the spirit of the Lord is there is liberty’ and beloved I want you to experience that liberty.

For more than half of my life, I’ve tried to change just about everything about myself. I felt I was too fat, too hippy, too loud, too soft-spoken, too ugly, too conservative, too black, too easy, too afraid, too lazy, too worldly, too godly and most of all too undisciplined to make any of these changes stick. Talk about bondage!!

Until I cried out like Paul in Romans 7:24 to be delivered from this body of death—did I begin to receive God’s healing, peace and rest from all my work. It’s an incredible feeling of rest to be able to do less and receive more. My prayer is that you will receive the same.

The process of God gently changing me continues day by day, bit by bit. I want to share with you what God has taught me to so far. I pray that you receive it and allow it to SHAPE you into the precious miracle that God has created you to be.

I love you and pray for your victory.

Yours in Health and Service,

Cathy

SHAPE Overview

The next chapter is a brief summary of the 5 areas that you will be learning about. In my opinion, living a healthy life will require a harmonic blend of these 5 topics.

Sensible Eating

"Let the land burst forth with every sort of grass and seed-bearing plant. And let there be trees that grow seed-bearing fruit. The seeds will then produce the kinds of plants and trees from which they came." And so it was.

Genesis 1:11

In the biblical account of the fall of man, -we learn that Satan used food (fruit) as a temptation that led to our downfall. Things have not changed much in 6,000 years; food continues to be curse instead of a blessing.

God gave us food to enjoy. One of your goals will be to see food as it was intended; as a source of pleasure, nourishment and healing. You will also learn what foods support good health and which foods hinder it.

For many of us it has become a drug that provides a temporary cure to deeper problems; problems that only God can fix- I invite you to let Him do the healing work in you. As you go through the daily devotions you will draw closer to God and trust Him as your provider and sustainer. He tells us that there is a better way. He wants us to live by the word of God which is more important to us than food.

Habits

"We are what we repeatedly do! Excellence then, is not an act, but a habit!" Aristotle

Sin is anything that we feel has control over us—as difficult as it may be to admit, this includes over-eating. God desires for us to live in peace with freedom from the bondage of sin. As we seek Him we will develop better habits.

There are numerous Biblical examples of how to develop better habits:

In Matthew 11:29. Jesus tells us to ‘take His yoke upon Him and learn from Him’. Paul tells the Philippians to put into practice what they have seen him do. (Phil 4:9) We will study a few other biblical characters who also teach us about healthy habits.

Throughout the program you will understand that developing good habits should not be about trying to fix yourself or disciplining yourself. In our own flesh we are not able to fix ourselves. It is the work of the Holy Spirit.

You will learn how to allow the Holy Spirit to do the work of gently transforming you little by little, day by day.

And you will learn how to replace life-draining, defeating, negative behaviors with healthy, practical and affirming habits. As we develop healthier habits including sensible eating and more activity, our bodies will naturally release excess weight.

Attitude

‘Your attitude determines your altitude’

Your attitude plays an important part in every aspect of your life- especially your health. Read this powerful quote by author, pastor and bible-teacher, Charles Swindoll.

‘The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company ... a church ... a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable.

The only thing we can do is play on the one string we have, and that is our attitude ... I am convinced that life is 10% what happens to me, and 90% how I react to it. And so it is with you ... we are in charge of our attitudes. ‘

There are many chapters, parables and lessons in the bible is devoted to teaching us how conduct ourselves in every situation. With such a heavy emphasis on the topic, we can recognize that God wants us to have the right attitude. He wants us to have His mind. (Phil 2:5) This book will highlight some biblical accounts of the attitudes God wants us to have as well as provide you with practical steps on how to develop a Christ-like attitude towards your health.

Partnerships

‘As iron sharpens iron, so one man sharpens another’ ~ Proverbs 27:17

Partnerships refer to the people in your life who will help you on your journey towards a healthy weight and excellent health

The most important partnership I want you to acknowledge in this process is your relationship with the Holy Spirit. You can have the perfect meal plan and the perfect

exercise routine but as a believer, if you're not plugged in to your power source (remember the fan analogy) then you will have limited success.

We were not meant to handle life's challenges on our own. God has sent us His helper to comfort us, teach us, empower and strengthen us, guide us, and lovingly convict us. His might plus your choice equals victory. Now that's the ultimate personal trainer!

Exercise

"After all, no one ever hated his own body, but he feeds and cares for it..."
~ Eph. 5:29'

Exercise gives you more energy; reduces your risk of dying prematurely and the risk of dying from heart disease and diabetes, reduces the risk of developing diabetes and high blood pressure; helps to control your weight; strengthens your heart, strengthens your muscles and bones, reduces your cholesterol, helps maintain balance, coordination and agility, improves circulation; improves sleep, increases resistance to mental fatigue and the list could probably go on and on.

We know that exercise is important but the challenge becomes how we make the time for it in our busy lives. This book is designed to help you find creative ways to fit exercise into your schedule and to help you strengthen your discipline muscle so that it becomes part of your lifestyle.

Exercise is not an end in itself, but it enables us to serve God and fulfill our purpose. Does your lack of exercise keep you from using your body to serve God the way you want to? Could you do more for Him if you were at a healthier weight? If you had more energy? If you felt better about yourself? Once we can wrap our heads around the concept of being 'fit for purpose' then the need to live an active lifestyle becomes even more important. Even in exercise it really is not about us.

So there's an overview of what you will be learning in the next 21 days. I encourage you to resist the urge to jump ahead until you have fully done the work. This is not another book that you read, nod your head in agreement and move on to the next page. This book is about taking action and choosing to live powerfully and fully engaged.

Remember, His might plus your choice equals victory !!!