

Spiritual Insight for Making Healthy Lifestyle Changes

from Loyce Godfrey

Cultivating love for yourself is the first Spiritual secret to becoming successful in the healthy lifestyle, weight loss process.

Lifestyle change does not come easy. So how do we become motivated and where do we find the power to implement such significant changes? If the Spirit of God is in us, we have the motivating force, the power source, with us all the time. Scripture teaches us that “God has poured out his love into our hearts by the Holy Spirit.” (Romans 5:5) The fruit of the Spirit of love—agape—will help us, first by adjusting our attitude about our bodies. We are not merely bones and flesh, but are the living temples of God.

Once we embrace the wonderful truth that we are God’s living temple, the fruit of the Spirit of Love empowers us to make whatever sacrifices are required to keep our temples healthy. We have to be willing to forgo something we might indulge in (whether meat, sweets or soda) for a higher purpose of good health. We will find the strength we need as we open our hearts to this spiritual secret—the power of love. As we grow in the fruit of the spirit of love, sacrifices become easier because our deepest desire will be to love and please God.

Create an Action Plan

The first step to a healthy holiday season is coming up with a plan. When faced with endless amounts of goodies at every party or celebration, it is easy to indulge and forget about your health. Prevent this by following the guidelines below and develop your own personal action plan!

Step 1: Clarify your Goals:

- Set specific and realistic goals so you can achieve them.
- Keep track of your goals by writing them down.
- For example: *I will not gain weight this Christmas!*

Step 2: Claim your Commitments:

- Plan out how you will go about reaching your goals.
- Try small steps like choosing water instead of soda, or eating at least one piece of fruit or some vegetables each day, or adding exercise once a week.
- For example: *I will not eat more than one small dessert at Christmas dinner.*

Step 3: Understand your Challenges:

- Resisting temptation is not easy. Prepare for challenges and how you can overcome them.
- For example: *I will recruit a partner to help me stay committed to my goal.*

Step 4: Celebrate your Accomplishments:

- Reward yourself for achieving your goal, but don’t go off track! A healthy lifestyle is a lifelong commitment, so after achieving your first goal, push yourself to aim higher!