

Lies We Believe

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How to do Faith-Based Wellness Well

- Focus on growing in your faith 1st
- Find the right motivation, what is your “why”?
- Critically ask, “what does the Bible say about this?”
- Apply Biblical principles in every area including physical wellness

Which Path will You Choose?

1. The lies of the world

1. Striving, wanting, looking for happiness
2. Striving: to struggle or fight vigorously

1. The truth from God's word

1. Peace, joy, satisfaction
2. Opposite of striving: making peace, finding rest

Lie #1: Changing my habits is hard work!

- Work is a good thing. Genesis 2:15
- Sometimes work is hard and requires discipline. Hebrews 12:11
- Culture does a good job of convincing us to believe that hard work isn't worth it.
- Changing our habits over time happens when we make small improvements.
- Identify: You give up easily, always starting over, cheating
- Transform: Taking care of my body for God's glory gives me joy!

HR Q #4

What are the benefits of discipline?

Are there any disciplines related to nutrition, health, or movement that you want to incorporate?

Lie #2: If I continue to strive, I will be able to change

- Wellness: The pursuit of taking care of your body (physically, spiritually, and mentally) to the best of your ability and knowledge with the understanding that God is sovereign.
- Success: Taking care of our bodies for the glory of God!
- What is failure? When we don't honor God or our behavior is sinful.
- Let's look at the heart behind our behaviors.

Lie #2: If I continue to strive, I will be able to change

- We cannot change our behavior if we don't look at our hearts
- Our behaviors change when our heart changes
- Let's find the heart problem
- 3 steps

Lie #2: If I continue to strive, I will be able to change

1. Identify Sinful Patterns

2. Explore the heart behind our behavior

1. Gluttony Philippians 3:19
2. Apathy Hebrews 12:11
3. Pretentiousness and Pride Romans 12:16
4. Idolatry Colossians 3:5

3. Transform and Repent!

Repentance: A change in the way I think that leads to a change in the way I live.

HR Q #5

Are there any patterned in your own heart that you want to address with the Lord?

HR Q #6

What are some practical things you can do to help you learn to recognize this pattern?

Lie #3: I will never be as thin, successful, pretty, etc as her

- The lie of comparison
- True stealer of joy and peace
- When we compare to others: boasting or wallowing
- Focus on God and become more like Christ
- Ephesians 4:22-23
- Identify: When you meet someone new, do you compare your size to hers? Do you assess other people's plates?
- Transform: I am going to keep my eyes directly before me and focus on what I know pleases God, doing my best to care for my body.

HR Q #7

In what areas of your life do you tend to compare yourself to others?

Think about Jesus' character. In what ways do you want to grow to be more like him?

Psalm 139: 23-24

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.