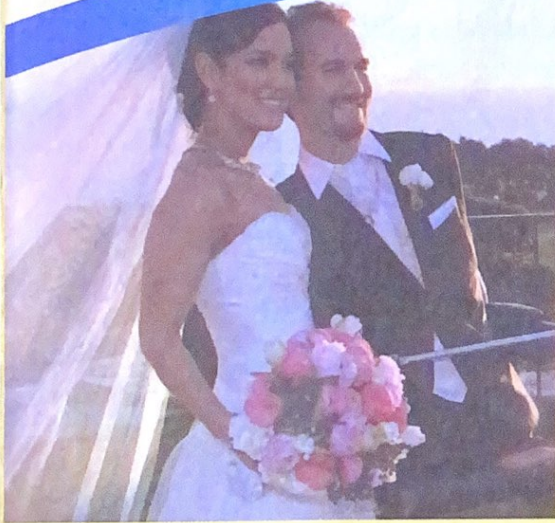




Healthy and Happy Seminar 9



Man with No Arms and No Legs! He Did it! And So Can You!

Nicholas Vujicic was born to Australian parents - without arms and legs! But he completed college, got married, has children, and is now a motivational speaker. His bestseller, *Life Without Limbs*, has been translated in 30 languages! He tells us that we can overcome any challenge!

1. *Today one of our biggest challenges is weight control!*

- Two out of three Americans are overweight! And one in three is obese!
- Many have tried repeatedly, have failed, and have given up!
- But if Nick overcame his challenge, we can overcome ours!

2. *The first key to weight control is: Manage the number of calories that I consume. Choose the right words or numbers: lose, 1,600, gain, 2,000.*

- (a) If I take in more calories than I burn up, I am likely to _____ weight.
- (b) If I burn up more calories than I consume, I am likely to _____ weight.
- (c) The recommendation for an adult female is from _____ to 2,400 daily.
- (d) For adult males, the recommended intake is from _____ to 3,000 per day.

3. *What are some steps we can take to limit our calorie intake?*

- T F 1. Watch serving sizes. Use smaller servings!
- T F 2. Avoid "empty" calories. Use whole grain foods and cereals.

- T F 3. Eat more fruits and vegetables. These are low in fiber.
 T F 4. Eliminate "fast foods" and other fatty foods from the diet.
 T F 5. Eat supper one hour before bedtime to burn up its calories.
 T F 6. Ban sodas and sugary drinks, and drink lots of water.

4. When God created humans, He prescribed a plant-based diet! Only after the Flood He permitted flesh as food.

But there were restrictions! See Leviticus 11:3, 7, 9, 10. True or False?

- T F 1. Land creatures should both part their hoof and chew their cud.
 T F 2. So cows, sheep, goats, and horses are good for food.
 T F 3. The pig, often a carrier of trichinosis, is off God's list.
 T F 4. Water creatures should have both fins and scales.
 T F 5. Crabs, lobsters, shrimp, scavengers of the sea, are unfit for food.

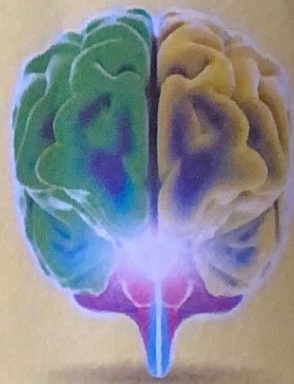
5. Key number two: Burn up calories through whole body exercise.

Choose the right words: persevere, walking, partner, thirty.

- (a) Some examples are running, cycling, swimming, and _____.
 (b) The amount is _____ minutes a day. This can be done in segments.
 (c) Have a Strategy. Schedule the daily time. Get an exercise _____.
 (d) Set Realistic Goals. Write them down. Always _____! Never give up!

6. Our third key is very powerful: Use my limitless brain power!

- The human brain has 100 million brain cells ready for use!
- Anything is possible! What your mind can conceive, it can achieve!
- God Himself says, "Nothing will be impossible for you."
(Matthew 17:20).
- As you exercise the body, exercise your mind! Say,
"I can do it!"



7. Key number four is the most vital: Access God's mighty power!

Ephesians 6:12, Mark 1:35, Matthew 4:4. True or False?

- T F 1. Satan's forces fight us. So we need God's power to fight for us.
 T F 2. We should connect to God's power through weekly prayer.
 T F 3. In addition, we can pray for His power at the time of temptation.
 T F 4. We can also access God's power through studying His Word.
 T F 5. It is useful to memorize Scripture and quote it when tempted.

8. Individual & Group Activity: My Goal.

- (a) My goal is to have a body weight of _____ by _____ [Date].
 (b) Now share your goals with a partner to whom you will be accountable.

9. *While some people are physically overweight, all of us are spiritually overweight! What is this weight that we carry?*

Hebrews 12:1. The weight is _____.

10. *The Great Physician gives two secrets to cure spiritual overweight!*

1 John 1:7. The first secret is: Accept the _____ of Jesus.

Acts 2:38. The second secret is: Accept the _____ of Jesus.

11. *Taking these two steps can be challenging! But like Nick, we can overcome our challenges! At times the challenge is My Family.*

Matthew 10:36-38. Choose the right words: cross, family, worthy.

(a) Jesus said one's enemies will be those of his own _____.

(b) He who loves family "more than Me is not _____ of Me."

(c) As He bore His cross, we should take up our _____ and follow Him.

• Lot overcame his family challenge! And you can do it too!

12. *Other times the challenge is My Job. See Matthew 6:31-33.*

1. Jesus said that we do not need to care or prepare for tomorrow.

2. God is my Father. He guarantees that my needs will be supplied.

3. One condition is: I must put God first, and be obedient to Him.

• Levi Matthew overcame his job challenge! You can do it too!

13. *A third challenge can be: Living with someone and we're not married.*

See Hebrews 13:4.


• God honors marriage, but He condemns adultery.

• If you love each other and can be married, you should get married!

• If marriage is not possible or desirable, you should end the affair!

• The woman at the well overcame this challenge! You can do it too!





14. Challenge number four can be My Religion.

John 10:16, 27, Revelation 18:4, Mark 7:7. Choose: Come, vain, honest.

- (a) Christ has many _____ people in all churches and religions today.
(b) He says, “_____ out!” His sheep will hear His voice and follow Him.
(c) If I refuse to follow and obey Him, then my worship is in _____!
• Paul overcame his religion challenge! You can do that too!

15. Our fifth challenge can be Time! “Let me wait and do it later on!”

2 Corinthians 6:2. “Behold _____ is the accepted time; now is the day of salvation.”

Hebrews 3:7, 8. “_____ if you will hear His voice, harden not your hearts.”

- The treasurer of Ethiopia acted right away! You can do that too!

16. A very big challenge is My Sacrifice. “I’ll have to give up too much!”

John 3:16. Look at His sacrifice!

See Him hanging on the Cross! Giving His life - for you and me!

Hear His anguished cries in Gethsemane as He sweated blood to save me!

Feel the pain of the cruel nails tearing His flesh! He did all of that for me!

Jesus made big sacrifices for me! I’m willing to make sacrifices for Him.

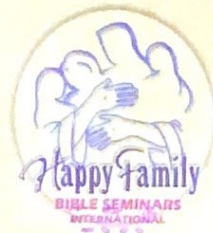
My Choice.

- By God’s grace, I will use the four secrets and manage my bodyweight.
 I will use Christ’s blood and baptism to be rid of my spiritual overweight.
 As I see Jesus’ sacrifice for me, I’m willing to make my sacrifice for Him.

Check Your Answers. 3. 1T, 2T, 3F [high], 4T, 5F [three hours], 6T. 4. 1T, 2F [not horses], 3T, 4T, 5T. 7. 1T, 2F [daily], 3T, 4T, 5T. 12. 1F, 2T, 3T.

Attention! The information in this seminar is for health education only. It is not designed to be a substitute for the medical care of your physician.

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