

CHALLENGE GROUP LEADER'S GUIDE

THE
BODY
TITHE

DEVOTIONAL

*Spiritual Encouragement for
Your Fitness Journey*



MATTHEW PRYOR

Copyright © 2016 by Matthew Pryor

All rights reserved. This book or any portion may only be reproduced in the manner outlined in the contents, except for the use of brief quotations in a book review.

Printed in the United States of America First Printing, 2016

Sophros, LLC
9700 Park Plaza Avenue
Suite 203
Louisville, KY 40241

www.bodytithe.com

Thank you for downloading *The Body Tithe Devotional Challenge Leader's Guide*. We are excited that you want to lead a group through a 13-week challenge that for many, will be life-changing.

There are a number of ways to lead a group using this material. You can open up a private group on Facebook. You can create a member-only forum on a message board platform. You can create an email list. You could even text your group daily.

Each day, you simply copy, cut, and paste the daily material into the message/updates for your group. Feel free to edit the content to make it sound more like your own voice. Of course, if you have additional insights that you'd like to share, go for it.

The point is that you're consistently reaching out to your members, reminding them of the truths they're reading, encouraging them, praying for them and challenging them to stay the course.

You may have also noticed a download link for *Body Tithe Challenge Images*. This file contains a large group of motivational images you can share. The images are labeled according to the day they are to be used. Just like with the daily written content, you can copy the image and paste it into your message/update.

One favor we ask is that at the end of the challenge, you ask the participants to write a review of the book on Amazon.com (or wherever they purchased it). The quantity of book reviews can make the difference between reaching a thousand people or a hundred thousand people. Sharing how *The Body Tithe Devotional* impacted their fitness and their relationship with our heavenly Father might help more lives be changed.

Also, if you have suggestions on how to improve this guide, we would love to hear your feedback. Simply email your suggestions to updates@bodytithe.com and we will take them under consideration.

Again, we are so delighted you want to lead a group. We are praying that God will raise up more leaders like you to help others grow in their faith. Thank you for partnering with us to help grow the Kingdom!

In Him,

Matthew & Kim Pryor

And so it begins . . . Day 1 of 90. Are you excited? I am! I am primarily excited to see how God meets each of us right where we are, how He demonstrates His love and grace to us and how He draws us to Himself. We have each been placed in this group for a specific purpose. As we persevere through these 90 days together it's going to be amazing to watch that purpose unfold.

Today's Reading:

Week 1 | Preview | *Names for Jesus* (pages 13-14)

Week 1 | Day 1 *Names for Jesus: Cornerstone* (pages 15-17)

I've attached a calendar that lists the reading for each day for those of you that would like to use one to follow along, track your progress or simply just to have something to check off.

Feel free to comment below on anything that struck you as you were reading. Were you especially encouraged by something? Convicted? Confused? Motivated? . . . the list could go on and on. I encourage you to engage daily in the group. Share with us what God is revealing to you.

Each day I will also have a thought, question, exercise or something specific for us to chat about. Today, I would like to know how you will be implementing the Daily Spiritual Exercise (DSE) this week. Comment below and let us know your plans.

I'm praying for each of you.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 1 | Day 2 | *Names for Jesus: Bread of Life*

DSE: Pray without ceasing

Thought of the Day:

What would happen if I consistently fed my spirit on the Bread of Life rather than settling for “food that spoils?”?

Today's Reading:

Week 1 | Day 3 | *Names for Jesus: Radiance of God's Glory*

DSE: Pray without ceasing

Wellness Wednesday Tip:

Every Wednesday I will be sharing a tip to encourage healthy habits. This week our tip is concerning water. The rule of thumb is that you should drink 1/2 your body weight in ounces per day. So, if you are 160 pounds you should drink 80 ounces of water per day. Share below your thoughts about this healthy habit.

Today's Reading:

Week 1 | Day 4 | *Names for Jesus: Rabbi*

DSE: Pray without ceasing

Think-back Thursday (can you guys tell that I love alliteration? It may be an issue) – Every Thursday we will reflect on how the week has been going and will plan ahead for the remainder of the week. So, how is your week going so far; are you reading daily; doing the DSE; if not, why, what's holding you back? His mercies are new every day (Lamentations 3:22-24) and there is now no condemnation for those that are in Christ Jesus (Romans 8:1) so how can you move forward in His grace today? Share how you are doing with the group.

Also, what did you think of Jesus as Rabbi? How can you specifically apply that to your fitness (aka exercise, nutrition and sleep) the remainder of this week? Come up with one thing, share with the group and we will keep you accountable.

Have a thrilling Thursday (I couldn't resist) I'm praying for each of you.

Today's Reading:

Week 1 | Day 5 | *Names for Jesus: The Shepherd and the Lamb*

DSE: Pray without ceasing

I would love to hear everyone's thoughts on today's reading. Please share them below.

Tip:

Weekends can be daunting when you are embarking on a new fitness regimen. Planning ahead of time always helps me to combat the tendency to be too relaxed or treat myself too often. Prayer is an even better way to gear up for the temptations the weekend can bring. This is a perfect time to focus on your Daily Spiritual Exercise of praying without ceasing. Keep worship music on all day, set an alarm on your phone, reach out to someone else in this group or in your circle of friends and ask how you can pray for them, pick a specific Scripture that encourages you and pray it throughout the day. Whatever method you decide to try, stick with it over the entire weekend and let us know how it goes. I will specifically be praying for each of you.

Today's Reading:

Week 1 | Day 6 | *Names for Jesus: The Author*

DSE: Pray without ceasing

Thought of the Day:

Based on today's reading about Jesus as The Author, have you already or are you willing to drop the pen and entrust the plot to a much better writer? Share below.

Today's Reading:

Week 1 | Day 7 | *Names for Jesus: Morning Star*

DSE: Pray without ceasing

Are you a morning person? Share below.

Today's Reading:

Week 2 Preview | *Old Testament Heroes: Read Job 38-41*

Week 2 | Day 1 | *Old Testament Heroes: David*

It's the beginning of Week 2 and that means a new Daily Spiritual Exercise. Share below how you plan to implement it this week.

Today's Reading:

Week 2 | Day 2 | *Old Testament Heroes: Job*

DSE: The "Bigness" of God – meditating on an attribute of God

What did you learn today from your reading of Job?

Today's Reading:

Week 2 | Day 3 | *Old Testament Heroes: Daniel*

DSE: The "Bigness" of God - meditating on an attribute of God

Wellness Wednesday Tip:

It takes 20 minutes for your brain to register that you are full. So, be mindful when you eat. Set a timer, eat opposite handed to slow you down, if you aren't good with chopsticks attempt to eat your meal with them, don't eat distracted (meaning in the car, while watching TV or reading), don't eat straight out of a bag, put your fork down between every bite, etc. Basically do whatever works for you to make you mindful of what you are eating and allow your body time to register when it is nearly full. If you have some additional tips for mindful eating please share below.

Today's Reading:

Week 2 | Day 4 | *Old Testament Heroes: Abraham*

DSE: The "Bigness" of God - meditating on an attribute of God

Think-back Thursday - reflect on how the week has been going and plan ahead for the remainder of the week. Share below and tell us how your week is going so far; are you reading daily; doing the DSE; if not, why? How is your nutrition this week? How about your exercise and sleep? Is there anything you need to put in place today that will help you for the remainder of this week? Also, share below what God impressed upon you based on the reading today.

Today's Reading:

Week 2 | Day 5 | *Old Testament Heroes: Solomon*

DSE: The "Bigness" of God - meditating on an attribute of God

"He asks for what he needs, not what he wants." Share below what you think about this statement

Today's Reading:

Week 2 | Day 6 | *Old Testament Heroes: The "Here I Ams"*

DSE: The "Bigness" of God - meditating on an attribute of God

Is there any area of your fitness (exercise/nutrition/sleep) were you are hesitant to say "Here I Am"? What would it look like if you were fully available to God? Share below.

Today's Reading:

Week 2 | Day 7 | *Old Testament Heroes: Manoah & His Wife*

DSE: The "Bigness" of God - meditating on an attribute of God

Did you know who Manoah was before reading today? After reading, do you believe that God wants to be involved in all areas of your life, including your fitness? Share your thoughts below.

Today's Reading:

Week 3 | Preview | *Names for God*

Week 3 | Day 1 | *Names for God: The Potter*

It's the beginning of Week 3 and that means a new Daily Spiritual Exercise. Share below how you plan to implement it this week along with what song you chose for today.

Today's Reading:

Week 3 | Day 2 | *Names for God: Breath of Life*

DSE: Sing a song of praise

Here is an excellent song that goes so well with today's reading. Enjoy praising Him as you listen. I've also included the link to the lyrics if you want to use it as your DSE.

<https://m.youtube.com/watch?v=uHz0w-HG4iU>

<http://www.azlyrics.com/lyrics/allsonsdaughters/greatareyoulord.html>

Today's Reading:

Week 3 | Day 3 | *Names for God: Father*

DSE: Sing a song of praise

Wellness Wednesday Tip:

Fiber is your friend. Fiber signals to your body that you are full and it helps you diet without being hungry. Women should get 25 grams of fiber a day. Men should get 35 grams of fiber a day.

Good choices include:

- Whole-grains
- Fruits
- Vegetables
- Beans, peas and other legumes
- Nuts and seeds

If after reading this you realize that you need to increase your intake be sure to do it gradually. Too much too soon can lead to an upset tummy and uncomfortableness. No need for that. Also be sure you are drinking plenty of water (remember our first Wellness Wednesday tip) because fiber works best when it absorbs water.

Today's Reading:

Week 3 | Day 4 | *Names for God: Dwelling Place*

DSE: Sing a song of praise

Think-back Thursday - Share below and tell us how your week is going. Let us know what songs you have enjoyed singing as your DSE. Share something that you learned or were encouraged/convicted by in the reading today.

Today's Reading:

Week 3 | Day 5 | *Names for God: Redeemer*

DSE: Sing a song of praise

Check out this song and the lyrics after reading today's reading. Share below what God impressed on your heart today.

<https://m.youtube.com/watch?v=oyPBtExE4W0>

https://play.google.com/music/preview/Tm6zdydjwocbkdx65ixzuqii5ey?lyrics=1&utm_source=google&utm_medium=search&utm_campaign=lyrics&pcampaignid=kp-lyrics

Today's Reading:

Week 3 | Day 6 | *Names for God: Lord of Hosts*

DSE: Sing a song of praise

In your greatest moment of need, to whom/what do you turn? Be honest with yourself and if you feel comfortable share below.

Today's Reading:

Week 3 | Day 7 | *Names for God: God of Rest*

DSE: Sing a song of praise

Today we are 21 days into our journey. Pause and pat yourself on the back for reaching that milestone! You know what they say about that number don't you? Supposedly it takes just 21 days to form a new habit. Well, I haven't found that to be true in my own life. How about you? What I have found to be true is that 21 days is a good jumpstart to a new habit. It lays the groundwork for a habit to start forming. So, be encouraged. You've completed 21 days of this journey! No matter how it has looked, you've been in it for 21 days and some habits are forming. Persevere friends. I am praying Philippians 1:6 over all of you. ...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Here is some extra reading about the 21-day phenomenon if you are interested.

<http://jamesclear.com/new-habit>

Share below what you think about the 21-day habit phenomenon and today's reading.

Today's Reading:

Week 4 | Preview | *The King of "Un"*

Week 4 | Day 1 | *The King of "Un": Undone*

It's the beginning of Week 4 and that means a new Daily Spiritual Exercise. Share below how you plan to implement it this week along with what Scripture you chose for today.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 4 | Day 2 | *The King of "Un": Unconventional*

DSE: Memorize a favorite Scripture reflecting the unconventional nature of God's character.

Share below what you thought about this quote from today's reading. "Given that God does things differently, have you considered that He has plans for your fitness struggles?"

Today's Reading:

Week 4 | Day 3 | *The King of "Un": Unfailing*

DSE: Memorize a favorite Scripture reflecting the unconventional nature of God's character.

Wellness Wednesday Tip:

I realized that all my tips so far have been nutrition related. Since fitness is made up of exercise, nutrition and sleep I thought I would give a tip from one of those other areas. So, exercise tip here ya go...

Finding the right workout buddy can increase your chances for fitness success by as much as 50%. Studies have shown that the single most important factor in long term health and fitness success is having a support system.

The right workout partner provides support, accountability, motivation and, in some cases, healthy competition.

One study surveyed married couples who joined health clubs together and found that couples who worked out separately had a 43 percent dropout rate over the course of a year. Those who went to the gym together, regardless of whether they focused on the same type of exercise, had only a 6.3 percent dropout rate.

Not married or don't have a spouse that has a flexible schedule to workout with you? No biggie. I think the principal applies to any two people that commit to a fitness plan together.

So, do you have a workout partner? If not, be thinking about potential friends you can ask. Share your thoughts below.

Today's Reading:

Week 4 | Day 4 | *The King of "Un": Unparalleled*

DSE: Memorize a favorite Scripture reflecting the unparalleled faithfulness of God's character.

Think-back Thursday - Share below and tell us how your week is going. Give us the scoop on your Scripture memorization. Has it been easy, challenging, rewarding, enjoyable, etc.?

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 4 | Day 5 | *The King of "Un": Unchanging*

DSE: Memorize a favorite Scripture reflecting God's unchanging nature.

In today's reading there are several Scriptures listed that represent a facet of God's character that is unchanging. Be it His intentions, His word, His strength, His faithfulness, His purposes, His promises, etc. Share below which one resonated with you the most and why.

Today's Reading:

Week 4 | Day 6 | *The King of "Un": Unrelenting*

DSE: Memorize a favorite Scripture demonstrating God's unrelenting love.

"Throughout Scripture, we have one example after another of good news - God demonstrating a love that met the physical, emotional, and spiritual needs of His children. I bet that if you look at your life, you could find example after example of Him doing the same."

Share below a physical (related to fitness), emotional and spiritual need that God has met in your life.

Today's Reading:

Week 4 | Day 7 | *The King of "Un": Unending*

DSE: Memorize a Scripture that portrays the endless nature of God's love, grace, glory, love and provision.

Wow! As of today we have been on this journey together for a month! You've spent the last four weeks laying a foundation of focusing on your faith to encourage you in your fitness endeavors. Well done! You are now officially in the Flame Phase. That means you are still warm, but not nearly as hot as you were in the first phase. Early results start to taper and the realization that this is a lifestyle starts to set in. While you're still interested in the pursuit, the fire has certainly faded to a flame. Take a moment and reflect. How are you feeling at this phase of the journey? Share that below.

It's also time to do some goal setting for our next month together. Where do you need to step out in faith/obedience and rely on God to give you victory? What fitness (exercise/nutrition/sleep) goal do you need to set and share to keep you accountable? Comment below about that as well.

Need extra encouragement? I highly recommend listening to this sermon. It speaks so well to what we are all trying to accomplish in our lives and with our fitness and it will renew your commitment to this journey.

<https://www.southeastchristian.org/sermons/cumulative-effect/the-cumulative-effect-part-1/>

Today's Reading:

Week 5 | Preview | *Names for the Holy Spirit*

Week 5 | Day 1 | *Names for the Holy Spirit: Counselor*

It's the beginning of Week 5 and that means a new Daily Spiritual Exercise. Share below how you plan to implement it this week.

Today's Reading:

Week 5 | Day 2 | *Names for the Holy Spirit: Spirit of Life*

DSE: Practice "spiritual breathing" throughout the day.

"With fitness, it's easier to focus on the sacrifices rather than the benefits." Do you fall victim to this mindset? If so, why do you think that is? How can you shift your mindset? Share below.

For those of you that this isn't a struggle for, please share below how you keep from thinking this way.

Today's Reading:

Week 5 | Day 3 | *Names for the Holy Spirit: Advocate*

DSE: Practice "spiritual breathing" throughout the day.

Wellness Wednesday Tip:

Today's tip concerns sleep. Many of us probably have a difficult time viewing sleep as part of our fitness regimen, but it is just as important as exercise and nutrition.

The benefits of sleep fall into two categories, the first being the physiological functions and the second being the emotional benefits. When you sleep hormones are being regulated, tissue is growing and repairing, energy is being restored, your immune system is bolstered, muscles relax, repair and grow, etc. (the list goes on and on, all happening without you even having to try). When well rested, you increase your ability to focus, lower your stress, and have a more positive demeanor. Getting good sleep will improve your decision-making process, including options regarding food and exercise. In a nutshell, sleep helps you repair and prepare.

So, how much sleep do you average each night? Share below.

Today's Reading:

Week 5 | Day 4 | *Names for the Holy Spirit: Seal*

DSE: Practice "spiritual breathing" throughout the day.

Think-back Thursday - Share below and tell us how your week is going. How has your exercise, nutrition and sleep been this particular week? Are you feeling good? Struggling? How about your DSE? Have you been practicing your spiritual breathing? What has God taught you this week? I would love to hear how everyone is doing.

Today's Reading:

Week 5 | Day 5 | *Names for the Holy Spirit: Spirit of Wisdom*

DSE: Practice "spiritual breathing" throughout the day.

Where in life do you find you need wisdom most? Why? Share below.

Today's Reading:

Week 5 | Day 6 | *Names for the Holy Spirit: The Comforter*

DSE: Practice "spiritual breathing" throughout the day.

Do you tend to reach for the wrong tools in your own form of spiritual DIY?
How can you practically remind yourself to be still and rely on the Holy Spirit within you? Share below.

Today's Reading:

Week 5 | Day 7 | *Names for the Holy Spirit: Spirit of Sonship*

DSE: Practice "spiritual breathing" throughout the day.

What resonated with you the most from today's reading? Share below.

Today's Reading:

Week 6 | Preview | *The Full Armor of God*

Week 6 | Day 1 | *The Full Armor of God: Flesh & Blood*

It's the beginning of Week 6 and that means a new Daily Spiritual Exercise. Share below where you placed your sticky note today.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 6 | Day 2 | *The Full Armor of God: The Belt of Truth*

DSE: Take out a sticky note and write down Ephesians 6:13-14a. Then place the sticky note somewhere that victory doesn't seem to find you.

Where did you put your sticky note today? What are other practical ways that you can keep the belt of truth fastened firmly around you? Share below.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 6 | Day 3 | *The Full Armor of God: Breastplate of Righteousness*

DSE: Take out a sticky note and write down Philippians 4:7. Then place the sticky note somewhere you'll see it every day.

Wellness Wednesday Tip:

70% or so of your fitness results will come from your nutrition. Read this great article to learn more: <http://homefitnessgurus.com/2013/10/08/forks-over-dumbbells/>

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 6 | Day 4 | *The Full Armor of God: Feet Fitted with the Readiness of the Gospel*

DSE: Take out a sticky note and write down 2 Corinthians 1:21. Then place the sticky note somewhere you'll see it frequently.

Think-back Thursday - Take some time to pause and reflect on how your week is going. Have you been writing the recommended verses on sticky notes and placing them where you can be reminded of His truth? Have you found that to be helpful? If so, how? Share below.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 6 | Day 5 | *The Full Armor of God: Shield of Faith*

DSE: Find a place to put a sticky note with Psalm 91:4 written on it.

"In order to stop an arrow, we first need to take up the shield." What are practical ways that you can take up the shield of faith? Share below.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 6 | Day 6 | *The Full Armor of God: Helmet of Salvation*

DSE: Write Isaiah 26:3 on a note and put it in a visible, high traffic area in your home.

Which area is the biggest struggle for you: discouragement, doubt or pride? Share below.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 6 | Day 7 | *The Full Armor of God: Sword of the Spirit*

DSE: Write Hebrews 4:12a on a sticky note and place it on your nightstand, your steering wheel, computer monitor or wherever you will see it often.

God's word defends, disarms and protects. His Word, the Sword of the Spirit, will win every time, but we must be ready to wield it. Are you ready? Why or why not? Share below.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 7 | Preview | *Freedom*

Week 7 | Day 1 | *Freedom: From Guilt*

It's the beginning of Week 7 and that means a new Daily Spiritual Exercise. Share below how you practiced adoring God today.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 7 | Day 2 | *Freedom: For*

DSE: Spend 3-5 minutes today in adoration prayer. Psalm 34 may be a good place to start.

"We are far too focused on what we are giving up...Instead of focusing only on the sacrifice, we should focus on the reward. We should replace the thoughts of what we're freeing ourselves from with thoughts of what we're freeing ourselves for." How can you practically apply this to your daily life? Share below.

Today's Reading:

Week 7 | Day 3 | *Freedom: From Performance*

DSE: Spend 3-5 minutes today in adoration prayer. Psalms 103-104 are a great place to start.

Let's take a moment and CELEBRATE!! Today you are officially at the halfway point of this 90-day journey!! How exciting that you started this journey and have already made it to the halfway mark! You are learning how to honor God with your heart first and from the overflow of that learning how to honor Him with your fitness. It's exciting!! Pat yourself on the back.

Since we like to keep it real here, the fact that you are halfway through can also be a bit daunting. Check out the Wellness Wednesday tip below for more on that.

Wellness Wednesday Tip:

Every fitness endeavor has phases. In the "How to Use This Book" section Matthew goes through these phases in detail:

Weeks 1-3: Fire Phase

Weeks 4-6: Flame Phase

Weeks 6-8: Fizzle Phase

Weeks 8-10: Fortitude Phase

Weeks 10-12: Flare Phase

Weeks 12-13: Fun Phase

We just celebrated that we have made it to the halfway point - week 7, day 3; but if you look above to what phase that is you will quickly see it is known as the Fizzle Phase. Your results may have plateaued, which drives you in the wrong direction emotionally. Add to this that the novelty of newness is completely gone and the flame is now barely an ember. This is the danger zone, where most people fall off the wagon. So, how do you avoid that?

Reexamine your why. When you first started you had goals and resolve. Think back to those. If you wrote them down somewhere pull them out and read them again. If you didn't write them down, then take some time and do

that. Make a resolution for the remaining 45 days of this journey. Most importantly resolve to honor God first in all things and to look to Him for your strength and ability to endure. And if by chance you are being too hard on yourself and are unhappy with where you are at this point then stop right this moment and pray Romans 8:1 that says "there is now no condemnation for those who are in Christ Jesus." That includes every single one of you, no exceptions and no disclaimers. Believe that and know that I am praying that over each of you.

Share below how you feel at this point in the journey. How are you going to set yourself up to conquer the Fizzle Phase?

Day 46/90

Today's Reading:

Week 7 | Day 4 | *Freedom: From Perfection*

DSE: Spend 3-5 minutes today in adoration prayer. Psalm 19 may be a good starting point.

Think-back Thursday - Take some time to pause and reflect on how your week is going. Have you been spending time daily in adoration prayer? How has that gone? What resonated with you from today's reading? Share below.

Day 47/90

Today's Reading:

Week 7 | Day 5 | *Freedom: From Bondage*

DSE: Read Psalm 18 as a part of your three to five minutes of adoration prayer. I encourage you to read it out loud.

How are you like the bumblebee? What can you do to stand fast, stay out of the porch and fly free? Share below.

Today's Reading:

Week 7 | Day 6 | *Freedom: From the Law of Sin*

DSE: Read Romans 8:1-16. After each verse, pause to reflect on the implications it has for your life. Then, praise Him for the blessings those verses offer.

In your life where do you most need to experience freedom? Share below.

Today's Reading:

Week 7 | Day 7 | *Freedom: From Our Old Identity*

DSE: Psalm 136 is perfect for your 3-5 minutes of adoration prayer. Each of the verses ends with "His love endures forever." After you've read each verse, add to your prayer, "He has freed me from _____," filling in the blank with an attribute of your old self. Then pause and give thanks for that miracle, reflecting on the amazing work God has done in your life.

"Too often, we let our past become our identity. We let our struggles define us." How have you fallen victim to this in your life? How have you overcome it? What are practical steps we can all take to live as a new creation in Christ? Share below.

Today's Reading:

Week 8 Preview | *Promises in the Bible*

Week 8 | Day 1 | *Promises in the Bible: Mercies*

It's the beginning of Week 8 and that means a new Daily Spiritual Exercise. Share below what you learned from meditating on Lamentations 3:22-23.

(Insert Image from “Body Tithe Challenge Images” File)

Today's Reading:

Week 8 | Day 2 | *Promises in the Bible: Prayer*

DSE: Meditate for 3-5 minutes on Philippians 4:6-7. As you meditate on the promises, pray for faith to believe them.

What spoke to you most in today's reading about prayer? Do you struggle with prayer? Share below.

Today's Reading:

Week 8 | Day 3 | *Promises in the Bible: Help in Our Weakness*

DSE: Meditate for 3-5 minutes on Romans 8:26-27. Break each verse into its parts and pause to focus on what that means for your life.

Wellness Wednesday Tip:

HALT is a great acronym to help you in your fitness. Read the post below for the full scoop. Share which area is the most difficult for you.

<http://homefitnessgurus.com/2012/05/23/how-to-make-fitness-decisions-halt-before-you-go/>

Today's Reading:

Week 8 | Day 4 | *Promises in the Bible: All Things*

DSE: Meditate for 3-5 minutes on the promises found in Romans 8:28. Lift up those things in your life that you need Him to work for your good.

Think-back Thursday - Take some time to pause and reflect on how your week is going. Have you been spending time daily meditating on the verses suggested? How has that gone? What resonated with you from today's reading? Share below.

Today's Reading:

Week 8 | Day 5 | *Promises in the Bible: He'll Provide*

DSE: Meditate for 3-5 minutes on Matthew 6:26. Think on how He has proven Himself faithful in your life.

The word worry actually comes from an Old English word that means "to strangle." Doesn't that aptly describe how we feel when we worry? How do you handle worry? Share below.

Today's Reading:

Week 8 | Day 6 | *Promises in the Bible: Iron Sharpens Iron*

DSE: Read the following verses from Proverbs: 12:26, 17:17, 18:24, 27:6, 27:9, and 27:17. After deciding which verse is your favorite, meditate on it for 3-5 minutes. Think about the implications the verse has for your life.

That Jim Rohn quote is thought provoking isn't it? Did you take a look at your five closest friends? What did that look reveal?

"If you're still struggling with your fitness, perhaps it's time to reach out to a true friend and ask for accountability." Anyone struggling? Do you need to reach out to a true friend? Check out this message from Matthew and share your thoughts below.

Today's Reading:

Week 8 | Day 7 | *Promises in the Bible: Desires of Your Heart*

DSE: Read Psalm 37:1-7a. When you're finished, pray that God would give you wisdom on how to apply this passage to your fitness. After praying, go back to that same passage. This time, meditate on each verse, one at a time. See if the Lord whispers something in your heart.

"What if our hearts took a permanent posture of awe and wonder at what the Lord does? What if we trusted Him to take care of our desires for us? What do you think He'd want to do for and with a heart so submitted and respectful?" Share below your thoughts.

You've completed your first week of the fortitude phase. Well done! For extra encouragement check out the second sermon in The Cumulative Effect series.

<https://www.southeastchristian.org/sermons/cumulative-effect/the-cumulative-effect-part-2/>

Today's Reading:

Week 9 Preview | *Running the Race*

Week 9 | Day 1 | *Running the Race: The Purpose*

It's the beginning of Week 9 and that means a new Daily Spiritual Exercise. Share below how it felt to read Psalm 139 aloud. Was anything new revealed to you?

Today's Reading:

Week 9 | Day 2 | *Running the Race: The Plan*

DSE: Read aloud the first chapter of the book of James. Pay special attention to verses 5-8.

What is your fitness (exercise, nutrition and sleep) plan. How is it going? Share below.

Today's Reading:

Week 9 | Day 3 | *Running the Race: The People*

DSE: Read Psalm 119 out loud. As you do, ask the Lord that He and He alone would be the reason for your hope and comfort.

Wellness Wednesday Tip:

Often times we feel guilty when we go "off plan" and treat ourselves to something like cake, cookies, a giant ice cream sundae, etc. But, there is no need to beat yourself up. It takes a lot of calories—3,500—to gain a pound of body fat. So really, that one off day doesn't usually result in any significant weight gain. It's about what you do the next day and the day after that's really important—so don't stay off-track. Whittle away at those extra calories over the next day or two, preferably by boosting exercise rather than eating too little. Starvation is not the healthy answer!

How do you handle when you go "off plan" or have an unscheduled cheat meal? Share below.

Today's Reading:

Week 9 | Day 4 | *Running the Race: The Pace*

DSE: Read Hebrews 11-12:3 out loud.

Think-back Thursday - Take some time to pause and reflect on how your week is going. Have you been spending time reading the designated Scriptures out loud? What resonated with you from today's reading? Share below.

Today's Reading:

Week 9 | Day 5 | *Running the Race: "The Wall"*

DSE: Read Philippians 1 out loud.

"Setbacks in fitness, like those in life, are inevitable. Your responses to them will determine how quickly you recover...Hitting a wall is really an opportunity to grow deeper in Christ." Share a time when you have hit "the wall." How did you handle it?

Today's Reading:

Week 9 | Day 6 | *Running the Race: The Breaks*

DSE: Read aloud Isaiah 40.

"Finishing strong requires refueling often. There's no better rest break than one spent with the only One who can truly renew your strength." How do you refuel? Are you in the habit of a daily "rest break"? Why or why not? Share below.

Today's Reading:

Week 9 | Day 7 | *Running the Race: The Finish*

DSE: Read aloud 1 Corinthians 9:24-27.

Enjoy this clip from Chariots of Fire. What does finishing well look like for you? Share below.

https://m.youtube.com/watch?v=aw0zzPJOu_0

Today's Reading:

Week 10 Preview | *The Lord is _____*

Week 10 | Day 1 | *The Lord is: My Banner*

It's the beginning of Week 10 and that means a new Daily Spiritual Exercise. This will likely be the most challenging daily spiritual exercise you'll do during our fitness journey...and potentially the most rewarding. Share below how you started writing your devotional.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 10 | Day 2 | *The Lord is: Good*

DSE: Spend 10-15 minutes working on your "The Lord is _____" devotional.

What adjectives have you used in your devotional the past two days to describe the Lord? Did you expand on the "My Banner" and "Good" descriptions or did you pick something different? Share below.

Today's Reading:

Week 10 | Day 3 | *The Lord is: Close*

DSE: Spend 10-15 minutes working on your "The Lord is _____" devotional.

Wellness Wednesday Tip:

Illness (colds, strep, the flu, etc.) seems to be running rampant these past couple weeks. So, how do you know when to push through and when to rest? Check out this article and share your thoughts below.

<http://bodytithe.com/should-you-workout-when-you-are-sick/>

Today's Reading:

Week 10 | Day 4 | *The Lord is: Trustworthy*

DSE: Spend 10-15 minutes working on your "The Lord is _____" devotional.

Think-back Thursday - Take some time to pause and reflect on how your week is going. Have you been spending time working on your devotional? Why or why not? What resonated with you from today's reading? Share below.

Today's Reading:

Week 10 | Day 5 | *The Lord is: Faithful*

DSE: Spend 10-15 minutes working on your "The Lord is _____" devotional.

What does it mean to you that the Lord is faithful? How does that knowledge affect how you go about your day and how you approach your fitness? Share below.

Today's Reading:

Week 10 | Day 6 | *The Lord is: A Warrior*

DSE: Spend 10-15 minutes working on your "The Lord is _____" devotional.

What do you think about the description of the Lord as a warrior? What about the correlation to how it relates to your fitness? Share below.

Today's Reading:

Week 10 | Day 7 | *The Lord is: My Refuge*

DSE: Spend 10-15 minutes working on your "The Lord is _____" devotional and then read over all you have written this week and praise Him for who He is.

Had you heard about the cities of refuge before today's reading? What does it mean to you that God is your refuge? Share below.

Today's Reading:

Week 11 Preview | *New Testament Heroes*

Week 11 | Day 1 | *New Testament Heroes: Joseph*

It's the beginning of Week 11 and that means a new Daily Spiritual Exercise. It also means that we are in the home stretch - only 3 weeks left of this journey. Share below your thoughts on Ecclesiastes 7:8 and finishing strong.

Today's Reading:

Week 11 | Day 2 | *New Testament Heroes: The Centurion*

DSE: Pick a meal to fast from for the day. The hunger you feel is a reminder to be praying for a fully surrendered life. Of course, if health reasons make it dangerous for you to fast or if you are a bit intimidated by skipping a meal, then consider fasting not from food, but from something else you go to regularly (a certain snack/drink/treat, TV, social media, etc.). The goal is still the same, when you have the desire to go to those things pray instead and... "We don't just pray. We pray and we listen."

"We can all be centurions."

What aspect of today's reading resonated with you? Where do you feel you need to grow to be like the centurion? Share below.

Today's Reading:

Week 11 | Day 3 | *New Testament Heroes: The Widow*

DSE: Fast and pray

Wellness Wed Tip:

There is no shortage of ways to track your nutrition. You can go old school and use a pencil and pad of paper or a fancy food journal. You can go high tech with a website-phone app combo like www.myfitnesspal.com or www.loseit.com. Or you can use the guide that may have come with the current exercise program you're doing. It doesn't matter which one you are using... but rather THAT you are using one. Take notes about your food and you'll take control over your nutrition. Do you use a tracking tool for your nutrition? Share below.

Today's Reading:

Week 11 | Day 4 | *New Testament Heroes: Zacchaeus*

DSE: Fast and pray

Think-back Thursday - Take some time to pause and reflect on how your week is going. Have you been fasting? Why or why not? What resonated with you from today's reading? Share below.

Day 75/90

Today's Reading:

Week 11 | Day 5 | *New Testament Heroes: The Sick Woman*

DSE: Fast and pray

How would you complete this sentence? If I just _____,
then _____.

Share below.

Day 76/90

Today's Reading:

Week 11 | Day 6 | *New Testament Heroes: Mary*

DSE: Fast and pray

What was your biggest takeaway from the example of Mary? Share below.

Day 77/90

Today's Reading:

Week 11 | Day 7 | *New Testament Heroes: Silas*

DSE: Fast and pray

"Are you content with how God is using you for His purposes? Have you considered that He may have a plan for your fitness, whether it's going strong or not?" Share your responses below.

Today's Reading:

Week 12 Preview | *The Fruit of the Spirit*

Week 12 | Day 1 | *The Fruit of the Spirit: Self-Control*

It's the beginning of Week 12 and that means a new Daily Spiritual Exercise. Share below how you will focus on the fruit of self-control or if it's the end of the day, share how it went today letting the Holy Spirit work in you.

(Insert Image from “Body Tithe Challenge Images” File)

Today's Reading:

Week 12 | Day 2 | *The Fruit of the Spirit: Joy*

DSE: Today you will focus on the fruit of joy.

"Joy can be your response regardless of what's going on in your life." Have you experienced this in your life? Whether your answer is yes or no, share your experience below.

Today's Reading:

Week 12 | Day 3 | *The Fruit of the Spirit: Faithfulness*

DSE: Today you will focus on the fruit of faithfulness.

Wellness Wednesday Tip:

Did you know that improving your posture can improve your workouts and decrease your risk of injury? This is an excellent post that you simply must read for lots of good info and tips. Share below what you thought of this article and the devotional reading from today.

<http://bodytithe.com/the-power-of-posture/>

Day 81/90

Today's Reading:

Week 12 | Day 4 | *The Fruit of the Spirit: Patience*

DSE: Today you will focus on the fruit of patience.

Think-back Thursday - Take some time to pause and reflect on how your week is going. Have you been focusing each day on a fruit of the Spirit? Why or why not? What resonated with you from today's reading? Share below.

Day 82/90

Today's Reading:

Week 12 | Day 5 | *The Fruit of the Spirit: Peace*

DSE: Today you will focus on the fruit of peace.

How can the peace produced by the Holy Spirit characterize your life? Share your thoughts below.

Day 83/90

Today's Reading:

Week 12 | Day 6 | *The Fruit of the Spirit: Gentleness*

DSE: Today you will focus on the fruit of gentleness.

Did your definition of gentleness get expanded today? Share what you learned from today's reading below.

Today's Reading:

Week 12 | Day 7 | *The Fruit of the Spirit: Goodness*

DSE: Today you will focus on the fruit of goodness.

God's goodness protects, provides, renews, rescues, saves, liberates, forgives, forgets, instructs and is abundant. His news, His name, His word, His will, His judgment, His laws, His disciplines, His gifts and His love are good. Which aspect(s) of God's goodness resonated the most with you? Share below.

Today's Reading:

Week 13 Preview | *Names for You*

Week 13 | Day 1 | *Names for You: Conqueror*

Here we are...the final week of our 13-week fitness journey! Can you believe it? Way to persevere!! This week we have a new Daily Spiritual Exercise that will speak life and truth into you so it's very important this week that you complete it each day. Share below how this exercise went for you today.

In the reading for Day 1, Matthew says, "As we near the end of our 90-day fitness journey, you're likely feeling one of those same three ways: you bombed it, survived it, or aced it." No need to share your response below unless you want to, but this is a good reflection question to ask yourself and then place your feelings at the feet of Jesus and replace any lies you are telling yourself with the all-powerful truth of what He says about you.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 13 | Day 2 | *Names for You: Citizen*

DSE: Write down on a sheet of paper, "Because of Christ, I am a citizen of heaven." Next to it, write down the implications this has in your life. Then post it somewhere you can see it regularly. Every time you do, ask the Lord to help you believe it. Pray that He will help you to see yourself the way He does.

Share below what you wrote down for the implications that being a citizen of heaven has for your life.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 13 | Day 3 | *Names for You: Child*

DSE: Write down on a sheet of paper, "Because of Christ, I am a child of God." Next to it, write down the implications this has in your life. Then post it somewhere you can see it regularly. Every time you do, ask the Lord to help you believe it. Pray that He will help you to see yourself the way He does.

Wellness Wednesday Tip:

Setting goals is a great way to get healthier. However, just as important as setting goals, you need to celebrate your achievements.

Here's a few tangible ways you can celebrate:

- New clothing
- Night out with friends
- Spa day
- Relaxation/time alone
- Sleep in/take a nap
- Vacation

Share below how you plan to celebrate completing this 90-day journey.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 13 | Day 4 | *Names for You: Wonderfully Made*

DSE: Write down on a sheet of paper "I am wonderfully made." Next to it, write down the implications this has in your life. Then post it somewhere you can see it regularly. Every time you do, ask the Lord to help you believe it. Pray that He will help you to see yourself the way He does.

Think-back Thursday - Take some time to pause and reflect on how your week is going. Have you been writing down the names that have been given to you this week? Why or why not? What resonated with you from today's reading? Share below.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 13 | Day 5 | *Names for You: Precious*

DSE: Write down on a sheet of paper "I am precious in the eyes of God." Next to it, write down the implications this has in your life. Then post it somewhere you can see it regularly. Every time you do, ask the Lord to help you believe it. Pray that He will help you to see yourself the way He does.

"He sees us as precious, and we would be wise to believe that about ourselves." I know that I struggle with seeing myself as precious; how about you? Is this a word that is hard to resonate with? Share below.

(Insert Image from "Body Tithe Challenge Images" File)

Today's Reading:

Week 13 | Day 6 | *Names for You: Masterpiece*

Woo-hoo!! It's Day 90!! You made it!! Well done!! Be sure to take time today to tuck yourself in a quiet spot and read aloud what God says about YOU! Share below how that experience went. Also, be on the lookout for my last post tomorrow. It will be about next steps.

DSE: Write down on a sheet of paper, "Because of Christ Jesus, I am God's masterpiece." Next to it, write down the implications this has in your life. Then post it somewhere you can see it regularly. Every time you do, ask the Lord to help you believe it. Pray that He will help you to see yourself the way He does.

(Insert Image from "Body Tithe Challenge Images" File)

Final Post:

Week 13 | Day 7 | *Next Steps*

Friends,

Thank you for going on this journey! It has been a joy and privilege to come alongside you and hopefully provide spiritual encouragement for your fitness journey. We hope that you have seen your relationship with the Lord deepen and that you have experienced Him empowering you to bring Him glory with your mind, body and spirit.

Remember, this is about progress, not perfection so, even if you have not yet seen the physical results you desire, be sure to take time to reflect on the progress you have made. If nothing changed for you externally, but you persevered and read this entire book then you have experienced a major victory in your fitness journey!

And, for those that didn't finish the book, be encouraged. We can promise you that if you look for them, you had victories too (mindset shifts, small behavioral changes, resolve to start again, etc.). Remember, there is now no condemnation for those that are in Christ Jesus (Romans 8:1).

Now it is time to talk about next steps. This is a very important part of any fitness journey. Many times when we have gone through 90 days of anything, we want a break. This break can either be rejuvenating or it can be a slippery slope. We are here to help!

We've listed below suggestions for next steps.

1. Join a Fitness Challenge Group. These are groups either on Facebook or via an app on your phone where you are going through a workout program together.
2. Schedule a time for a personal coaching session. We have several different coaches with different areas of expertise that can help create an appropriate workout and nutrition plan that is customized for you. Visit www.homefitnessgurus.com to learn more.

3. If life happened and you felt like you didn't get to give this first go around your full attention, then you can join our next *Body Tithe Devotional* group. Visit www.bodytithe.com/challenge to learn when the next group begins.

4. Consider leading a group through *The Body Tithe Devotional Challenge* yourself. You can download a free leader's guide at www.bodytithe.com/leadersguide. The guide will walk you through the ins and outs of leading a group like this. What an exciting opportunity to perhaps step out of your comfort zone and help others grow in their faith and their fitness.

Now we have a few favors to ask.

1. Would you please write a review of the book on Amazon.com (or wherever you purchased it)? The quantity of book reviews can make the difference between reaching a thousand people or a hundred thousand people. Sharing how *The Body Tithe Devotional* impacted your fitness and your relationship with our heavenly Father might help more lives be changed.

2. Please share any feedback you may have on how to make this group more effective. Constructive feedback is appreciated and needed. We want to hear from you so that each time we offer this group we can make it as effective and encouraging as possible. You can email updates@bodytithe.com your suggestions.

3. Please spread the word about your *Body Tithe Challenge Group* experience. You can share on social media and/or email what the group did for you, what you learned, how it helped, whatever you feel lead to share. You can then direct people to www.BodyTithe.com to learn more.

Thank you again for taking this journey. May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit (Romans 15:13).

Many Blessings & Prayers,

Matthew & Kim Pryor