

Start Losing, Start Living - , Carole Lewis

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Start Losing, Start Living, a First Place 4 Health Bible Study, draws on the biblical example of the Israelites conquest of the Promised Land to show how you, like Joshua and the Israelites can grasp hold of the destiny that God has in store for you. In this 12-week study, you will discover how to become aware of God's calling for your life, commit to the goals he has for you, overcome temptations, be transformed in your heart and mind, focus on the end goal and join with others for success. As you walk through these steps with Joshua, you will realize that you can make steps to choose to start losing weight and start living a healthy life!

Week One: Welcome to Start Losing, Start Living
Week Two: Being Aware of the Problem (Aware)
Week Three: Discovering What the Bible Says About Health (Aware)
Week Four: Being Disciplined and Winning Over Temptation (Commit)
Week Five: Building a Legacy (Transform)
Week Six: Making Small Changes (Transform)
Week Seven: Incorporating Exercise (Incorporate)
Week Eight: Joining with Others for Success (Organize)
Week Nine: Picking Your Team (Organize)
Week Ten: Developing a Plan for Health (Navigate)
Week Eleven: Focusing on the End Goal (Navigate)
Week Twelve: Time to Celebrate!

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