

Daily Spiritual-Fitness Meditations of the *Mind, Body and Spirit*

You can work these daily meditations into your day at any time.

My recommendation is that you *begin* your day by reading the corresponding verse and then meditating for a few minutes on the questions provided.

This sets the tone for your day and gives you Spiritual “Fuel” to carry out whatever tasks might be in store for you over the course of your day!

This introduction provides you with an overview of the following twelve weeks of daily meditations for the *3n1Fitness Spiritual-Fitness Journal*. Biblical resources in these journal pages are taken from the “Women’s Study Bible NKJ Version”

In Week One, God provides reassurance that

You are not an accident!

God makes no mistakes and you are *no exception*.

He is a God of ORDER and *Everything* He creates is intentional.

As you continue your twelve-week journey

You are also reminded of:

- The *endless blessings* He has available to you
 - What He has to say about *bodily exercise*
 - Your *outward appearance vs. your inner self*
- What a *hopeful future* you are promised if you just believe and accept Him... [\(Week Six\)!](#)

It is my belief that the ideas in this journal tend to be the core of all Health and Fitness Programs. I trust you will find these resources useful in conjunction with your current Fitness program.

This is about clearing the “clutter” in your life.

**Anything that serves as a distraction from your life’s focus
needs to be eliminated!**

*****Feed Your Spirit*****

Click on an icon below to visit *3n1Fitness* at Facebook and Twitter!



Being overweight may be a distraction because:

- Every time you go out of your house you feel ***self-conscious*** about the way you look in your clothes
- Maybe you would like to volunteer for charity work, but you just ***can't bring yourself to be that "visible"***
 - Maybe you are a normal weight for your height, but your ***nutritional program is lacking***
 - You are distracted from your daily ministry of serving your children and your husband because ***you have no energy*** and you feel tired all of the time
 - Maybe you just need to ***work on self-discipline***
- Maybe you just had a baby and you ***have extra weight to lose***

Whatever the reason just make an effort to live each day with a grateful heart and always remember to *Make TODAY Count!*

*****Feed Your Spirit*****

The only difference between Worrying and Meditating is the subject matter you have chosen to focus on!

Before you Begin read each of the daily verses with the following questions in mind:

1) How does this verse speak to me?

2) How can I apply this to my own journey?

3) What is my prayer for today?

In addition to these general questions for daily meditation,
I have also included more specific Application Questions at the end of each week.

You can print these pages and use them as study questions
over the course of your fitness journey.

Week One: God Has Plans For You

Monday: “I Praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” Psalm 139:14

Tuesday: “For I know the plans I have for you.” Says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.” Jeremiah 29:11

Wednesday: “You made all the delicate inner parts of my body and knit me together in my mother’s womb.” Psalm 139:13

Thursday: “You will show me the path of life; In Your presence is fullness of joy; At Your right hand are pleasures forevermore.” Psalm 16:11

Friday: “The spirit of the sovereign Lord is upon me, because the Lord has appointed me to bring good news to the poor. He has sent me to comfort the brokenhearted and to announce that captives will be released and prisoners will be set free.” Isaiah 61:1

Saturday: “For God had far better things in mind for us that would also benefit them for they can’t receive the prize at the end of the race until we finish the race.” Hebrews 11:40

Sunday: “The Lord is a shelter for the oppressed, a refuge in times of trouble.” Psalm 9:9

Week One Application Questions

Name some instances where you have seen God's specific plans for you unfold this week:

In Jeremiah 29:11, what kind of plans does God say He has for you?

What does Isaiah 61:1 say to you about your purpose in this life?

List 3 things that make you special and unique:

How can these things help you in your journey as you minister to others?

On Day 7: What did you do to "rest" this week?

Week Two: Begin Your Journey

Monday: “The Lord God has given me the tongue of the learned, that I should know how to speak a word in season to him who is weary. He awakens me morning by morning. He awakens my ear to hear as the learned.” Isaiah 50:4

Tuesday: “For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and that which is to come.”
1 Timothy 4:8

Wednesday: “Beloved, I pray that you may prosper in all things and be in good health, just as your soul prospers.” 3 John 1:2

Thursday: “That is, that I may be encouraged together with you by the mutual faith both of you and me.” Romans 1:12

Friday: “therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us and let us run with endurance the race that is set before us.” Hebrews 12:1

Saturday: “Do you know that your body is a temple of the Holy Spirit, who is in you, Whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” 1 Corinthians 6:19-20

Sunday: “Therefore my heart is glad and my glory rejoices; My flesh also will rest in hope.” Psalm 16:9

Week Two Application Questions

Discuss how you think this journey toward better health and fitness is going to affect different areas of your life.

What does 1 Corinthians 6:19-20 say that you should do with your body?

To whom does your body belong?

How does Hebrews 12:1 say we are to run the race that is set before us?

To what race does this verse refer?

On Day 7: In what does Psalm 16:9 say your flesh will rest?

Week Three: Seek Him and Find Him

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Monday: “If you look for me in earnest, you will find me when you seek me.”

Jeremiah 29:13

Tuesday: “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.” Matthew 6:33

Wednesday: “And those who know Your name will put their trust in You for You, Lord, have not forsaken those who seek You.”

Psalms 9:10

Thursday: “Ask and it will be given to you, seek, and you will find: Knock, and it will be opened to you.” Matthew 7:7

Friday: “If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.” 2 Chronicles 7:14

Saturday: “I sought the Lord, and He heard me, and delivered me from all my fears.” Psalm 34:4

Sunday: “Come unto Me, all you who labor and are heavy laden, and I will give you rest.” Matthew 11:28

Week Three Application Questions

Name a time when you earnestly sought God in your life:

How did He reveal himself to you?

What 3 things does Matthew 7:7 tell us to do?

What does this verse say are the results of each?

On Day 7: What does Matthew 11:28 tell you to do if you need rest?

Week Four: Don't Worry...Trust Him

Monday: “Trust in the Lord with all your heart and lean not on your own understanding.” Proverbs 3:5

Tuesday: “Therefore I say to you, Do not worry about your life, what do you will eat or drink, not about your body, what you will put on, is not life more than food and the body more than clothing?” Matthew 6:25

Wednesday: “To You, oh Lord, I lift up my soul. O my God, I trust in you; Let me not be ashamed. Let not my enemies triumph over me.” Psalm 25:1

Thursday: “Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own troubles.” Matthew 6:34

Friday: “And those who know Your name will put their trust in You; for You, Lord, have not forsaken those who seek you.” Psalm 10:9

Saturday: “For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts higher than your thoughts.” Isaiah 55:9

Sunday: “You will keep him in perfect peace, whose mind is stayed on you, because he trusts you.” Isaiah 26:4

Week Four Application Questions

Discuss some of the things you tend to worry about.

What does Matthew 6:25 say about worrying?

What steps might you take to “let go” of these worries and lay them down at Jesus’ feet?

Consider 3 things you can do to demonstrate openly your trust in God’s ability to control every detail of your life:

What type of example might this prove to be to those around you?

On Day 7: Do you feel you have had adequate time to rest with your Heavenly Father this week?

Week Five: Do Not Fear...Have Faith

Monday: “In righteousness you shall be established; you shall be far from oppression, for you shall not fear; and from terror, for it shall not come near you.” Isaiah 54:14

Tuesday: “For God has not given us a spirit of fear, but of power and of love and of a sound mind.” 2 Timothy 1:7

Wednesday: “Do not fear, for you will not be ashamed; neither be disgraced for you will not be put to shame; for you will forget the shame of your youth, and will not remember the reproach of your widowhood anymore.” Isaiah 54:4

Thursday: “And He said to her, ‘Daughter, be of good cheer, your faith has made you well. Go in peace.’”

Friday: So the Lord said, “If you have faith as a mustard seed, you can say to this mulberry tree, ‘Be pulled up by the roots and be planted in the sea,’ and it would obey you.” Luke 17:6

Saturday: “I can do all things through Christ who strengthens me.” Phillipians 4:13

Sunday: “For eternal God is your refuge, and underneath are the everlasting arms; He will thrust out the enemy from before you, and will say, ‘Destroy!’” Deuteronomy 33:27

Week Five Application Questions

What are 3 of your biggest fears? (Be honest and specific)

What does Isaiah 54:4 say about being fearful?

Having faith that God is in control and that He has you in the palm of His hand at all times frees you up to enjoy each moment and pursue those plans God has for you. How can you exercise more faith?

On Day 7: How did you spend your day of rest this week?

In your opinion, was it well spent?

Week Six: The Answer is Jesus

Monday: “I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture.” John 10:9

Tuesday: “And the word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truths.” John 1:14

Wednesday: “I say to you that likewise there will be more joy in heaven over one sinner who repents than over ninety-nine just persons who need no repentance.” Luke 15:7

Thursday: “And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma.” Ephesians 5:2

Friday: “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.” John 3:16-17

Saturday: “And you shall know the truth, and the truth shall make you free.” John 8:32

Sunday: “Take my yolk upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yolk is easy and My burden is light.” Matthew 11:29-30

In the past 5 weeks you have studied several important things:

- What **God's plans** are **for your life**
- Your journey toward more **healthful living**
 - Your **search** for Him
- His **provisions** for your choices to **Trust** and have **Faith** in Him

In **Week Six** you are introduced, or reintroduced,
to the heart of this spiritual-fitness journey...**any journey**:

...The pursuit of a healthier way of living is a choice that
Begins and Ends with your **Creator!**



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In order to be truly healthy in **Mind, Body, and Spirit** you must be healed of all that hurts... or at least know what it means to “*Let go*” of those things that have caused you pain so that the healing process can begin.

It takes one important decision on your part:

Believe that Jesus is the only true Son of God and that He gave His life for you before you were ever conceived.

Jesus is your Healer!

Because this is true, today you have Hope and your life has Meaning.

It's easier to Make Today **COUNT** once we realize that it **COUNTS** just because we are in it!

Whether the changes involve losing weight, becoming more disciplined or gaining control over a bad habit...

The Journey is ultimately to find:

- Serenity to accept what cannot be changed
 - Strength to change what can
- Wisdom to know how and when the change should come...

Week Six Application Questions

In John 1:14 what does it mean “...the word became flesh?”

How does the Word of God LIVE among us today?

On Day 7: In Matthew 11:29-30 what does it mean “God’s yolk is easy and His burden is light?”

Does this cause you to reevaluate any circumstances or relationships presently in your life?
Be specific.

What do you plan to do to make His “yolk” your own?

Week Seven: He Forgives and Restores

Monday: “To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the Lord, that He may be glorified.” Isaiah 61:3

Tuesday: “Therefore I say to you, her sins, which are many, are forgiven, for she loved much. But to whom little is forgiven, the same loves little.” Luke 7:47

Wednesday: “He sent from above, He took me; He drew me out of many waters.” Psalm 18:16

Thursday: “And forgive us our debts, as we forgive our debtors.” Matthew 6:12

Friday: “I know that You can do everything, and that no purpose of Yours can be withheld from You.” Job 42:1

Saturday: “He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul.” Psalm 23:2

Sunday: “The Lord will command His loving kindness in the daytime, and in the night His song shall be with me—a prayer to the God of my life.” Psalm 42:8

Week Seven Application Questions

In Isaiah 61:3, list the 3 promises God makes in reference to healing your sorrows and relieving your sadness.

What does Luke 7:47 say about those who have been forgiven of many sins?

What does Psalm 18:16 mean to you? (Be Specific)

How should we handle forgiveness of each other according to Matthew 6:12?

Day 7: What does the Psalm say the daytime will be like?

The night?

Week Eight: Fruits of the Spirit

Monday: “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.”
Galatians 5:22-23

Tuesday: “Hatred stirs up strife, but love covers all sins.”

Proverbs 10:12

Wednesday: “And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God as a sweet-smelling aroma.” Ephesians 5:2

Thursday: “You will keep him in perfect peace whose mind is stayed on You, because he trusts in You.” Isaiah 26:3

Friday: “For you shall go out with joy, and be led out with peace; the mountains and the hills shall break forth into singing before you, and all the trees of the field shall clap their hands.” Isaiah 55:12

Saturday: “You shall love the Lord your God with all your heart, with all your soul, and with all your strength.” Deuteronomy 6:5

Sunday: “I will praise You for You have answered me, and have become my salvation.” Psalm 118:21

Week Eight Application Questions

Looking back at Galatians 5:22-23, what is the fruit of the Spirit?

What, according to Proverbs 10:12, covers all sin?

What does Isaiah 26:3 say about those whose mind is stayed of God?

How does Deuteronomy 6:5 say we should love the Lord?

Day 7: Are you praising God today for being your Salvation?

Week Nine: The Armor of God

Monday: “Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand.” Ephesians 6:13

Tuesday: “Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness.” Ephesians 6:14

Wednesday: “And having shod your feet with the preparation of the gospel of peace.” Ephesians 6:15

Thursday: “Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one.” Ephesians 6:16

Friday: “And take the helmet of salvation, and the sword of the Spirit, which is the Word of God.” Ephesians 6:17

Saturday: “Finally, my brethren, be strong in the Lord and in the power of His might.” Ephesians 6:10

Sunday: “Rest in the Lord, and wait patiently for Him; Do not fret because of him who prospers in his way, because of the man who brings wicked schemes to pass.” Psalm 37:7

Week Nine Application Questions

In Ephesians Chapter 6, what is the whole armor of God?

Every piece of God's armor is protective "gear" except one. According to Ephesians 6:17 what is the one thing that is a weapon?

How can the Word of God be utilized as a weapon against the enemy?

Day 7: According to Psalm 37:7, how should you behave in response to those around you who seem to "prosper" as a result of evil schemes?

Week Ten: A Virtuous Wife

Monday: “Who can find a virtuous wife? For her worth is far above rubies.”
Proverbs 31:10

Tuesday: “She girds herself with strength, and strengthens her arms.” Proverbs
31:17

Wednesday: “She extends her hand to the poor, yes, she reaches out her hands
to the needy.” Proverbs 31:20

Thursday: “Strength and honor are her clothing: she shall rejoice in time to
come.” Proverbs 31:25

Friday: “She opens her mouth with wisdom, and on her tongue is the law of
kindness.” Proverbs 31:26

Saturday: “She watches over the ways of her household, and does not eat the
bread of idleness.” Proverbs 31:27

Sunday: “It is vain for you to rise up early, to sit up late, to eat the bread of
sorrows; for so He gives His beloved sleep.” Psalm 127:2

Week Ten Application Questions

In Proverbs 31, to what does God compare the value of a virtuous wife?

List the qualities of a virtuous wife.

Is there one or more of these virtues that you feel God is speaking to your heart about? List them and explain.

Name 3 things you might do to become a more virtuous wife.

Day 7: Psalm 127:2 tells us that God gives sleep to His beloved. Are you grateful for the gift of sleep?

Week Eleven: Looking Within

Monday: “But the Lord said to Samuel, ‘Do not look at his appearance or at his physical stature, because I have refused him. For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart.’”
1 Samuel 16:7

Tuesday: “Charm is deceitful and beauty is passing, but a woman who fears the Lord, she shall be praised.” Proverbs 31:30

Wednesday: “So he humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that man shall not live by bread alone, but man lives by every word that proceeds from the mouth of the Lord.” Deuteronomy 8:3

Thursday: “Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.” Ephesians 4:31

Friday: “Be angry and do not sin, do not let the sun go down on your wrath.”
Ephesians 4:26

Saturday: “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” Phillipians 4:6

Sunday: “You are my hiding place and my shield; I hope in your word.” Psalm 119:114

Week Eleven Application Questions

1 Samuel 16:7 says what about the way God views our appearance in contrast to the way man sees it?

List at least 3 things that you feel need to be cleared away from your life in order to make room for God's purpose in it.

In Ephesians 4:26 what does God say about anger?

In Phillipians 4:6 God tells us two things we should do in order to receive the "Peace of God." What are they?

What does the "Peace of God" mean for you?

Day 7: How do your Hopes for the future rely on the promises of God's Word? (Psalm 119:114)

Week Twelve: You Are Made New

Monday: “For every creature of God is good, and nothing is to be refused if it is received with thanksgiving.” 1 Timothy 4:4

Tuesday: “Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold all things have become new.” 2 Corinthians 4:17

Wednesday: “But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” Isaiah 40:31

Thursday: “And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” Romans 12:2

Friday: “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” Ephesians 2:10

Saturday: “Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.” Ephesians 3:20-21

Sunday: “And let the beauty of the Lord our God be upon us, and establish the work of our hands for us; yes, establish the work of our hands.” Psalm 90:17

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Week Twelve Application Questions

What does God say in 1 Timothy 4:4 about every one of His creatures?

In 2 Corinthians 4:17 Paul writes about how old things have passed away. What “old things” have passed away in your life, as God has made you new?

In Isaiah 40:31 what are the results of waiting upon the Lord?

How has God transformed you? (Romans 12:2)