

Remember This One Health Truth as You Navigate the Holidays

“Then David said to the Philistine, “You come to me with a sword, a spear, and a shield, but I come to you in the name of the Lord of Hosts” (1 Sam. 17:45).

For me, whenever something is coming to an end I get a bit nostalgic. Each year around this time (the last days of December), I like to look back and think about my year. I ask myself questions like: What were your highlights? What mistakes did you make that you can learn from? A question that stood out to me this particular year was this, “What do I want people to know who are involved in Faithful Workouts?” Here’s what I came up with:

You can do this.

Even though 95 percent of people fail when trying to stick with an exercise or diet plan.

You got this.

God is on your side and “With God nothing shall be impossible” (Luke 1:37). Satan will try and come at you with defeating words, but they don’t have to take you down and pull you off course. You *can* make lasting, healthy changes, not because you are something special, but because when you believe in Jesus, His Spirit and power are in you. (Please stop and let this really soak into your heart.)

“You come to me with a sword, a spear, and a shield, but I come to you in the name of the Lord of Hosts” (1 Sam. 17:45).

God’s Word tells us that we have self-control (because of Him). God’s Word tells us that we are overcomers (because of

Him). God's Word tells us we can do all things (because of Him). God's Word tells us we are strong, courageous and victorious (because of Him).

I want you to take on 2017 with this in your heart because when you fully understand that God's Spirit is in you it's a game changer!

If you are not part of our f4 Plan, please take a moment to check it out. I say this because I believe in the tools we've created because our workouts, articles, webinars, podcasts and even our menu plans continue to point you to Him.

Thanks, and have a happy holiday season! {eoa}

Michelle Spadafora *started Faithful Workouts in 2009 after 22 years in the fitness industry. She created Faithful Workouts to be a place where you can come and strengthen your relationship with God while you strengthen your body and mind, a place where you can find great workouts for all fitness levels, receive simple, practical nutrition information and connect with a real community who knows that the journey to better health is more about encouraging each other and less about being perfect.*

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