

Stage One Week One: How's Your Self Esteem? Bible Study

Self Esteem is one of those topics the world talks about all the time, but what does God think about my self-esteem? We hear so much about Christians being humble and meek that often we think self-esteem is a “worldly” value, but this week let's look at what the Bible says:

1. As you read each of these verses, take them personally. Each one was written just for you!

Genesis 1:27 ~ What does it mean for you personally that you are created in the image of God?

Psalm 139: 13-14 ~ What are your thoughts when you consider that God knit you together from scratch, and He made you wonderful.

Jeremiah 31:3 ~ Remember this verse was written for you. God knew that you'd be reading it today and wanted you to realize how much he loves you!

2. After reading just these three verses, how do you think God wants you to look at yourself?
3. How often do you eat or eat things you know aren't really good for you because you don't feel good about yourself? How might your eating trends gradually change if you used these verses to remind yourself of how special and important you are to God?
4. How do you think it makes God feel when we second guess our self-worth?
5. If you question your self worth, what things can you do this week to begin to realize how important you are in God's eyes?

Set Your Goals

Stage 1: Fast Break

To start your program off right, SparkPeople recommends setting small goals to build momentum. Don't feel like you have to dramatically change all of your habits overnight, since slow and steady is the best way to do it! That's why the Fast Break stage (picking a few small goals to focus on for the first two weeks of your program) is so important. SparkPeople has worked with thousands of people who have reported that the Fast Break was a key to their success. Give this a chance for two weeks, which is how long it takes to begin healthy lifestyle habits.

To get started, choose 4 Fast Break goals from the list below (one from each area). These are things you should try to do every day for the next two weeks. Don't be afraid to pick goals that are a bit of a "stretch", and things you know you really need focus on. Go ahead and check off the ones you already do, then pick one that you need to accomplish and check them off as you meet your goals.

NUTRITION GOAL

- Eat a high fiber/high protein breakfast
- Eat 2 fruits or veggies a day
- Eat 4 servings of complex carbs a day
- Don't drink soda
- Don't eat in front of the TV
- Pack your lunch
- Track calories eaten
- Eat some sort of fresh produce
- Drink 8 8oz. cups of water
- OTHER _____

MOTIVATION GOAL

- Tell 1 person about your goals
- Write thoughts in a journal
- Write 5 "I did great today" things in a journal
- Collect another motivational picture
- Read an inspirational quote
- Listen to a get-up-and-go song every day
- Give yourself a 5-minute mental pep talk
- Read from a motivating story or book
- Talk to a positive friend or family member
- Reward yourself
- OTHER _____

FITNESS GOAL

- Get 10 minutes of cardio exercise
- Do something active outdoors
- Stretch for 10 minutes
- Go for a walk
- Track calories burned
- Work in the yard
- Use a stress/squeeze ball
- Use 1 piece of fitness equipment
- Do 15 minutes of exercise while watching TV
- Get 8 hours of sleep
- OTHER _____

SPIRITUAL GOAL

- Read one Chapter from the New Testament
- Increase prayer time by 5 minutes
- Write a note to God in your journal
- Listen to Christian Music for 15 minutes
- Read a Christian Devotional
- Say a prayer when I get angry
- Give up offensive language
- OTHER _____

Don't forget to keep track of each day you accomplish your goal. On the last page for each week, there's a place to record your progress.

Notes about your Progress Report: There is a place to record your weight, keep track of the goals above and track whether or not you kept track of what you ate. Every night before you go to bed (or at some point everyday) just put a check mark beside each goal you accomplished.) Something I learned a few years ago from a diet plan was to weigh myself everyday, then take the average of the seven days and compare that with the average from the week before. You'll go up and down like a yo-yo if you just go day to day, but looking at this week's average compared to last week's average is a lot more encouraging. So, you'll find a space to put your average weight each week (in case it's been a long time since middle school math, just add up each day's weight and divide it by 7 (or how ever many days you remembered to weigh yourself). Remember these first two weeks we aren't going to worry about losing the weight. We're just going to develop some simple habits to make losing easier.

Track Your Food

During these first two weeks you don't have to track your calories, unless you set it as one of your fast break goals; however, it's a good idea to begin writing down everything you eat. Be specific. Instead of a "bowl of cereal" write "1 cup corn flakes" on one line and "1/2 cup milk" on another. There's also space to record the calories if you'd like, but for right now that's optional. Stage 1 Week 1: Week of _____

	Food Eaten	Calories		Food Eaten	Calories
1			31		
2			32		
3			33		
4			34		
5			35		
6			36		
7			37		
8			38		
9			39		
10			40		
11			41		
12			42		
13			43		
14			44		
15			45		
16			46		
17			47		
18			48		
19			49		
20			50		
21			51		
22			52		
23			53		
24			54		
25			55		
26			56		
27			57		
28			58		
29			59		
30			60		

Stage 1 Week 1 Continued: Week of _____

	Food Eaten	Calories		Food Eaten	Calories
61			91		
62			92		
63			93		
64			94		
65			95		
66			96		
67			97		
68			98		
69			99		
70			100		
71			101		
72			102		
73			103		
74			104		
75			105		
76			106		
77			107		
78			108		
79			109		
80			110		
81			111		
82			112		
83			113		
84			114		
85			115		
86			116		
87			117		
88			118		
89			119		
90			120		

Tracking My Progress

Stage 1 Week 1

Dates: _____

Weigh In (5 points for each day you weigh in)								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Average for the week	Points

My Fast Break Goals	Sunday	Monday	Tuesday	Wed	Thursday	Friday	Saturday	POINTS
STAGE 1 WEEK 1	1 point for each mark!							
NUTRITION	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
FITNESS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
MOTIVATION	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
SPIRITUAL	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Days I Tracked What I Ate (5 Points per day)							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Points
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Attending This Week's Meeting (5 Points) _____

Reading this week's Articles (1 point each) _____

http://www.sparkpeople.com/resource/Wellness_articles.asp?id=237

http://www.sparkpeople.com/resource/Wellness_articles.asp?id=212

Total Points to Report to my Group this Week _____
out of a possible 105 points

What I did best this week:

What I want to improve on next week:

Week One Leader's Notes: How's your self-esteem?

ICEBREAKER: Since it's your first meeting, let everyone introduce themselves and share one goal they have that living healthier will help them accomplish.

This week we're going to talk about self-esteem. A lot of over-eating is directly related to using food as comfort on those days when we don't feel good about ourselves. Being overweight can sometimes compound the problem making a person even more self-conscious and causing feelings of even lower self-worth.

1. God wants us to have a healthy self-esteem. In these three verses we read about being created in His image, being handmade by God from the moment of our conception and He loves us with a love that will never end. Encourage discussion about what it really means to be created in God's image. Since God is Spirit, it probably means more about what is inside us resembles God rather than the outside. After the group reaches that conclusion, ask if they are really living like they are created in God's image and like He loves them with an unending love. Remind the group that we can't do anything to make God love us more and we can't do anything to make God quit loving us.
2. God want us to realize how special and important we are and live like we know it. He wants us to live like we are worth becoming healthy, as if we deserve to live a long, healthy and abundant life.
3. There will be some in your group who don't have a self-esteem problem, but there's a good chance that even those with a healthy self-esteem have resorted to chocolate, ice cream or donuts on those occasions when they have felt less than lovely and low self worth. Encourage the group to put these verses or others that remind them how special and important they are in places where they'll see them often (like on the refrigerator or snack cupboard) and meditate on them every time they begin to eat to make themselves "feel better."
4. 1 John 5:10 says that if we don't believe God we make Him out to be a liar. So basically when we don't believe we are worth the effort to become healthy, we are calling Him a liar.
5. Encourage each person to set a goal this week to help them think more highly of themselves. Ideas: Hang the verses on places where they'll see them often, follow the advice in the article on Page 4, any of the ideas from the "Motivational" goals on page 5. During these first couple of weeks it's very important to for each member of the group to believe they DESERVE to do this for themselves. God thinks they are worth the effort they will be making, now they just have to believe it. We want to help each member realize it's time to do something for themselves.

During this first meeting, encourage everyone to choose their four goals from page 5. Have them write them in the spaces for their progress report on page 9.

Remind them that for these first two weeks we aren't going to concern ourselves with weight loss. Additionally, while it would be excellent if they tracked calories just to begin to see exactly how much or little they're eating, for these first two weeks what's really important is to learn to begin to keep track what they've eaten. For those who've never actually kept track before, they may be amazed at how much they really do eat. When they begin recording calories that can be even more amazing.

(If members of the group don't have access to a calorie counter, they may bring me a list of stuff they eat on a regular basis that don't have nutritional information. I'll get a list of calorie values for them before the first week of stage 2)