



Health—In a Hurry!

Session Guide and Review Notes

5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: Health—in a Hurry!

- **Build a better breakfast in 3 easy steps.** Every morning, include: fresh fruit, whole grains, and nuts, esp. walnuts
- **Super Sandwiches:** Include: avocado, salsa, bean hummus, garden patties, meatless slices, baked tofu slices, pepper, tomato, cucumber, onion, fresh spinach, kale, or some other greens.
- **Carry a water bottle:** Tote water and enjoy between meals to stay hydrated. Water aids alertness, circulation, mood, and digestion.
Supper Savvy: Plan meals around easy soups, brown rice, beans, potatoes, or whole grain pasta recipes. Prepare enough at one meal to last for the next meal or freeze for later. Cook extra beans and make a burrito bowl tomorrow. Try tossing a few leftover vegetables or pasta into your salad the next day.
Keep on hand: Instant brown rice, frozen mixed stir-fry vegetables, canned beans. Buy shredded cabbage, broccoli slaw, and shredded carrots to reduce prep time. Add garbanzo or kidney beans to your salad for a protein boost.
- **Eat Out with Success:** Choose restaurants that have fresh vegetable and high fiber options. Ethnic restaurants often have delicious plant based meals that include high fiber beans. Try Greek, Lebanese, Chinese, Indian, Mexican, and Italian for healthy options. Look at menus as a list of ingredients. Avoid fried and cheesy dishes. Chefs are often happy to create special, colorful vegetarian plates.
- “Your body is a temple of the Holy Spirit which is in you, which you have from God...1 Corinthians 6:19-20

10 min Discussion Time 1: What are your thoughts?

- ✓ What is your favorite power breakfast?
- ✓ Discuss your favorite ways to make healthy meals in a hurry.

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

5 min Freedom Journey: Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** Consistent, healthy habits stabilize mood and health.
- **Recalculate:** Little changes and modifications make a big difference.
- **Reframe:** What we magnify gets bigger. Choose to magnify solutions, faith, trust, and God's promises instead of problems and obstacles.
- **Remember:** Jesus invites **you** to come to Him for all your needs. "My God shall supply all **your** need according to His riches in glory by Christ Jesus." Philippians 4:19.

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

Create a Lifestyle: Watch for opportunities to make better choices.

- Drink at least 8 glasses of water daily instead of caffeine and soda.
- Eat a healthy breakfast: whole grains, fresh fruit, and nuts.
- Connect with a walking/exercise buddy and start a daily plan.

Create an Environment: Train your mouth to speak hopeful, encouraging words. Create a "**Better Way Journal**" and record positive thoughts, words, and actions.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for wanting peace in your life?
- ✓ Which of the **Lifestyle Links** are your focus right now?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** "Dear God, thank you that by your power and strength, I am Living Free!"
- **Promise:** "I can do all things through Christ who strengthens me." Philippians 4:13.
- **Affirmation:** "Thank you God for my freedom journey to better physical, mental, and spiritual health!"
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: 1. Balanced Living Tract: Health—in a Hurry!
2. Handout: Power on Your Plate