



Fit to Serve

Stephanie Dean

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Serving God in a sluggish, unfit, improperly nourished temple? Most Christians would love to do more for God--be His feet for His work in the world--but sometimes our physical "temples" hold us back. Excess weight and food that fattens us and clogs our arteries but doesn't fuel keeps us from being all God intends for us to be. Often the result is sluggishness, ill health, and inertia. We simply don't feel like being on mission for Him, so we take the path of least resistance and stay home. The goal of Fit to Serve is to build up the church so it can fulfill its purpose in the world. This six-week Bible study by Christian health expert and dietitian Stephanie Dean focuses on helping each individual member of the Body of Christ to function at optimum capacity, which means each person strives to be spiritually and physically fit to serve. This interactive study combines spiritual disciplines such as prayer, worship, and Bible study with nutrition and exercise tips leading to physical wellness. Daily Bible studies help participants develop more in-depth spiritual lives, while daily "health bites" contributed by nutrition and exercise specialists help people examine their food choices and set goals, such as additional walking times and push-ups each day, for themselves. At group sessions members share about what God taught them during their weekly study and share the journey toward being healthier people. A leader guide provides help for conducting group meetings.



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Timothy Larios:

Now a day people that Living in the era everywhere everything reachable by interact with the internet and the resources inside can be true or not need people to be aware of each data they get. How many people to be smart in receiving any information nowadays? Of course the answer then is reading a book. Examining a book can help persons out of this uncertainty Information specifically this Fit to Serve book since this book offers you rich information and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it you know.

Jesse Fox:

Reading a guide tends to be new life style on this era globalization. With studying you can get a lot of information that could give you benefit in your life. Having book everyone in this world can share their idea. Books can also inspire a lot of people. Many author can inspire their own reader with their story or maybe their experience. Not only situation that share in the textbooks. But also they write about advantage about something that you need example. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors nowadays always try to improve their ability in writing, they also doing some research before they write with their book. One of them is this Fit to Serve.

Wilson Gonzalez:

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