



## Welcome to Reignite Retreat 2022

“So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life and place it before God as an offering.” *Romans 12:1*

“let God transform you into a new person by changing the way you think. Then you will know what God wants you to do.” *Romans 12:2*

“That’s not for you” - The Chosen

“But I keep working toward that day when I will finally be all that Christ Jesus saved me for and wants me to be.” *Philippians 3:12*

### **Small group expectations:**

Confidentiality

Ask before giving advice

Equal opportunity to share

## 5 Healthy Lifestyle Changes

Definition of Health: the state of being free from \_\_\_\_\_ or \_\_\_\_\_

World Health Organization Definition: "Health is a state of complete \_\_\_\_\_, \_\_\_\_\_ & \_\_\_\_\_ well-being and not merely the absence of disease or infirmity."

WHY do you want to improve your health?

**1. Abide** - Live, Continue, Remain in, accept, act in accordance with.

When we abide:

### **Joy**

*John 15: 4-11 (NKJ)*

### **Self Control**

"For God gave us a spirit not of fear but of power and love and self-control. 2 Timothy 1:7

"But the fruit of the Spirit is.... Self control" *Galatians 5:23*

### **Resist Temptations**

"And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure." *1 Corinthians 10:13*

### **Peace**

"Peace I leave with you; my peace I give you." John 14:27

"A peaceful heart leads to a healthy body" Proverbs 14:30

### **Health**

"Trust in the Lord with all your heart;....Then you will have healing for your body and strength for your bones." *Proverbs 3:5, 8*

## 2. Eat Less Sugar

Why?

Increases your hunger & may cause resistance to leptin a hormone that tells you to stop eating.

Increases visceral fat which is most dangerous to our health

Increased risk of heart disease, higher blood pressure, weight gain, diabetes, fatty liver disease, stroke, cancer, joint pain, brain fog

Elevates insulin levels which is connected to Alzheimers

**PET scan: “After receiving the radioactive sugar, the patient lies still for about 60 minutes while the radioactively labeled sugar circulates throughout the body. If a tumor is present, the radioactive sugar will accumulate in the tumor.”**

4 grams = 1 tsp

Eat less than 24 grams

## 3. Drink More Water

64 oz or 1/2 your body weight in oz of water (160 lbs = 80 oz)

Side effects of dehydration:

- Brain fog

- Negatively affects digestion and nutrient absorption

- Lowers metabolism which leads to weight gain

- Overeating which leads to weight gain

- Fatigue

- Dry, wrinkled skin

“Studies show that drinking 2 cups of water before a meal may increase your metabolic rate by up to 30 percent.”

#### 4. Eat Vegetables

\_\_\_\_\_ dense

\_\_\_\_\_ carbohydrates, high in \_\_\_\_\_

#### 5. Strength Train

Prevent \_\_\_\_\_

Stronger \_\_\_\_\_

Increases \_\_\_\_\_

Improves \_\_\_\_\_

Reduces \_\_\_\_\_

**Journal Space:**

## **4 Ways to Improve Brain Health**

Why do YOU want a Healthy brain?

“The human brain is an organ just like your heart and all your other organs, and you can only be as mentally healthy as your brain is functionally healthy.” Dr. Daniel Amen

What does your brain need to thrive?

### **1. Exercise / Movement**

- Increased Blood Flow
- Brings oxygen and nutrients in and toxins out
- Protects memory & decreases risk for Dementia & Alzheimer’s
- Increases coordination and balance (cerebellum)
- Stimulates production of new brain cells so that our brain can continue to learn and to grow especially as we age!
- Boosts natural endorphins and serotonin/mood
- Decreases obesity which contributes to poor brain health

Exercises recommended for brain health:

Cardio:

Strength:

Coordination:

Mindfulness:

## 2. Healthy Diet

### Gut Brain Connection

“Our gastrointestinal tract is very sensitive to emotions, since it is connected to our brain’s hypothalamus which controls the feelings of satiety and hunger and deals with our emotional state of mind. Our mind and gut are actually interconnected.” Dr. Caroline Leaf

“The gut is often called the 2nd brain; it is lined with 100 million neurons. They are in direct communication with the brain. Leaky gut is associated with brain issues including mood, anxiety, add, Parkinson’s and Alzheimer’s.” Dr. Daniel Amen

### Bad for the Brain:

- Highly processed
- Pesticide sprayed
- High-glycemic, low-fiber
- Artificially colored and sweetened, antibiotics, hormones
- Sugar (Inflammation, Insulin, Stored Fat)
- Storing food in plastic containers
- Drugs, alcohol, nicotine, excessive caffeine

### Good for the Brain;

Water: brain is 80% water drink 8-10 glasses a day

Complete Proteins: High quality proteins containing all essential amino acids. Animal product and a few plant based (quinoa, buckwheat, soybeans)

Healthy Fats (Omega 3 best): Your brain is 60% fat!

“If you eat a fat based diet you are 42% less likely to develop Alzheimer’s but simple carbohydrate diet showed an almost 400% increased risk of developing Alzheimer’s” - Mayo Clinic

Carbohydrates: Go for colorful, high fiber, complex carbohydrates

### Benefits the Brain:

Antioxidants

Reduce the risk of cognitive impairment

Eliminate toxins

Reduce risk for: autoimmune disorders, Alzheimer's, Parkinson's, Schizophrenia, and Depression

### **3. Community**

God's design is for us to be connected, not isolated.

Being part of a healthy community:

- Lowers stress (helps you know you are not alone)
- Sharing burdens, support and hope when you are struggling
- Builds positive habits through structure and guidance

"We need to need each other. People are the fuel for us to grow, be healthy, and prosper. God created a system in which we are to need not only Him but also one another. That means we need to know what we need, recognize who can supply it, and have the skills to get it." John Townsend

People Pleasing

Need for Boundaries

### **4. Connection with God**

"For I know the plans I have for you," declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future." Jeremiah 29:11

"It has been found that 12 minutes of daily focused prayer over an eight week period can change the brain to such an extent that it can be measured on a brain scan." Winning the War In Your Mind by Craig Groschel.

What Stress does to your brain.

Anecdote to stress - Trusting God

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” John 14:27

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

**Small Group Discussion:**

**From all that you’ve heard today, what 2 things will you start doing today?**

### **3 Life Lessons From An MRI Tube**

1. First word heard in the MRI: \_\_\_\_\_

Listen to the song, "All To Jesus I Surrender"

2. Second word heard in the MRI: \_\_\_\_\_

Proverbs 3: 5, 6, Psalm 3, Psalm 40

3. Third word heard in the MRI: \_\_\_\_\_.

1 Cor. 4:16, Eph 2:10

Questions to process through later:

Julie's husband said, "this will be what we make of it. How we look at this is how this will go." How could you apply this to your own life?

Julie mentioned the white-knuckle grip with which she held onto things she thought she deserved. What do you sense the Lord is asking you to surrender?

How could you apply this verse to your own life? "Trust in the Lord with all your heart, lean not on your own understanding, in all your ways acknowledge Him and He will make your paths straight."

What choices could you make, starting today, that could bring you closer to God and to the abundant life He promises (John 10:10)?

**Journal Space**

# What's Holding You Back From Reaching Your Goals

## **1. Accurate Information**

Don't believe all you hear  
Diets don't work  
We are all unique

## **2. Knowing your purpose / calling**

“God has given us this task of reconciling people to him” 2 Corinthians 5:18

“You are not designed by your creator to push yourself through life, but to be pulled by something so compelling and irresistible there would be an empty space inside if you didn't follow. That irresistible something is your purpose in life. Your God-given purpose (calling) is the purest source of direction for your life. Sermon and Bible studies can teach you about Christian principles in general. But only your purpose reveals unique plans God laid out for your life when he created you. Secular goal setting says I need goals that push me. But God's approach says allow me to pull you. Life is about fulfilling the unique purposes you were created to accomplish in God's universe. Setting goals is a big part of it. But unless those goals are wrapped around your God-given purpose, you'll come up short in the end.” Blueprint For Life

What makes you mad, glad or sad? What makes you come alive?  
Where do you most feel God's presence? What people group breaks your heart or gives you joy?

Five Regrets Of The Dying, “I wish I'd had the courage to live a life true to myself, not the life others expected of me.”

## **3. Clear Vision & Plan**

What do you want your life to look like in 5 years?

What will your life look like in 5 years if you don't change anything?

Starting today, what are your clear, attainable first steps to get you on the right path to make that 5-year plan happen?

What are the practical steps to getting closer to God?

#### **4. Wrong Conception of God & the Good News**

God is love. God is good. God is trustworthy.

When we have an accurate view of God

We know we are already \_\_\_\_\_

We can \_\_\_\_\_

Hopelessness \_\_\_\_\_

We know our true \_\_\_\_\_

We don't need \_\_\_\_\_

“He is treated as if he’s done everything you’ve done and in the same moment you are treated as if you did everything He did.” Tim Keller

HUGE: Your salvation and righteousness are \_\_\_\_\_ not \_\_\_\_\_

“Salvation is not a reward for the good things we have done”

*Ephesians 2: 9*

Believe in what Jesus did on the cross = Saved + your life changes (right)

Believe in what Jesus did on the cross + your life changes = Saved (wrong)

#### **Journal Space**

# Overcoming Triggers & Obstacles

1. Trigger vs. Obstacle

2. Circle of Control

3. Tips for overcoming triggers and obstacles: The 8Ps

1) P

2) P

3) P

4) P

5) P

6) P

7) P

8) P

**Small Group Discussion:**

1. When Julie spoke on “Surrender, Trust, Choose” which area do you think you struggle with most and how can you grow in that area?
2. Of the things listed in “What’s Holding You Back” discussion which area are you most motivated to work on and why?
3. From the 8Ps for overcoming obstacles, which was new information that you're excited to implement?

## Homework for the Week:

What do you want your life to look like in 5 years? Why?

What will your life look like in 5 years if you don't change anything?

Starting today, what are your clear, attainable first steps to get you on the right path to make that 5-year plan happen?

What are the practical steps to getting closer to God?