

## **MOMENTUM FITNESS**

### **Life Group Study Guide – Session 1**

#### **“Glorify God with Your Body”**

Optional Study Guide that would be helpful to all members of your group.

#### Additional Helpful Resources:

www.danielplan.com = website created by Saddleback Church (Pastor Rick Warren’s church) that is full of helpful resources related to health, eating, and exercise.<sup>1</sup> Suggested references for this discussion:

Type the titles below into the “Search” tool in the upper right hand corner of www.danielplan.com to view the articles below:

- The Longevity Project
- Clean Out Your Pantry
- Understanding the Label
- Good Foods
- Know Your Numbers
- Self-Tests, Quizzes, and Surveys

#### Questions to ponder:

1. Has physical health ever been an important part of your life?
2. Is it something that is important in your life right now?
3. Has it taken a back seat to other priorities?
4. What are some things that you are expecting from this study?
5. What are you NOT looking forward to in this study?
6. When you think of prosperity, do you include your physical health?
7. How does Philippians 4:13 and 2 Thessalonians 1:11 give you hope as we begin “Momentum Fitness”?

#### Scripture References:

Luke 2:52

Philippians 4:13

1 Thessalonians 5:23

2 Thessalonians 1:11

3 John 2

Ecclesiastes 4:9-12

1 Corinthians 6:19-20

### Quotes:

Pastor Bob Reeve says, “God is the owner of your body and you are the manager (steward). Over-eating is the equivalent of over-spending (your money). You need to be a good steward of your body.”

Pastor Rick Warren: “God wired us for community. You need a group, a friend, an accountability partner. You will never change anything long-term in your life without somebody else supporting you.”

### Momentum Fitness Challenge:

#### **1. Get F.I.T**

As part of Momentum Fitness, we are encouraging each person to take the “Momentum Fitness Challenge.” There are 3 aspects to this in order to “Get F.I.T.”:

**F:** Focus on a fitness goal.

**I:** Involve yourself in a Life Group.

**T:** Take action towards your goal.

#### **2. Momentum Fitness Personal Goal**

- Write down your personal Momentum Fitness goal on 2 – 3X5 cards.
- Keep one for yourself and turn one in to your Life Group H.O.S.T. (so they know how to pray for you and encourage you).

#### **3. Momentum Fitness “Partners”**

Select TWO Momentum Fitness “Partners” before the next time you meet.

- We suggest two people in case one of your partners drops out, goes on vacation, etc.
- They could be someone in the group, such as your spouse, or someone outside of the group.
- They do NOT have to attend the church, or even be a Christian. It might be a good opportunity to witness to one of your unsaved friends.

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<sup>1</sup> “The Daniel Plan” Small Group curriculum was used as a reference for this study. [www.danielplan.com](http://www.danielplan.com).

## **MOMENTUM FITNESS**

### **Life Group Study Guide – Session 2**

#### **“God’s Power, Not Willpower”**

Optional Study Guide that would be helpful to all members of your group.

#### Additional Helpful Resources:

[www.danielplan.com](http://www.danielplan.com) = website created by Saddleback Church (Pastor Rick Warren’s church) that is full of helpful resources related to health, eating, and exercise. Suggested references for this discussion:

Type the titles below into the “Search” tool in the upper right hand corner of [www.danielplan.com](http://www.danielplan.com) to view the articles below:

- Quiet Time
- Take a Drug Holiday
- One-Page Miracle
- Your Workout Routine — Part 1
- Journal Your Journey

There is an interview with Pastor Rick Warren and Dr. Daniel Amen on the topic of motivation, eating, and brain health. Go to <http://danielplan.com/getstarted/> to view this interview.

- Go halfway down the page, click on the orange drop down box (it is above the small screen), scroll down to “Session 2”, then click the play button on the small screen. (The duration of the interview is from: 6:40-16:01).

#### Questions to ponder:

1. Have you ever made a commitment to get healthy (eat right, diet, exercise, etc.) and failed? Why did you fail?
2. How does Mark 10:27, John 15:5, Romans 8:11, and Philippians 4:13 apply to health and fitness?
3. Is there a verse or passage of Scripture that motivates you to trust God and rely on His power? If so, what is it?
4. Has your physical health ever been choked out by discouragement, opposition, or preoccupation with other pursuits? Explain.

#### Scripture References:

Mark 10:27

Zechariah 4:6-7

John 15:5

1 Corinthians 6:19-20

Romans 8:11

Galatians 5:22-23

Philippians 4:13

James 4:2-3

Quotes:

Pastor Rick Warren says there are 3 mistakes we make when trying to get fit:  
1) We have the wrong motivation; 2) We rely on willpower instead of God's power; 3) We try to change on our own.

Pastor Rick Warren: "It's not enough to try to do God's will in your own way and by your power. You must do God's will in God's way and by God's power or you will fail every time."

Momentum Fitness Challenge:

**1. Get F.I.T**

As part of Momentum Fitness, we are encouraging each person to take the "Momentum Fitness Challenge." There are 3 aspects to this in order to "Get F.I.T.":

**F:** Focus on a fitness goal.

**I:** Involve yourself in a Life Group.

**T:** Take action towards your goal.

**2. Momentum Fitness Personal Goal**

- Since the last time you met with your Life Group, do you feel encouraged or discouraged in pursuing your fitness goal?
- Have you made any progress toward your personal fitness goal?

**3. Momentum Fitness "Partners"**

Select TWO Momentum Fitness "Partners" before the next time you meet.

- We suggest two people in case one of your partners drops out, goes on vacation, etc.
- They could be someone in the group, such as your spouse, or someone outside of the group.
- They do NOT have to attend the church, or even be a Christian. It might be a good opportunity to witness to one of your unsaved friends.

**MOMENTUM FITNESS**  
**Life Group Study Guide – Session 3**  
**“Fight to Eat Right”**

Optional Study Guide that would be helpful to all members of your group.

Additional Helpful Resources:

[www.danielplan.com](http://www.danielplan.com) = website created by Saddleback Church (Pastor Rick Warren's church) that is full of helpful resources related to health, eating, and exercise. Suggested references for this discussion:

Type the titles below into the “Search” tool in the upper right hand corner of [www.danielplan.com](http://www.danielplan.com) to view the articles below:

- 7 Simple Tips to Get Healthy
- Curb Your Cravings and Lose Weight Quickly
- Whole Foods for Whole People
- Two-Week Meal Plan
- Recommended Foods & Definitions
- Vitamin Supplements
- Superfoods
- Recipes

There is an interview with Pastor Rick Warren and Dr. Mark Hyman on the topic of functional medicine and how the foods we eat affect our bodies negatively or positively. Go to <http://danielplan.com/getstarted/> to view this interview.

- Go halfway down the page, click on the orange drop down box (it is above the small screen), scroll down to “Session 3”, then click the play button on the small screen. (The duration of the interview is from: 9:00-17:42).

Questions to ponder:

1. Pastor Rick Warren says: “Some things aren't necessarily wrong. They're just not necessary.” How does this apply to the foods you eat?
2. How is God challenging you in the stewardship of your health? Is he pointing out anything that you need to give up?

Scripture References:

1 Corinthians 6:12-20  
Daniel 1:3-5

Daniel 1:8-16  
Romans 12:1

Quotes:

Pastor Rick Warren: “God says how you manage your body is a principle of stewardship. It is a spiritual discipline. That’s why health matters. What you think you own is really on loan. That includes your body. God owns your body, and you are just the manager of it. You didn’t create your body, so you don’t own it. God expects you to take care of the body He owns and He gave you.”

Dr. Mark Hyman: “The things that make us sick also make us fat. If you fix the things that are the underlying cause of disease, the weight loss happens automatically. Choose the right foods and the right times to eat them. Don’t drink your calories. Cut out soda, including diet drinks. Drink water.”

Momentum Fitness Challenge:

**1. Get F.I.T**

**F:** Focus on a fitness goal.

**I:** Involve yourself in a Life Group.

**T:** Take action towards your goal.

**2. Momentum Fitness Personal Goal**

**3. Momentum Fitness “Partners”**

Helpful Items from [www.danielplan.com](http://www.danielplan.com):

*Below are some healthy eating tips from [www.danielplan.com](http://www.danielplan.com):*

- Focus on meal timing and composition. Eat smaller meals 5 to 6 times per day. For help, follow the first week of our “Two-Week Meal Plan.” Plan ahead and always have healthy snacks on hand to avoid feeling hungry.
- Consider tracking your daily intake and exercise using a mobile application or website such as [www.fatsecret.com](http://www.fatsecret.com) , [www.fitday.com](http://www.fitday.com) , or [www.loseit.com](http://www.loseit.com) . Studies show people who track their food have greater success with weight loss.
- Move towards vegetables being at least 50 percent of every meal, followed by 25 percent lean protein and 25 percent grains. Explore the variety of “Superfoods.” Begin replacing sugary drinks and juices with water. When your taste buds rebel, read the article, “Curb Your Cravings” for helpful tips.
- Add “Vitamin Supplements” to your routine, including Vitamin D, Omega 3, and a quality multi-vitamin.

## **MOMENTUM FITNESS**

### **Life Group Study Guide – Session 4**

### **“Get Up and Move”**

**Optional Study Guide that would be helpful to all members of your group.**

#### Additional Helpful Resources:

[www.danielplan.com](http://www.danielplan.com) = website created by Saddleback Church (Pastor Rick Warren’s church) that is full of helpful resources related to health, eating, and exercise. Suggested references for this discussion:

Type the titles below into the “Search” tool in the upper right hand corner of [www.danielplan.com](http://www.danielplan.com) to view the articles below:

- How to Exercise
- Burst Training
- Workout Routine, Part 2 and 3
- Pump Iron to Stay Young
- Stretching
- Training with Pastor Rick
- Putting the Play Back in Exercise

There is an interview with Pastor Rick Warren and Dr. Mehmet Oz, who designed “The Daniel Plan.” The interview is about how to take care of your heart, fat, and weight loss. Go to <http://danielplan.com/getstarted/> to view this interview.

- Go halfway down the page, click on the orange drop down box (it is above the small screen), scroll down to “Session 4”, then click the play button on the small screen. (The duration of the interview is from: 6:52-17:34).

#### Questions to ponder:

1. What helps you bridge the gap between seeing your body as just flesh and blood and seeing your body as a temple (dwelling place) of God’s Spirit?
2. Pastor Rick Warren says “Physical health is a spiritual discipline. Getting healthy and staying healthy is an expression of worship.” Have you ever viewed physical health as a spiritual discipline? Why or why not?
3. Do you think taking the focus off of yourself and putting it on God will help motivate you to exercise?
4. What prevents you from exercising regularly? What do you need to change in your schedule or priorities in order to being exercising regularly?

#### Scripture References:

1 Corinthians 6:12-20  
Romans 12:1  
Mark 12:30

1 Corinthians 10:31  
Colossians 3:17  
2 Kings 7:3-8

Quotes:

Pastor Rick Warren: “God created my body. Jesus died for my body. The Holy Spirit lives in my body. One day I will have a resurrected body. I am expected to take care of my body because one day I will be accountable for it.”

Pastor Rick Warren: “Physical health is a spiritual discipline. Getting healthy and staying healthy is an expression of worship.”

Dr. Mehmet Oz: “Almost everything (high cholesterol, high blood pressure, etc.) is reversible if you start to eat healthy and lose weight.”

Momentum Fitness Challenge:

**1. Get F.I.T**

**F:** Focus on a fitness goal.

**I:** Involve yourself in a Life Group.

**T:** Take action towards your goal.

**2. Momentum Fitness Personal Goal**

**3. Momentum Fitness “Partners”**

Helpful Items from [www.danielplan.com](http://www.danielplan.com):

*Below are some healthy exercise tips that you may want to share with your group from [www.danielplan.com](http://www.danielplan.com):*

- Find ways to add more activity to your daily routine and overall lifestyle. A goal could be to walk 3-times per week at a good pace for 30 minutes. Then, increase the duration, speed, and frequency as time and your body allows.
- Consider enhancing your overall mobility and flexibility with a simple stretching routine.
- For variety and to burn more calories, try “Burst” or “Interval” training which will elevate your heart rate and enhance your endurance. Intervals are periods of high-intensity or speed, followed by periods of slower rates.
- Strength training builds muscle, increases metabolism, and improves overall health. Regardless of your age or condition, identify exercises that include resistance.

*Below is an excerpt from article “Get Moving to Get Happier” by Daniel G. Amen, MD<sup>1</sup>*

“Have you ever heard the term ‘runner’s high?’ Is it really possible to feel that good, just from exercise? You bet it is. Exercise can activate the same pathways in the brain as morphine and increases the release of

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<sup>1</sup> <http://danielplan.com/healthyhabits/getmovingtogethappier/>



endorphins, natural feel-good neurotransmitters. That makes exercise the closest thing to a happiness pill you will ever find.”

**Boost your mood.** Physical exercise stimulates neurotransmitter activity—specifically norepinephrine, dopamine, and serotonin—which elevates mood.

**Fight depression.** Exercise can be as effective as prescription medicine in treating depression. One of the reasons why exercise can be so useful is because it increases brain-derived neurotrophic factor (BDNF).

**Ease anxiety.** Although the research on the effects of exercise on anxiety isn’t quite as voluminous as the evidence on exercise and depression, it does show that physical activity of just about any kind and at any intensity level can soothe anxiety. In particular, high-intensity activity has been shown to reduce the incidence of panic attacks.”

## **MOMENTUM FITNESS**

### **Life Group Study Guide – Session 5**

#### **“Transform Your Mind”**

**Optional Study Guide that would be helpful to all members of your group.**

#### Additional Helpful Resources:

[www.danielplan.com](http://www.danielplan.com) = website created by Saddleback Church (Pastor Rick Warren’s church) that is full of helpful resources related to health, eating, and exercise. Suggested references for this discussion:

Type the titles below into the “Search” tool in the upper right hand corner of [www.danielplan.com](http://www.danielplan.com) to view the articles below:

#### TIPS TO KEEP YOUR BRAIN YOUNG By Daniel G. Amen, M.D.

- |   |                                |
|---|--------------------------------|
| 1. How to Change Anything by David Jahr | 11. Cost-Cutting Tips          |
| 2. 50 Best Brain Healthy Foods          | 12. Eating on a Budget         |
| 3. Spices of Life                       | 13. Eating Out Rules           |
| 4. Brain Boosters, Brain Robbers        | 14. Enhancing Detoxification   |
| 5. Relaxation Breathing                 | 15. Good Addictions            |
| 6. The Sleep Solution                   | 16. Detox Step-By-Step         |
| 7. Forget Alzheimers                    | 17. 7 Keys to Digestive Health |
| 8. Do-It-Yourself Brain Improvement     | 18. Eating at Home             |
| 9. Win the Week                         |                                |
| 10. 7 Tips to Stay on the Plan          |                                |

#### Questions to ponder:

1. How has your life been impacted by Momentum Fitness?
2. How have you become healthier and more fit?
3. How does guilt and resentment affect our physical health? Have you ever experienced this?
4. Pastor Rick Warren says there are 5 things we can learn about health from Proverbs: 1) Trusting God is good for my health; 2) Confessing sin is good for my health; 3) Giving generously is good for my health; 4) Having fun is good for my health; and 5) Confessing the Word of God and speaking faith is good for my health. Of these 5 health principles, which is easiest for you?
5. You can “Put It All Together” with 4 keys to keeping your commitments: 1) Have the right motivation; 2) Have the right power; 3) Have the right plan; and 4) Have the right team. Which of these 4 areas is the most challenging for you? Why?
6. How do you see prayer and diligence working together to accomplish God’s plan in your life?

7. What have you learned during Momentum Fitness that you will continue to apply in the future?

Scripture References:

Romans 12:1-2	Proverbs 15:30	2 Thessalonians 2:16-17
Proverbs 3:1-10	Proverbs 16:24	1 Corinthians 10:31
Proverbs 3:5-6	Proverbs 17:22	Ephesians 3:20
Proverbs 3:7-8	Psalms 139:13-14	2 Corinthians 4:7
Psalms 32:3-5	Proverbs 3:7-8	Galatians 5:23
Proverbs 3:9-10	Proverbs 4:21-22	Ephesians 3:16
Proverbs 11:25	Proverbs 14:30	Philippians 2:13
Proverbs 17:22	Proverbs 17:22	2 Timothy 1:7
1 Timothy 6:17	Luke 2:52	Luke 14:28
Proverbs 18:21	Romans 12:1-2	Proverbs 13:4
Luke 6:45	1 Corinthians 6:19-20	Proverbs 16:3
Proverbs 4:20-24	Philippians 1:20	Proverbs 3:23
Proverbs 12:18	1 Thessalonians 4:4	Ecclesiastes 4:12
Proverbs 13:3	1 Thessalonians 5:23	Proverbs 15:22
Proverbs 15:4	Galatians 5:16 (The Msg.)	Hebrews 10:24

Quotes:

Dr. Daniel Amen: “The bigger your body, the smaller your brain. This is one case where size does matter!”

Pastor Rick Warren: “How do you make the plan succeed? Through prayer and diligence. They are two sides of the same coin. Pray as though it all depends on God. Work as though it all depends on you.”

Momentum Fitness Challenge:

**1. Get F.I.T**

- F:** Focus on a fitness goal.
- I:** Involve yourself in a Life Group.
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**2. Momentum Fitness Personal Goal**

**3. Momentum Fitness “Partners”**

Helpful Items from [www.danielplan.com](http://www.danielplan.com):

*Below are some tips about brain health that you may want to share with your group from [www.danielplan.com](http://www.danielplan.com):<sup>1</sup>*

- Learn about the brain-healthy foods, spices, and activities!

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<sup>1</sup> “The Daniel Plan: Session 5”, [www.danielplan.com](http://www.danielplan.com).

- Get enough rest, typically 7 to 8 hours per night. Plan ahead to make sure you are in bed with enough time to get enough sleep.
- Exercise boosts your brainpower, so keep up your regular exercise routine.
- Stress less by using simple relaxation and deep-breathing techniques.
- Adopt an attitude of gratitude, think about whatever is good in your life (Phillipians 4:8) and avoid believing the little lies and Automatic Negative Thoughts (ANTS) that can sabotage progress.

*Additional health tips from [www.danielplan.com](http://www.danielplan.com):<sup>2</sup>*

- If you've hit a plateau, haven't seen measurable progress, or feel like your health is backsliding, try a food detoxification to identify potential food allergies and digestive problems.
- Try different ways to vary your exercise routine and keep it interesting and effective.

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<sup>2</sup> "The Daniel Plan: Session 6", [www.danielplan.com](http://www.danielplan.com).