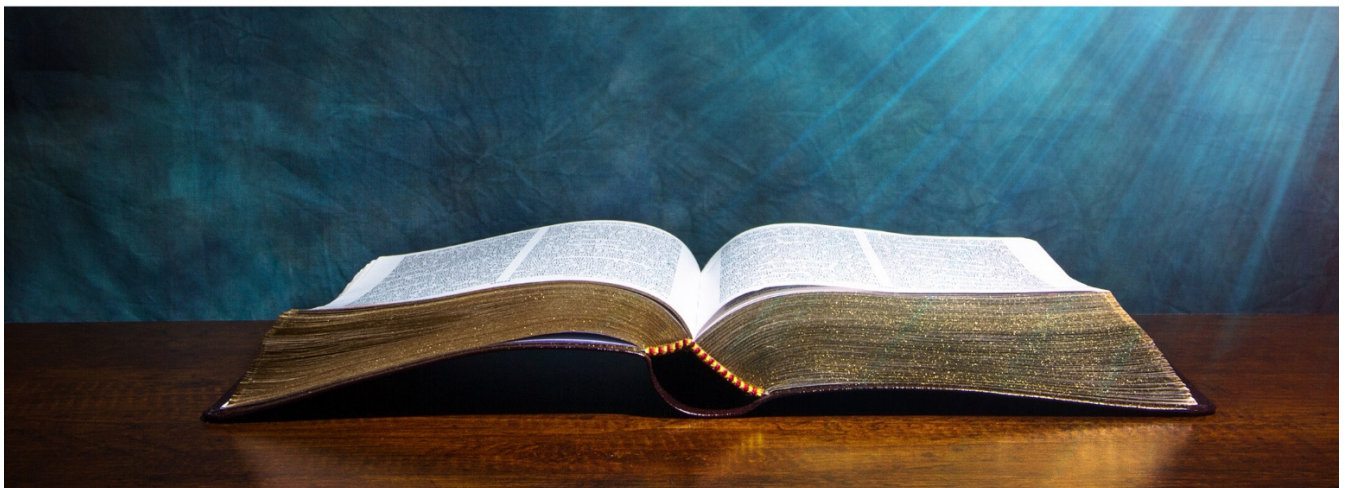


SUMMER TRANSFORMATION CHALLENGE

EIGHT WEEK PLAN OF SCRIPTURE, WORKOUTS, AND MEAL
PLANS TO TRANSFORM YOUR BODY, MIND, AND SPIRIT



transFit
body · mind · spirit

Your Summer Transformation Challenge includes: Bible Reading Plan for Galatians, Ephesians, & Philippians, 2 Meal Plans, Recipes, Travel Workouts

Our hope is that every member of our community would be transformed in her relationship with Jesus Christ through the regular reading of God's Word.

This transformation challenge will guide you through the books of Galatians, Ephesians, & Philippians, give you two meal plans as a guide with recipes, and workouts to do daily! The plan provides you with a daily devotional and suggested Scripture reading for each day of the week. On the weekends, we suggest that you re-read the Scripture passages that you have been working through during the past week.

Introduction

Galatians, Ephesians, Philippians, and Colossians are all letters written by the apostle Paul. Paul was once a persecutor of the church, but his life was forever changed when he met Jesus on the road to Damascus. While the story of Paul's conversion is told in Acts, we will see bits of his autobiography as Paul highlights the significance of salvation by grace through faith in these letters.

These letters are sent to different congregations for different purposes, over and over again Paul will remind us of the good news of the gospel - that we find hope and forgiveness in Jesus' work on the cross. Our salvation is complete in Him. Our prayer is that, as you read these letters, *you will be reminded of what God has done for you in Jesus and that you will rejoice in the hope of your salvation!* Thank you for joining us along this transformation journey. We will be praying over you.



★ **Summer 2020 Goals!** ★

	Goals to reach by 8/1/2020!	Daily Action Steps
Physical	1. 2. 3.	1. 2. 3. 4. 5.
Nutrition	1. 2. 3.	1. 2. 3. 4. 5.
Spirit	1. 2. 3.	1. 2. 3. 4. 5.

Accountability Partner:

SMART Goals

Specific, Measurable, Attainable, Relevant, Timely

“So let us not get tired of doing good, for at just the right time we will reap a harvest of blessing if we don’t give up.” Galatians 6:9



SUMMER EXERCISE PLAN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REST DAY/ YOGA/ STRETCH	STRENGTH TRAINING WORKOUT 30 MINUTES	STEADY CARDIO OR HIIT WORKOUT 30 MINUTES	BODY-WEIGHT WORKOUT 40 MINUTES	CARDIO INTERVALS OR HIIT 30 MINUTES	STRENGTH TRAINING/YOGA LIGHT WEIGHTS 20 MINUTES	STEADY CARDIO 40 MINUTES
REST DAY/ YOGA/ STRETCH	STRENGTH TRAINING WORKOUT 30 MINUTES	STEADY CARDIO OR HIIT WORKOUT 30 MINUTES	BODY-WEIGHT WORKOUT 40 MINUTES	CARDIO INTERVALS OR HIIT 30 MINUTES	STRENGTH TRAINING/YOGA LIGHT WEIGHTS 25 MINUTES	STEADY CARDIO 45 MINUTES
REST DAY/ YOGA/ STRETCH	STRENGTH TRAINING WORKOUT 35 MINUTES	STEADY CARDIO OR HIIT WORKOUT 35 MINUTES	BODY-WEIGHT WORKOUT 45 MINUTES	CARDIO INTERVALS OR HIIT 35 MINUTES	STRENGTH TRAINING/YOGA LIGHT WEIGHTS 35 MINUTES	STEADY CARDIO 50 MINUTES
REST DAY/ YOGA/ STRETCH	STRENGTH TRAINING WORKOUT 40 MINUTES	STEADY CARDIO OR HIIT WORKOUT 40 MINUTES	BODY-WEIGHT WORKOUT 45 MINUTES	CARDIO INTERVALS OR HIIT 40 MINUTES	STRENGTH TRAINING/YOGA LIGHT WEIGHTS 40 MINUTES	STEADY CARDIO 55 MINUTES
REST DAY/ YOGA/ STRETCH	STRENGTH TRAINING WORKOUT 45 MINUTES	STEADY CARDIO OR HIIT WORKOUT 45 MINUTES	BODY-WEIGHT WORKOUT 50 MINUTES	CARDIO INTERVALS OR HIIT 45 MINUTES	STRENGTH TRAINING/YOGA LIGHT WEIGHTS 45 MINUTES	STEADY CARDIO 60 MINUTES

STRETCH AT LEAST 5 MINUTES AFTER EACH WORKOUT

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.” 1 Corinthians 6:19-20

WORKOUTS

TRANSFORMER SHOULDER AND BACK WORKOUT

20 REPS, REPEAT 3X

REVERSE LUNGE WITH
SHOULDER PRESS
ONE LEG FRONT LATERAL RAISE
REVERSE FLY
SUPERMAN
PUSHUP WITH SHOULDER TAP

transFit
body · mind · spirit

TRANSFORMER GLUTE WORKOUT

20 REPS, REPEAT 3X

SQUATS WITH BAND
LATERAL WALKS
DEADLIFT
GLUTE BRIDGE MARCH
CLAM SHELL

transFit
body · mind · spirit

GALATIANS

Galatians 1-6 (NIV)

1 Paul, an apostle—sent not from men nor by a man, but by Jesus Christ and God the Father, who raised him from the dead— **2** and all the brothers and sisters with me, To the churches in Galatia:**3** Grace and peace to you from God our Father and the Lord Jesus Christ,**4** who gave himself for our sins to rescue us from the present evil age, according to the will of our God and Father, **5** to whom be glory for ever and ever. Amen. **6** I am astonished that you are so quickly deserting the one who called you to live in the grace of Christ and are turning to a different gospel—**7** which is really no gospel at all. Evidently some people are throwing you into confusion and are trying to pervert the gospel of Christ. **8** But even if we or an angel from heaven should preach a gospel other than the one we preached to you, let them be under God’s curse! **9** As we have already said, so now I say again: If anybody is preaching to you a gospel other than what you accepted, let them be under God’s curse! **10** Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ. **11** I want you to know, brothers and sisters, that the gospel I preached is not of human origin. **12** I did not receive it from any man, nor was I taught it; rather, I received it by revelation from Jesus Christ. **13** For you have heard of my previous way of life in Judaism, how intensely I persecuted the church of God and tried to destroy it. **14** I was advancing in Judaism beyond many of my own age among my people and was extremely zealous for the traditions of my fathers. **15** But when God, who set me apart from my mother’s womb and called me by his grace, was pleased **16** to reveal his Son in me so that I might preach him among the Gentiles, my immediate response was not to consult any human being. **17** I did not go up to Jerusalem to see those who were apostles before I was, but I went into Arabia. Later I returned to Damascus. **18** Then after three years, I went up to Jerusalem to get acquainted with Cephas and stayed with him fifteen days. **19** I saw none of the other apostles—only James, the Lord’s brother. **20** I assure you before God that what I am writing you is no lie. **21** Then I went to Syria and Cilicia. **22** I was personally unknown to the churches of Judea that are in Christ. **23** They only heard the report: “The man who formerly persecuted us is now preaching the faith he once tried to destroy.” **24** And they praised God because of me.

2 Then after fourteen years, I went up again to Jerusalem, this time with Barnabas. I took Titus along also. **2** I went in response to a revelation and, meeting privately with those esteemed as leaders, I presented to them the gospel that I preach among the

Gentiles. I wanted to be sure I was not running and had not been running my race in vain. **3** Yet not even Titus, who was with me, was compelled to be circumcised, even though he was a Greek. **4** This matter arose because some false believers had infiltrated our ranks to spy on the freedom we have in Christ Jesus and to make us slaves. **5** We did not give in to them for a moment, so that the truth of the gospel might be preserved for you. **6** As for those who were held in high esteem—whatever they were makes no difference to me; God does not show favoritism—they added nothing to my message. **7** On the contrary, they recognized that I had been entrusted with the task of preaching the gospel to the uncircumcised, just as Peter had been to the circumcised. **8** For God, who was at work in Peter as an apostle to the circumcised, was also at work in me as an apostle to the Gentiles. **9** James, Cephas and John, those esteemed as pillars, gave me and Barnabas the right hand of fellowship when they recognized the grace given to me. They agreed that we should go to the Gentiles, and they to the circumcised. **10** All they asked was that we should continue to remember the poor, the very thing I had been eager to do all along. **11** When Cephas came to Antioch, I opposed him to his face, because he stood condemned. **12** For before certain men came from James, he used to eat with the Gentiles. But when they arrived, he began to draw back and separate himself from the Gentiles because he was afraid of those who belonged to the circumcision group. **13** The other Jews joined him in his hypocrisy, so that by their hypocrisy even Barnabas was led astray. **14** When I saw that they were not acting in line with the truth of the gospel, I said to Cephas in front of them all, “You are a Jew, yet you live like a Gentile and not like a Jew. How is it, then, that you force Gentiles to follow Jewish customs? **15** “We who are Jews by birth and not sinful Gentiles **16** know that a person is not justified by the works of the law, but by faith in Jesus Christ. So we, too, have put our faith in Christ Jesus that we may be justified by faith in Christ and not by the works of the law, because by the works of the law no one will be justified. **17** “But if, in seeking to be justified in Christ, we Jews find ourselves also among the sinners, doesn’t that mean that Christ promotes sin? Absolutely not! **18** If I rebuild what I destroyed, then I really would be a lawbreaker. **19** “For through the law I died to the law so that I might live for God. **20** I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. **21** I do not set aside the grace of God, for if righteousness could be gained through the law, Christ died for nothing!”

3 You foolish Galatians! Who has bewitched you? Before your very eyes Jesus Christ was clearly portrayed as crucified. **2** I would like to learn just one thing from you: Did you receive the Spirit by the works of the law, law, or by believing what you heard? **3** Are you so foolish? After beginning by means of the Spirit, are you now trying to finish by means of the flesh? **4** Have you experienced so much in vain—if it really was in vain? **5** So again I ask, does God give you his Spirit and work miracles among you by the works of the law, or by your believing what you heard? **6** So also Abraham

“believed God, and it was credited to him as righteousness.” 7 Understand, then, that those who have faith are children of Abraham.8 Scripture foresaw that God would justify the Gentiles by faith, and announced the gospel in advance to Abraham: “All nations will be blessed through you.”9 So those who rely on faith are blessed along with Abraham, the man of faith. 10 For all who rely on the works of the law are under a curse, as it is written: “Cursed is everyone who does not continue to do everything written in the Book of the Law.”11 Clearly no one who relies on the law is justified before God, because “the righteous will live by faith.”12 The law is not based on faith; on the contrary, it says, “The person who does these things will live by them.” 13 Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: “Cursed is everyone who is hung on a pole.”14 He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus, so that by faith we might receive the promise of the Spirit. 15 Brothers and sisters, let me take an example from everyday life. Just as no one can set aside or add to a human covenant that has been duly established, so it is in this case. 16 The promises were spoken to Abraham and to his seed. Scripture does not say “and to seeds,” meaning many people, but “and to your seed,” meaning one person, who is Christ. 17 What I mean is this: The law, introduced 430 years later, does not set aside the covenant previously established by God and thus do away with the promise. 18 For if the inheritance depends on the law, then it no longer depends on the promise; but God in his grace gave it to Abraham through a promise. 19 Why, then, was the law given at all? It was added because of transgressions until the Seed to whom the promise referred had come. The law was given through angels and entrusted to a mediator. 20 A mediator, however, implies more than one party; but God is one. 21 Is the law, therefore, opposed to the promises of God? Absolutely not! For if a law had been given that could impart life, then righteousness would certainly have come by the law. 22 But Scripture has locked up everything under the control of sin, so that what was promised, being given through faith in Jesus Christ, might be given to those who believe. 23 Before the coming of this faith, we were held in custody under the law, locked up until the faith that was to come would be revealed. 24 So the law was our guardian until Christ came that we might be justified by faith. 25 Now that this faith has come, we are no longer under a guardian.26 So in Christ Jesus you are all children of God through faith, 27 for all of you who were baptized into Christ have clothed yourselves with Christ.28 There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. 29 If you belong to Christ, then you are Abraham’s seed, and heirs according to the promise.

4 What I am saying is that as long as an heir is underage, he is no different from a slave, although he owns the whole estate. 2 The heir is subject to guardians and trustees until the time set by his father. 3 So also, when we were underage, we were in slavery under the elemental spiritual forces of the world. 4 But when the set time had fully come, God

sent his Son, born of a woman, born under the law, **5** to redeem those under the law, that we might receive adoption to sonship.**6** Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "*Abba, Father.*" **7** So you are no longer a slave, but God's child; and since you are his child, God has made you also an heir. **8** Formerly, when you did not know God, you were slaves to those who by nature are not gods. **9** But now that you know God—or rather are known by God—how is it that you are turning back to those weak and miserable forces? Do you wish to be enslaved by them all over again?**10** You are observing special days and months and seasons and years! **11** I fear for you, that somehow I have wasted my efforts on you. **12** I plead with you, brothers and sisters, become like me, for I became like you. You did me no wrong. **13** As you know, it was because of an illness that I first preached the gospel to you, **14** and even though my illness was a trial to you, you did not treat me with contempt or scorn. Instead, you welcomed me as if I were an angel of God, as if I were Christ Jesus himself. **15** Where, then, is your blessing of me now? I can testify that, if you could have done so, you would have torn out your eyes and given them to me. **16** Have I now become your enemy by telling you the truth? **17** Those people are zealous to win you over, but for no good. What they want is to alienate you from us, so that you may have zeal for them.**18** It is fine to be zealous, provided the purpose is good, and to be so always, not just when I am with you. **19** My dear children, for whom I am again in the pains of childbirth until Christ is formed in you, **20** how I wish I could be with you now and change my tone, because I am perplexed about you! **21** Tell me, you who want to be under the law, are you not aware of what the law says? **22** For it is written that Abraham had two sons, one by the slave woman and the other by the free woman. **23** His son by the slave woman was born according to the flesh, but his son by the free woman was born as the result of a divine promise. **24** These things are being taken figuratively: The women represent two covenants. One covenant is from Mount Sinai and bears children who are to be slaves: This is Hagar. **25** Now Hagar stands for Mount Sinai in Arabia and corresponds to the present city of Jerusalem, because she is in slavery with her children. **26** But the Jerusalem that is above is free, and she is our mother. **27** For it is written: "Be glad, barren woman, you who never bore a child; shout for joy and cry aloud, you who were never in labor; because more are the children of the desolate woman than of her who has a husband." **28** Now you, brothers and sisters, like Isaac, are children of promise. **29** At that time the son born according to the flesh persecuted the son born by the power of the Spirit. It is the same now. **30** But what does Scripture say? "Get rid of the slave woman and her son, for the slave woman's son will never share in the inheritance with the free woman's son."**31** Therefore, brothers and sisters, we are not children of the slave woman, but of the free woman.

5 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery. **2** Mark my words! I, Paul, tell you that if you let yourselves be circumcised, Christ will be of no value to you at all. **3** Again I declare to

every man who lets himself be circumcised that he is obligated to obey the whole law. **4** You who are trying to be justified by the law have been alienated from Christ; you have fallen away from grace. **5** For through the Spirit we eagerly await by faith the righteousness for which we hope. **6** For in Christ Jesus neither circumcision nor uncircumcision has any value. The only thing that counts is faith expressing itself through love. **7** You were running a good race. Who cut in on you to keep you from obeying the truth? **8** That kind of persuasion does not come from the one who calls you. **9** "A little yeast works through the whole batch of dough." **10** I am confident in the Lord that you will take no other view. The one who is throwing you into confusion, whoever that may be, will have to pay the penalty. **11** Brothers and sisters, if I am still preaching circumcision, why am I still being persecuted? In that case the offense of the cross has been abolished. **12** As for those agitators, I wish they would go the whole way and emasculate themselves! **13** You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. **14** For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." **15** If you bite and devour each other, watch out or you will be destroyed by each other. **16** So I say, walk by the Spirit, and you will not gratify the desires of the flesh. **17** For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. **18** But if you are led by the Spirit, you are not under the law. **19** The acts of the flesh are obvious: sexual immorality, impurity and debauchery; **20** idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions **21** and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. **22** But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, **23** gentleness and self-control. Against such things there is no law. **24** Those who belong to Christ Jesus have crucified the flesh with its passions and desires. **25** Since we live by the Spirit, let us keep in step with the Spirit. **26** Let us not become conceited, provoking and envying each other.

6 Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. **2** Carry each other's burdens, and in this way you will fulfill the law of Christ. **3** If anyone thinks they are something when they are not, they deceive themselves. **4** Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, **5** for each one should carry their own load. **6** Nevertheless, the one who receives instruction in the word should share all good things with their instructor. **7** Do not be deceived: God cannot be mocked. A man reaps what he sows. **8** Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. **9** Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not

give up. **10** Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers. **11** See what large letters I use as I write to you with my own hand! **12** Those who want to impress people by means of the flesh are trying to compel you to be circumcised. The only reason they do this is to avoid being persecuted for the cross of Christ. **13** Not even those who are circumcised keep the law, yet they want you to be circumcised that they may boast about your circumcision in the flesh. **14** May I never boast except in the cross of our Lord Jesus Christ, through which the world has been crucified to me, and I to the world. **15** Neither circumcision nor uncircumcision means anything; what counts is the new creation. **16** Peace and mercy to all who follow this rule—to the Israel of God. **17** From now on, let no one cause me trouble, for I bear on my body the marks of Jesus. **18** The grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

DEVOTION

WEEK ONE: GALATIANS 1:1-2:21

Monday | Galatians 1:1-10 |

Paul's letter to the Galatians is one of Paul's earliest letters, written from Corinth around AD 56 to believers scattered in the province of Galatia, a region in Asia Minor (modern-day Turkey), where cities such as Lystra, Iconium, and Derbe were located. Paul had visited this area on his first missionary journey, as described in Acts 13-14. The purpose of the letter was to confront those from the outside who had come into the region and were questioning Paul's authority as an apostle, causing confusion for the believers there by insisting that they had to submit to certain rites of the Jewish law. Paul counters their questions and false teaching by defending his apostolic authority and establishing the foundation for what would become his greatest theological contribution to Christian doctrine: justification by faith alone.

These opening verses set the stage for helping us to see that Jesus "plus" anything else is a false gospel. His grace is sufficient enough for your every need. Trust your heart to Him each day and know that His power is enough to see you through whatever may be before you and His mercy is enough to deliver you from whatever has held you back. It is "astonishing" (Galatians 1:6) that anyone would run the risk of forfeiting such a gift. Don't be guilty of such a mistake, even when others tell you that grace alone can't satisfy your soul. It most definitely can.

Tuesday | Galatians 1:11-24 |

It wasn't that Paul couldn't have pointed to such standards; indeed he goes into great detail to point to his "resume" as an up and coming Jewish religious authority. But when Jesus was revealed to him on the Damascus Road, everything changed for Paul and he was seized by the power of a greater affection. The fast track that Paul had been on now paled in comparison to the new way opened up for him in Christ Jesus.

What is most inspiring about Paul's testimony is how he shares about his willingness to return to the places of his past so that he might testify to the changes that his faith in Jesus were making in his life. Without question, a changed life is undeniable proof of

the gospel's power. So what changes is your faith in Christ bringing about in your life, and who are the people with whom you need to be sharing those changes?

Wednesday | Galatians 2:1-10 |

Things began to go south for Paul in his relationship with fellow ministers when he refused to compel Titus, one of his ministry associates, to submit to the Old Testament rite of circumcision, which for the Jews had been a badge of ethnic pride and a requirement for Gentiles to join their ranks. Paul's refusal to demand Titus' acceptance of circumcision was based on his belief that faith in Jesus alone was sufficient for salvation. Jesus "plus" anything else diminished for Paul the power of salvation by grace through faith.

Sometimes well-intentioned people stand in the way of the advance of the gospel by insisting that things be done "their way or the highway." It's never easy to stand your ground in the face of powerful opposition. But when a decision must be made as to how you must proceed into God's future, the best way to go is the way that promotes Christ. Only then will you be certain to be on solid ground.

Thursday | Galatians 2:11-14 |

Paul came to discover that some people "cave" under peer pressure, even stalwart believers like Simon Peter. As Paul describes Peter's "drawing back" from Gentile fellowship in Antioch once leaders from Jerusalem came to visit, he uses a military term for a cautious retreat. And not only did Peter step back, so did others, including Paul's faithful colleague Barnabas, the very "son of Encouragement" (Acts 4:36)!

Sometimes sincere believers lose their way; if it can happen to stalwart believers like Peter and Barnabas, it can happen to any of us. When it does happen, there needs to be compassion and understanding but also direct confrontation. Speaking the truth "in love" is never easy but it is the only way to ensure that the character of our testimonies remain strong. However, before you call out anyone for their inconsistency, ask yourself if you need to be called out as well. Such honest examination will keep our hearts pure even as we seek to hold one another accountable to that good news of how grace offers all a second chance.

Friday | Galatians 2:15-21 |

In these verses Paul begins to lay out his foundation of justification by faith – the belief

that our standing before God is based on our trust in Him to have done for us in Jesus what none of us could have done by ourselves. This simple exposition of the gospel is what led Martin Luther, the great Protestant reformer, to call Paul's letter to the Galatians "the gospel in miniature."

Why not apply that truth to you own life?

[Saturday, June 18-Sunday, June 19 | Galatians 1:1-2:21 |](#)

Reread Galatians 1:1-2:21 over the weekend. Reflect on all that God has been saying to you through His word this week.

WEEK TWO: Galatians 3:1-4:31

[Monday | Galatians 3:1-14 |](#)

"Old habits die hard". This is surely a saying with which many of us are familiar. It resonates with many of us because it succinctly sums up the struggles many of us face when trying to leave behind an old way of thinking or an unhealthy habit. We often find that we experience short-term success when turning over a new leaf only to discover that we easily resort to past ways of thinking over time. Why do we struggle to leave behind ways of thinking that we know are detrimental? I think it is due to the fact that our habits and ways of thinking are more deeply ingrained in us than we would like to think. Adopting new, healthy habits requires one to constantly be on guard against old habits that inevitably seek to find their way back into our lives.

I think this is certainly true in our relationship with God. Most of us have a strong desire to be made right with God through our own efforts and obedience. We think that if we can just do this well enough or avoid certain sins, then surely God will be pleased with us. However, as we have already seen in the book of Galatians, no one will be justified before God (Galatians 2:16). Only through faith in Jesus can a person be made right with God.

Here in Galatians 3:1-14, Paul admonishes his audience to remember that they are saved by faith, not by works. They had started out in faith, but the message of the false teachers in Galatia appealed to their desire to do something to earn God's favor. Paul reminds them that they can only be saved by works of the law if they keep all things written in the law. They will not be graded on a curve. Perfect obedience is required to earn justification through the law and each of us knows that is impossible. Salvation is a

gift from God not a wage paid to those who earn it.

Tuesday | Galatians 3:15-29 |

Paul writes that all of these identity markers have been superseded by the identity we have been given through faith in Jesus Christ. We do not cease to be male, female, Americans, Asians, etc. - but, these designations now take a back seat to our identity as those who are in Christ. This truth has significant implications for how we now relate to other Christians.

Will we have differences? Sure. Will there be areas of real disagreement that threaten to divide us? Absolutely. But, the common identity that we have been given in Jesus should be something that unites all of us who have confessed that Jesus is Lord.

Wednesday | Galatians 4:1-7 |

Yesterday we looked at Galatians 3:15-29 and reflected on the truth that we are all one in Christ. No matter how different we are due to differences in our ethnicity, gender, or social status, those of us who have placed our faith in Christ now share a common identity in Him.

Spend some time today in prayer thanking God that you have been adopted into His family through faith in Christ. Rejoice in the truth that you are loved and cared for by your Heavenly Father!

Thursday | Galatians 4:8-20 |

In our passage for today, we learn that the false teachers in Galatia were teaching the believers there that they needed to observe special days and seasons in order to be made right with God. Paul helpfully points out that such an approach to salvation only leads to slavery and a false sense of assurance before the Lord.

To what or to whom do you look for assurance before God? It may be that you know in your head that you are made right with God through faith in Christ, but you are living as if you can somehow earn God's favor by doing the right things. If this is the case, you will probably feel as if you are on a roller coaster ride in your relationship with God. On the days that you feel like you're doing pretty good, you will feel as if God approves of you. On days that you fail to measure up to your own standards, you will feel as if God

is not pleased with you. Such an approach to being in relationship with God will not bring the peace and joy that Christ died for you to know.

Should we seek to obey the Lord? Absolutely. Will the path of obedience lead to greater joy in this life? Pray over this truth today.

Friday | Galatians 4:21-31 |

Have you ever been tempted to take matters into your own hands? In Galatians 4:21-31, Paul uses the account of taking measures into his hands in order to ensure a preferred outcome in a given situation? Most of us have been faced with the challenge of trusting someone else to deliver on a promise rather than taking care of a situation on our own.

Sarah and Hagar to point out that we can only experience salvation if we trust in what God has accomplished for us in Christ rather than trying to be made right with God by our own effort to obey the law. Paul's opponents had probably used the story of Sarah and Hagar to convince the Galatians that only those who were circumcised and obeyed the law truly belonged to the people of God. Paul takes the account of Sarah and Hagar to prove exactly the opposite point. Take time today to pray on the word "trust".

Saturday, June 25-Sunday, June 26 | Galatians 3:1-4:31 |

Reread Galatians 3:1-4:31 over the weekend. Reflect on all that God has been saying to you through His word this week and how you can trust Him more today.

WEEK THREE: GALATIANS 5:1-6:18

Monday | Galatians 5:1-6 |

Here in Galatians 5:1-6, Paul presents the Galatians with two mutually exclusive options. They can either trust in Christ alone for their salvation or they can submit to the teaching of the false teachers in Galatia and become circumcised in keeping with the Mosaic law. But, Paul wants to make sure that they understand what is at stake in this decision. Should they decide to be circumcised in keeping with the law, they must be

prepared to keep the whole law, which Paul knows is impossible.

All people today are faced with the same decision. We must either embrace the salvation that is available to us by grace through faith in Christ or we must try to earn God's approval through good works and obedience. If we even briefly consider these options and our own ability to obey God's law in our own power, we quickly realize there is no option at all. Left to our own devices you and I have no hope of earning God's favor. Instead, we must rejoice in the fact that Christ has fully met the requirements of the law on our behalf through His life, death, and resurrection. All we can do is place our faith in Jesus and rejoice in the salvation and freedom that God has so graciously granted to us!

Tuesday | Galatians 5:7-15 |

Yesterday, in Galatians 5:1-6, we saw that Christ has set us free from the law. Many people have thought about this truth and arrived at the conclusion that salvation by grace through faith might lead people to think that they can live any way they choose since their salvation is not dependent upon their behavior. Paul addresses this issue here in Galatians 5:7-15, especially in verses 13-15.

Why would people who have been saved by grace not become involved in all manner of sinful behaviors? The answer Paul provides here is love. That is, Christians seek to live our lives in a manner that is consistent with God's will because we love the Lord and other people who have been created in His image. Rather than using the freedom we enjoy through faith in Christ as an opportunity for the flesh, Christians are motivated to conform our lives to God's will because of our love for God and our fellow man. Anyone who would use the doctrine of salvation by grace through faith in Christ as an excuse to disobey God's commands has not yet come to a true understanding of the love that God has shown us in Christ.

Wednesday | Galatians 5:16-26 |

In Galatians 5:16-26, Paul continues his discussion of obedience by focusing on the role of the Holy Spirit in the life of every believer. In these verses, Paul contrasts the way of the flesh with the way of the Spirit. The way of the flesh leads to all types of sinful behaviors mentioned in Galatians 5:18-21. The way of the Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control in the lives of those who have been united with Christ through faith.

As you go throughout your day today, be sensitive to the Spirit's leading in your life. Make a conscious effort to walk in step with the Spirit. Should you be confused about which way the Spirit is leading, ask God to help empower you to do that which is most consistent with the fruits of the Spirit listed in Galatians 5:22-23.

Thursday | Galatians 6:1-10 |

Paul uses imagery to challenge the Galatians to faithfully fulfill the calling God has given them to daily live in step with the Spirit. Some days they will no doubt be tempted to take the easy way out and live according to the principles of the flesh rather than the Spirit. And, as they have already experienced due to the pressure of the false teachers in their midst, they will occasionally be pressured to conform to the ways of the world rather than walk in obedience to the Lord. In the midst of such challenging seasons, Paul encourages them to remember that one day there will be a harvest for those who have kept in step with the Spirit.

Perhaps we all need to be reminded of that truth today. You may be faced with the temptation to go the way of the world. It may seem as if the struggle to obediently pursue Jesus Christ will be more trouble than it is worth. If that is the case, then be reminded anew of the truth that in due season you will reap a harvest of righteousness that can only be experienced by those who faithfully seek to walk in God's ways in the power of the Holy Spirit. Do not grow weary in doing good. Pray over the strength you need to walk in step with the Spirit today.

Friday | Galatians 6:11-18 |

In Galatians 6:11-18, the Apostle Paul concludes his letter to the Galatians with a word about boasting. Paul states that he will not boast in anything other than the cross of Jesus Christ. He has spent the majority of this letter explaining the truth that people can only be justified by grace through faith in Jesus Christ. We will not be saved because of our ethnicity, social status, or citizenship. We will not earn God's favor because of our obedience. Because of this we are people who have no reason to boast in anything in and of ourselves. Instead, if we boast, we ought to boast in the cross of Christ. May we increasingly be a group of people who understand and live our lives in light of the gospel and take every opportunity we are given to boast in Jesus Christ!

Saturday, July 2-Sunday, July 3 | Galatians 5:1-6:18 | Reread Galatians 5:1-6:18 over the weekend. Reflect on all that God has been saying to you through His word this week.

PLAN 1	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Exercise
S PREP DAY!	Banana Nut Oatmeal	1/2 cup blueberries 1/4 cup cashews	FREE MEAL or Clean out the fridge & fix a large salad with leftover veggies! PREP: Salads, roast veggies for breakfasts	1 cup carrot chips 2 Tbsp. edamame hummus cup green tea with lemon	Chicken & Broccoli Alfredo served with cup of spaghetti squash (WW rotini for family)	Rest Day! Or 30 minutes Yoga
M	Mango Tango Summer Smoothie	100-calorie pack unsalted nuts 1 cutie	Strawberry Edamame Salad	1 apple 1 Tbsp. nut butter cup green tea with lemon	Almond Crusted Mahi Mahi with Pineapple Salsa, cup Cauliflower Bites, Cup Roasted Broccoli	Strength Training 55 minutes
T	Roasted Veggies & Eggs served with 1/2 cup berries	1 protein bar (5g sugar of less)	FREE MEAL or Smoothie	1 cheese stick 1/2 cup frozen grapes	Summer Kale & Ginger Salad with your choice of protein	Steady Cardio 60 minutes
W	Banana Nut Oatmeal	100-calorie pack unsalted nuts 1 cutie	Leftover Summer Kale & Ginger Salad	1 cup carrot chips 2 Tbsp. edamame hummus cup green tea with lemon	FREE MEAL/ LEFTOVERS Preferably lean protein, veggies!	Body Weight Workout 55 minutes
T	Roasted Veggies & Eggs served with 1/2 cup berries	1/2 cup blueberries 1/4 cup cashews	Strawberry Edamame Salad	1 cheese stick 1/2 cup frozen grapes	Shrimp Scampi served with 1 cup zucchini noodles. Small side salad with 1/2 cup berries & toasted almonds	Cardio Intervals 60 minutes
F	Mango Tango Summer Smoothie	1 protein bar (5g sugar of less)	Bowl of leftover shrimp with zucchini noodles 1 cutie or pear	1 apple 1 Tbsp. nut butter cup green tea with lemon	Fire up the grill! 1 serving lean steak or fish, 1/2 baked sweet potato sprinkled w/ Tbsp. toasted almonds, Oven Roasted Asparagus	Strength Training 55 minutes
S	2 eggs fixed how you like! 1/2 avocado 1/2 cup strawberries	100-calorie pack unsalted nuts 1 cutie	Fix your favorite green smoothie!	1 cup carrot chips 2 Tbsp. edamame hummus cup green tea	Date Night/ FREE MEAL	Power Walk or Run 4 miles or 55 minutes

WORKOUTS

TRANSFORMER BICEP AND TRICEP WORKOUT

20 REPS, REPEAT 3X

LUNGE WITH BICEP CURL
TRICEP EXTENSION WITH
CALF RAISE
BICEP ROW TO KICKBACK
SKULL CRUNCHER
PLANK ROW

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TRANSFORMER HIIT WORKOUT

REPEAT 3X

15 LOW SQUAT JUMPS
20 MOUNTAIN CLIMBERS
15 LUNGE SKIP HOP EACH
LEG
15 WIDE FOOTBALL RUN
DROP TO PLANK
15 180° SQUAT JUMPS

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EPHESIANS

Ephesians 1-6 (NIV)

1 Paul, an apostle of Christ Jesus by the will of God, To God's holy people in Ephesus, the faithful in Christ Jesus: 2 Grace and peace to you from God our Father and the Lord Jesus Christ. 3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. 4 For he chose us in him before the creation of the world to be holy and blameless in his sight. In love 5 he^[b] predestined us for adoption to sonship^[c] through Jesus Christ, in accordance with his pleasure and will— 6 to the praise of his glorious grace, which he has freely given us in the One he loves. 7 In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace 8 that he lavished on us. With all wisdom and understanding, 9 he^[d] made known to us the mystery of his will according to his good pleasure, which he purposed in Christ,¹⁰ to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.¹¹ In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, 12 in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. 13 And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, 14 who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory. 15 For this reason, ever since I heard about your faith in the Lord Jesus and your love for all God's people, 16 I have not stopped giving thanks for you, remembering you in my prayers.¹⁷ I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit^[f] of wisdom and revelation, so that you may know him better. 18 I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, 19 and his incomparably great power for us who believe. That power is the same as the mighty strength 20 he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, 21 far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. 22 And God placed all things under his feet and appointed him to be head over everything for the church, 23 which is his body, the fullness of him who fills everything in every way.

2 As for you, you were dead in your transgressions and sins, ² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³ All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. ⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. ⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷ in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. ⁸ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— ⁹ not by works, so that no one can boast. ¹⁰ For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. ¹¹ Therefore, remember that formerly you who are Gentiles by birth and called “uncircumcised” by those who call themselves “the circumcision” (which is done in the body by human hands)— ¹² remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world. ¹³ But now in Christ Jesus you who once were far away have been brought near by the blood of Christ. ¹⁴ For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, ¹⁵ by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, ¹⁶ and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. ¹⁷ He came and preached peace to you who were far away and peace to those who were near. ¹⁸ For through him we both have access to the Father by one Spirit. ¹⁹ Consequently, you are no longer foreigners and strangers, but fellow citizens with God’s people and also members of his household, ²⁰ built on the foundation of the apostles and prophets, with Christ Jesus himself as the chief cornerstone. ²¹ In him the whole building is joined together and rises to become a holy temple in the Lord. ²² And in him you too are being built together to become a dwelling in which God lives by his Spirit.

3 For this reason I, Paul, the prisoner of Christ Jesus for the sake of you Gentiles— ² Surely you have heard about the administration of God’s grace that was given to me for you, ³ that is, the mystery made known to me by revelation, as I have already written briefly. ⁴ In reading this, then, you will be able to understand my insight into the mystery of Christ, ⁵ which was not made known to people in other generations as it has now been revealed by the Spirit to God’s holy apostles and prophets. ⁶ This mystery is that through the gospel the Gentiles are heirs together with Israel, members together of one body, and sharers together in the promise in Christ Jesus. ⁷ I became a servant of this gospel by the gift of God’s grace given me through the working of his

power. ⁸ Although I am less than the least of all the Lord's people, this grace was given me: to preach to the Gentiles the boundless riches of Christ, ⁹ and to make plain to everyone the administration of this mystery, which for ages past was kept hidden in God, who created all things. ¹⁰ His intent was that now, through the church, the manifold wisdom of God should be made known to the rulers and authorities in the heavenly realms, ¹¹ according to his eternal purpose that he accomplished in Christ Jesus our Lord. ¹² In him and through faith in him we may approach God with freedom and confidence. ¹³ I ask you, therefore, not to be discouraged because of my sufferings for you, which are your glory. ¹⁴ For this reason I kneel before the Father, ¹⁵ from whom every family^[h] in heaven and on earth derives its name. ¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. ²⁰ Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, ²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

4 As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ² Be completely humble and gentle; be patient, bearing with one another in love. ³ Make every effort to keep the unity of the Spirit through the bond of peace. ⁴ There is one body and one Spirit, just as you were called to one hope when you were called; ⁵ one Lord, one faith, one baptism; ⁶ one God and Father of all, who is over all and through all and in all. ⁷ But to each one of us grace has been given as Christ apportioned it. ⁸ This is why it says: "When he ascended on high, he took many captives and gave gifts to his people." ⁹ (What does "he ascended" mean except that he also descended to the lower, earthly regions? ¹⁰ He who descended is the very one who ascended higher than all the heavens, in order to fill the whole universe.) ¹¹ So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, ¹² to equip his people for works of service, so that the body of Christ may be built up ¹³ until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. ¹⁴ Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. ¹⁵ Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. ¹⁶ From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work. ¹⁷ So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. ¹⁸ They are darkened in their understanding and separated from the life of God because of the

ignorance that is in them due to the hardening of their hearts. ¹⁹ Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.²⁰ That, however, is not the way of life you learned ²¹ when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. ²² You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; ²³ to be made new in the attitude of your minds; ²⁴ and to put on the new self, created to be like God in true righteousness and holiness.²⁵ Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. ²⁶ “In your anger do not sin”^[L]: Do not let the sun go down while you are still angry, ²⁷ and do not give the devil a foothold. ²⁸ Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need.²⁹ Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. ³⁰ And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

5 ¹ Follow God’s example, therefore, as dearly loved children ² and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.³ But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people. ⁴ Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.⁵ For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God.^[M] ⁶ Let no one deceive you with empty words, for because of such things God’s wrath comes on those who are disobedient. ⁷ Therefore do not be partners with them.⁸ For you were once darkness, but now you are light in the Lord. Live as children of light ⁹ (for the fruit of the light consists in all goodness, righteousness and truth) ¹⁰ and find out what pleases the Lord. ¹¹ Have nothing to do with the fruitless deeds of darkness, but rather expose them. ¹² It is shameful even to mention what the disobedient do in secret. ¹³ But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. ¹⁴ This is why it is said: “Wake up, sleeper, rise from the dead, and Christ will shine on you.” ¹⁵ Be very careful, then, how you live—not as unwise but as wise, ¹⁶ making the most of every opportunity, because the days are evil. ¹⁷ Therefore do not be foolish but understand what the Lord’s will is. ¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, ¹⁹ speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, ²⁰ always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.²¹ Submit to one another out of

reverence for Christ.²² Wives, submit yourselves to your own husbands as you do to the Lord. ²³ For the husband is the head of the wife as Christ is the head of the church, his body, of which he is the Savior.²⁴ Now as the church submits to Christ, so also wives should submit to their husbands in everything.²⁵ Husbands, love your wives, just as Christ loved the church and gave himself up for her²⁶ to make her holy, cleansing^[n] her by the washing with water through the word, ²⁷ and to present her to himself as a radiant church, without stain or wrinkle or any other blemish, but holy and blameless. ²⁸ In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. ²⁹ After all, no one ever hated their own body, but they feed and care for their body, just as Christ does the church— ³⁰ for we are members of his body. ³¹ “For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.”^[o] ³² This is a profound mystery—but I am talking about Christ and the church. ³³ However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

6 Children, obey your parents in the Lord, for this is right. ² “Honor your father and mother”—which is the first commandment with a promise— ³ “so that it may go well with you and that you may enjoy long life on the earth.”⁴ Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord. ⁵ Slaves, obey your earthly masters with respect and fear, and with sincerity of heart, just as you would obey Christ. ⁶ Obey them not only to win their favor when their eye is on you, but as slaves of Christ, doing the will of God from your heart. ⁷ Serve wholeheartedly, as if you were serving the Lord, not people, ⁸ because you know that the Lord will reward each one for whatever good they do, whether they are slave or free.⁹ And masters, treat your slaves in the same way. Do not threaten them, since you know that he who is both their Master and yours is in heaven, and there is no favoritism with him.¹⁰ Finally, be strong in the Lord and in his mighty power. ¹¹ Put on the full armor of God, so that you can take your stand against the devil’s schemes. ¹² For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. ¹³ Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. ¹⁴ Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, ¹⁵ and with your feet fitted with the readiness that comes from the gospel of peace. ¹⁶ In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. ¹⁷ Take the helmet of salvation and the sword of the Spirit, which is the word of God.¹⁸ And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people. ¹⁹ Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, ²⁰ for which I am an ambassador in

chains. Pray that I may declare it fearlessly, as I should. ²¹ Tychicus, the dear brother and faithful servant in the Lord, will tell you everything, so that you also may know how I am and what I am doing. ²² I am sending him to you for this very purpose, that you may know how we are, and that he may encourage you. ²³ Peace to the brothers and sisters, and love with faith from God the Father and the Lord Jesus Christ. ²⁴ Grace to all who love our Lord Jesus Christ with an undying love.

WEEK FOUR: EPHESIANS 1:1-2:22

Monday | Ephesians 1:1-10 |

Today we begin a new epistle. Paul wrote this letter, as he was imprisoned in Rome, to the churches in Ephesus. Ephesus was an important city in the ancient world. A booming metropolis and seaport, Ephesus was a hub of activity, trade, and pluralism. Not only was it an important city to the Empire, but it was also a significant place to Paul. During his missionary journeys, he spent three years in Ephesus. This group of people was dear to him and he wanted them to be reminded of the truth of the gospel, which he had taught them. The letter clearly and concisely outlines the gospel and the implications it has on our everyday lives.

After a few introductory remarks, Paul bursts into praise, explaining that God is orchestrating unity of all things (Ephesians 1:10) through the redemption granted by Christ (Ephesians 1:7). This means that all will be made right, all will be restored because of Jesus. The redemption that His blood has purchased is the cause for this great praise. Nothing can stifle Paul, not even his imprisonment.

The theme of unity will continue to be explored in later chapters of Ephesians, but it all begins with God making a way, through Christ, for humanity live in unity with Himself. Praise be to God! Journal today about how you can live in unity with Christ.

Tuesday | Ephesians 1:11-14 |

It was so natural for Paul to praise God despite his circumstances. His praise isn't manufactured or strained. It came naturally as he pondered the great redeeming work of God. He was not sitting in prison counting his woes, but instead he continued to worship!! He worshipped because believers in Christ are God's possession. How can we worship today inspire of circumstances? Write out 3 things your are grateful for today.

Wednesday | Ephesians 1:15-23 |

In this section, Paul explains to the believers in Ephesus how he is praying for them.

As Christians saw this imposing statue being assembled, surely they were reminded of the words of Paul in Ephesians 1:22 which had been written only a few decades prior. The world was not under Trajan's feet, not under Rome's feet, but under Christ's feet. The risen Jesus is seated at the right hand of the Father, and *all* authority in heaven and on earth truly has been given to Him. All things are under his jurisdiction. You may feel today that your world is spinning out of control. Your present situation, or situations around the world may tempt you to believe that God has forgotten about us. He has not forgotten, nor is He impotent. Jesus is in control. Your world, in fact, the whole world, is under His watchful care.

Thursday | Ephesians 2:1-10 |

Paul interrupts this terrible news with two great words: But God. While we were sinners, while we were dead, Christ in His great mercy died for us. He did this out of His love for us, not because we had anything to offer Him. It was completely a one-way gift. Jesus did not save any of us because of what we can do for Him. He didn't save us because we needed a little help to become better people. He redeemed us because of His vast love for us, even while we were dead.

The gospel isn't really good news until it has been bad news. It does not astound us that Jesus can make us alive until we grasp that we are truly dead apart from Him. As one pastor put it, Jesus didn't come to make bad people good, he came to make dead people alive!

The proper response to this good news then is to actually live as people who are alive. As Paul explains, we do this by living into the good works which Christ has prepared for us (Ephesians 2:10). Works do not earn salvation - they are a joyous response to salvation! How can you serve Jesus today, making much of Him who made you alive?

Friday | Ephesians 2:11-22 |

A major theme of the book of Ephesians is unity. So far in the letter, we have seen two different types: unity between God and humanity, and the unity of all creation under the feet of Christ. God has allowed believers to be in unity with Him because of the redemption paid by the blood of Christ. God raised Jesus to a place of victory over all powers and authorities, promising unity in all creation. This theological perspective on unity shows that our reconciliation must first come from God. No unity can exist apart from Him. However, Paul does not allow us to remain only within the realm of divine unity. In Ephesians 2:11-22, Paul teaches that believers must live in unity with one another.

Take some time today to ask God how you might be living in dissonance with others. What relationships need peace in your life? How can you go about reflecting the unity that you have with God to others?

Saturday, July 9-Sunday, July 10 | Ephesians 1:1-2:22 |

Reread Ephesians 1:1-2:22 over the weekend. Reflect on all that God has been saying to you through His word this week. Spend time writing about unity with Christ.

WEEK FIVE: EPHESIANS 3:1-4:32

Monday | Ephesians 3:1-13 |

This portion of Scripture begins and ends with a recognition that Paul is in jail. One of the silver lining benefits of being in jail is that there is lots of time to write. And, thankfully Paul had the supplies he needed to write letters to churches and individuals, which by the sovereign power of God have been preserved for instruction in the church for two millennium.

Now in this letter to Gentiles, Paul encourages the Ephesians not to be distracted or discouraged by his sufferings because he was chosen to suffer much for their sake! In Ephesians 3:13, Paul says that his imprisonment is actually their glory! Elsewhere in letters written by Paul while he was in prison, he clarifies this idea. In Philippians 1:12-13, Paul says that his imprisonment has served to advance the gospel because those with political power have heard the good news and other Christians have become bolder in their witness to Jesus. In 2 Timothy 2:9, Paul emphatically reminds Timothy

that while he is bound in chains like a criminal, the word of God cannot be bound! In other words, the word about Christ is going forth in spite of Paul's chains or, dare I say, because of them.

As Paul encourages the Ephesians, in Christ, we approach God's throne as sons and daughters with confidence, asking for the Lord's help in making the message of Christ clear to those around us (Ephesians 3:12).

Lord, would You make us your chosen instruments to carry the message of Christ to those in our neighborhoods, workplaces, families, and friend groups? Amen.

Tuesday | Ephesians 3:14-20 |

We have to plug it into a power source to recharge. Three times in these verses, Paul mentions power. First in Ephesians 3:16, he prays for the power of the Spirit that sustains faith. Then in Ephesians 3:18, he intercedes for the people to have the power to understand the expanse of God's love. And then in Ephesians 3:20, he asks for God's power to be at work in believers to do greater things than they could imagine. It is evident that in each intercession, power comes from taking time to plug into our relationship with God.

Spiritual power is also mentioned at the beginning of Jesus' public ministry. Luke 4:14 says that "Jesus returned to Galilee in the power of the Spirit." Interestingly, Jesus has just returned from His tempting in the wilderness, where He didn't display physical power to overcome the devil - rather He fights temptation with the powerful Word of God. The same powerful Word of God helps us to know our Savior and to overcome temptation.

Finally, in Luke 24:49, right before Jesus ascends to heaven, the theme of power resurfaces. Jesus tells His disciples to "stay in the city until [they] have been clothed with power from on high." The power from the Spirit helped the disciples be witnesses of Christ to the world! This same Spirit that empowered the first disciples still works in us for the glory of the Lord.

Yet, often we don't acknowledge, appreciate, or appropriate this power. We do not take time to plug in and recharge in the presence of our Lord. If this is the case for you, start anew today! Pray that the power of God would be evident in your life.

Wednesday | Ephesians 4:1-10 |

Sometimes when we read Scripture it is good to just notice what we notice. We can do this by asking the text some questions like: What words and ideas stick out? Are there repeated themes? Does something in the passage remind me of a current situation? When I have time to contemplate Scripture, I like to do it with a pen in hand, circling words that stand out and underlining groups of words or verses that resonate with me. The first word I circled in this passage was “urge.”

So what is worthy living? Paul gives us some ideas in verses two and three. Here they are in adjective form: humble, gentle, patient, supportive, unifiable. Pray over today how we can “live worthy”.

Thursday | Ephesians 4:11-16 |

In these six verses, Paul talks about how God has given apostles, prophets, evangelists, and pastor/teachers to prepare the people of God for works of service. The goal of the work of those in Christian service is to build up the body of Christ, helping people to become unified in mission and mature in Christ.

Ask the Lord to reveal areas of growth to you.

In Ephesians 4:16, Paul gives some encouragement to the immature - “grow up.” Put it nicely, Paul! (That was a joke.) Paul urges believers to live worthy of the calling and he explains why in this verse. Using the image of a body, Paul says all parts need to be working properly so that the body can grow and flourish. If one part isn’t working, all suffer. And, to put it positively, if all systems are working effectively, awesome feats can be accomplished.

Ask the Lord to help you notice what distracts you today. Spend time praying over this and seeking guidance.

Friday | Ephesians 4:17-32 |

In this passage Paul explains that we are called to conduct ourselves as children of God. The series of verses embodies what it means to put off our old, corrupted self “and to be renewed in the spirit of your minds, and to put on the new self.” (Ephesians 4:23-24)

We are so often filled with conflict, anger, and bitterness. Paul is reminding us how we are to resolve conflict in God's way. Ephesians 4:26-27 says, "Do not let the sun go down on your anger, and give no opportunity to the devil." This verse stuck out to me as I remembered another quote: "If we nurse our anger, we will give Satan an opportunity to divide us." We should deal with conflict such as anger immediately in a way that builds relationships rather than destroys them.

As we reflect on the passage as a whole we are called to live passionately, resolve conflicts, and speak the truth in the way that God has taught us. Demonstrating the Christian lifestyle is an essential part of our faith. However it is not for just one person to do alone, but for us all to do as the body of Christ. Let us build up our brothers and sisters so that they can help and support us too.

[Saturday, July 16-Sunday, July 17 | Ephesians 3:1-4:32 |](#)

Reread Ephesians 3:1-4:32 over the weekend. Reflect on all that God has been saying to you through His word this week. Spend time in prayer over these truths.

WEEK SIX: EPHESIANS 5:1-6:24

[Monday | Ephesians 5:1-21 |](#)

It can be dangerous to walk without light! That's what Paul says in the passage we read today. He was encouraging the believers in Ephesus to be imitators of God. What stuck out to me is how often he used the word "walk." Walking is an active term; believers shouldn't be standing still waiting for Jesus' return, but until He comes we should be actively spreading His glorious gospel. We share many same life experiences as our friends, family, and neighbors who don't know Christ - we walk the same paths as them, but we should walk differently.

Walk in Love. Our lives should reflect the love of Christ "who gave himself up for us" and look different being marked by Thanksgiving! Look around; the world is full of enough cynicism, anger, and hatred. "The will know we are Christians by our love, by our love..." - I can still hear my mom singing that song today.

Walk as Children of Light. Paul drills into us our new identity in Christ, we were "dead" but now "alive" - "...in which you once were" and here he says, "for at one time you were darkness, but now you are light in the Lord." We don't take part in activities in the dark anymore; we are children of the light!

Walk Wisely. The days are evil and dangerous so we have to be on guard - not with our wisdom but God's wisdom from His word. So let us walk wisely with eyes open, not in darkness but in His glorious light to love the world around us and point them to Jesus.

Tuesday | Ephesians 5:22-33 |

In Ephesians 5:31 of today's passage, Paul quotes from all the way back in Genesis 2:24. This verse is often read during a wedding ceremony about leaving your father and mother becoming one flesh with your wife, but in Ephesians 5:32 he drops a bomb, "...it refers to Christ and the church." That must mean that, from the foundations of the world, God designed marriage to be an earthly picture of His love for us. We, the Church, are the (unfaithful) "Bride of Christ," for whom Jesus paid the ultimate dowry for in order that we could be with Him forever. At the beginning of this chapter, Paul encouraged us to imitators of God, and one way to do that is through our marriages.

Our marriages should show the world around us that God is faithful. We reflect the truth that our God is a faithful, covenant-keeping God when we honor and are faithful to our spouses. Our marriages also show that God is full of grace. When we show radical grace to our spouses and forgive even when it isn't deserved we point the world to a God who is rich in mercy and grace. Marriage also reflects that we need Jesus. Be encouraged today! You can love your spouse because Christ loves you more. You can forgive and show grace because Christ forgave you of your sins! If you feel alone, know that's not true. Christ will never leave His bride! Praise!

Wednesday | Ephesians 6:1-9 |

It's important to note that, just in the previous chapter, Paul called believers to "be imitators of God." (Ephesians 5:1) I think he might be continuing examples of how to live like Christ. But this is radical! What if, like in marriage, this could be a way to point the world to the love of Christ: "Serve wholeheartedly, as if you were serving the Lord, not men"? (Ephesians 6:7).

Is there an example of when Jesus was obedient even when given a terrible task? Look at Philippians 2:8: "And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross."

The truth is we were all slaves. Jesus' obedience to die in our place on the cross broke our chains of slavery to sin! No longer are we slaves to sin but "slaves of righteousness." (Romans 6:18) And our Master's yoke is easy and burden is light! God,

would you give us obedience to daily battle sin in our lives, and to proclaim that it is not our master anymore? We are Yours! Amen!

Thursday | Ephesians 6:10-20 |

In the passage we read today Paul encourages us to put on “the whole armor of God.” The reading today comes right after the passage instructing slaves to obey their masters as in service to Christ. Before that, Paul has been encouraging the church to be imitators of God in so many different ways. Impossible! This is too hard. We can’t do this on our own, precisely. “Be strong in the Lord and in the strength of His might.” We can’t do it, but God can.

Let us pray like Paul, asking for the ability to fearlessly proclaim the gospel as we should!

Friday | Ephesians 6:21-24 |

“Grace be with all who love our Lord Jesus Christ with love incorruptible.” Grace! We need grace! Paul knows that we can never be imitators of God in our own strength. God knows that we will fail, but when we do, we will fall on His grace. Today, I pray you have “peace” resting in the truth that the grace of God is sufficient for you!

Saturday, July 23-Sunday, July 24 | Ephesians 5:1-6:24 |

Reread Ephesians 5:1-6:24 over the weekend. Reflect on all that God has been saying to you through His word this week. Pray that the armor of God would cover you like a cloak as you enter this new week.

PLAN 2	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Exercise
S PREP DAY!	Veggie Scramble: 2 scrambled eggs cooked with tsp coconut oil, cup of fav chopped veggies 1/2 cup blueberries	1/2 cup cantaloupe 1/4 cup nuts	FREE MEAL or fix a large salad using leftovers. Clean out the fridge & prepare for a healthy week! Prep: salads	cup cucumbers or carrots with cottage cheese or hummus cup green tea	Healthy Chicken Parmesan with 2 cups spaghetti squash (1/2 cup WW angel hair pasta for family), cup steamed green beans with slivered almonds	Rest Day! Or Yoga
M	Peanut Butter Treat Smoothie	1 small apple Tbsp. nut butter	Peach Pecan Summer Salad (can add 1/2 cup chicken!)	1/3 cup edamame 2 cups air-popped popcorn cup green tea	Mexican Monday! Turkey Tacos (lettuce wrap for you, corn tortillas for family) with cheese, salsa, lettuce, Gk yogurt & avocado	Strength Training 55 minutes
T	Yogurt Parfait: cup Greek yogurt, 2 Tbsp. low-sugar granola, cup berries, tsp. honey (optional)	1 Kind Bar	FREE MEAL Go out to lunch & choose wisely!	2 celery stalks 2 Tbsp. nut butter cup green tea	Pork Tenderloin & Maple-Glazed Apples with cup Roasted Zucchini (1/4 cup brown rice or quinoa optional)	Steady Cardio 60 minutes
W	Peach Perfection Smoothie	1/2 cup cantaloupe 1/4 cup nuts	Leftover pork tenderloin and apples over a bed of greens OR Green Protein Smoothie	cup cucumbers or carrots with cottage cheese or hummus cup green tea	FREE MEAL or LEFTOVERS (Preferably with a green vegetable!)	Strength Training 55 minutes
T	Yogurt Parfait: cup Greek yogurt, 2 Tbsp. low-sugar granola, cup berries, tsp. honey (optional)	1 Kind Bar	Peach Pecan Summer Salad	1/3 cup edamame 2 cups air-popped popcorn cup green tea	Sautéed Snapper (or other white fish) with Tomatoes & Spinach, 1/4 cup quinoa, small salad (fix extra for salads)	Cardio Intervals 60 minutes
F	Peach Perfection Smoothie	1 small apple Tbsp. nut butter	Leftover fish served over a bed of greens	2 celery stalks 2 Tbsp. nut butter cup green tea	FREE MEAL- DATE NIGHT Practice making wise choices!	Strength Training 55 minutes
S	Veggie Scramble: 2 scrambled eggs cooked with tsp coconut oil, cup of fav chopped veggies 1/2 cup blueberries	1/2 cup cantaloupe 1/4 cup nuts	Smoothie of your choice! (add in a cup of spinach!)	cup cucumbers or carrots with cottage cheese or hummus cup green tea	Grass fed beef (or turkey) burger (lettuce wrap for you, WW bun for family), cup green peas, 1/2 cup sweet potato fries	Power Walk or Run 4 miles or 45 minutes

WORKOUTS

TRANSFORMER BACK WORKOUT

20 REPS, REPEAT 3X

BENT OVER ROW
WOOD CHOPPER
BACK FLY
WIDE ARM PUSH UP
SWIMMERS
JUMP ROPE

transFit
body · mind · spirit

TRANSFORMER CHEST AND AB WORKOUT

20 REPS, REPEAT 3X

STANDING CHEST FLY
PLANK WITH SHOULDER
TAP ROTATION
CHEST PRESS WITH KNEES
LIFTED
V-UP WITH CHEST FLY
PUSH UP WITH LEGS UP

transFit
body · mind · spirit

PHILIPPIANS

Philippians 1-4

1 Paul and Timothy, servants of Christ Jesus, To all God's holy people in Christ Jesus at Philippi, together with the overseers and deacons^[a]: 2 Grace and peace to you from God our Father and the Lord Jesus Christ. 3 I thank my God every time I remember you. 4 In all my prayers for all of you, I always pray with joy 5 because of your partnership in the gospel from the first day until now, 6 being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. 7 It is right for me to feel this way about all of you, since I have you in my heart and, whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me. 8 God can testify how I long for all of you with the affection of Christ Jesus. 9 And this is my prayer: that your love may abound more and more in knowledge and depth of insight, 10 so that you may be able to discern what is best and may be pure and blameless for the day of Christ, 11 filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.¹² Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. 13 As a result, it has become clear throughout the whole palace guard^[c] and to everyone else that I am in chains for Christ. 14 And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.¹⁵ It is true that some preach Christ out of envy and rivalry, but others out of goodwill. 16 The latter do so out of love, knowing that I am put here for the defense of the gospel. 17 The former preaches Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains. 18 But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice, 19 for I know that through your prayers and God's provision of the Spirit of Jesus Christ what has happened to me will turn out for my deliverance. ^[d] 20 I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death. 21 For to me, to live is Christ and to die is gain. 22 If I am to go on living in the body, this will mean fruitful labor for me. Yet what shall I choose? I do not know! 23 I am torn between the two: I desire to depart and be with Christ, which is better by far; 24 but it is more necessary for you that I remain in the body. 25 Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith, 26 so that through my being with you again your boasting in Christ Jesus will abound on account of me.²⁷ Whatever happens, conduct yourselves in a manner

worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, striving together as one for the faith of the gospel ²⁸ without being frightened in any way by those who oppose you. This is a sign to them that they will be destroyed, but that you will be saved—and that by God. ²⁹ For it has been granted to you on behalf of Christ not only to believe in him, but also to suffer for him, ³⁰ since you are going through the same struggle you saw I had, and now hear that I still have.

2 Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, ² then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. ³ Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others. ⁵ In your relationships with one another, have the same mindset as Christ Jesus: ⁶ Who, being in very nature God, did not consider equality with God something to be used to his own advantage; ⁷ rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. ⁸ And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! ⁹ Therefore God exalted him to the highest place and gave him the name that is above every name ¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth. ¹¹ and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father. ¹² Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, ¹³ for it is God who works in you to will and to act in order to fulfill his good purpose. ¹⁴ Do everything without grumbling or arguing, ¹⁵ so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.” Then you will shine among them like stars in the sky ¹⁶ as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labor in vain. ¹⁷ But even if I am being poured out like a drink offering on the sacrifice and service coming from your faith, I am glad and rejoice with all of you. ¹⁸ So you too should be glad and rejoice with me. ¹⁹ I hope in the Lord Jesus to send Timothy to you soon, that I also may be cheered when I receive news about you. ²⁰ I have no one else like him, who will show genuine concern for your welfare. ²¹ For everyone looks out for their own interests, not those of Jesus Christ. ²² But you know that Timothy has proved himself, because as a son with his father he has served with me in the work of the gospel. ²³ I hope, therefore, to send him as soon as I see how things go with me. ²⁴ And I am confident in the Lord that I myself will come soon. ²⁵ But I think it is necessary to send back to you Epaphroditus, my brother, co-worker and fellow soldier, who is also your messenger, whom you sent to take care of my needs. ²⁶ For he longs for all of you and is distressed because you heard he was ill. ²⁷ Indeed he was ill, and almost died. But God had mercy on him, and

not on him only but also on me, to spare me sorrow upon sorrow. ²⁸ Therefore I am all the more eager to send him, so that when you see him again you may be glad and I may have less anxiety. ²⁹ So then, welcome him in the Lord with great joy, and honor people like him, ³⁰ because he almost died for the work of Christ. He risked his life to make up for the help you yourselves could not give me.

3 Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you. ² Watch out for those dogs, those evildoers, those mutilators of the flesh. ³ For it is we who are the circumcision, we who serve God by his Spirit, who boast in Christ Jesus, and who put no confidence in the flesh—⁴ though I myself have reasons for such confidence. If someone else thinks they have reasons to put confidence in the flesh, I have more:⁵ circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; ⁶ as for zeal, persecuting the church; as for righteousness based on the law, faultless. ⁷ But whatever were gains to me I now consider loss for the sake of Christ. ⁸ What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ ⁹ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. ¹⁰ I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, ¹¹ and so, somehow, attaining to the resurrection from the dead. ¹² Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. ¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.¹⁵ All of us, then, who are mature should take such a view of things. And if on some point you think differently, that too God will make clear to you. ¹⁶ Only let us live up to what we have already attained.¹⁷ Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do. ¹⁸ For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. ¹⁹ Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. ²⁰ But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, ²¹ who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

4 Therefore, my brothers and sisters, you whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! ² I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. ³ Yes, and I ask you, my true companion,

help these women since they have contended at my side in the cause of the gospel, along with Clement and the rest of my co-workers, whose names are in the book of life. ⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. ¹⁰ I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. ¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength. ¹⁴ Yet it was good of you to share in my troubles. ¹⁵ Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; ¹⁶ for even when I was in Thessalonica, you sent me aid more than once when I was in need. ¹⁷ Not that I desire your gifts; what I desire is that more be credited to your account. ¹⁸ I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. ¹⁹ And my God will meet all your needs according to the riches of his glory in Christ Jesus. ²⁰ To our God and Father be glory for ever and ever. Amen. ²¹ Greet all God's people in Christ Jesus. The brothers and sisters who are with me send greetings. ²² All God's people here send you greetings, especially those who belong to Caesar's household. ²³ The grace of the Lord Jesus Christ be with your spirit. Amen.

WEEK SEVEN: PHILIPPIANS 1:1-2:30

Monday | Philippians 1:1-11 |

Paul wrote this letter to the Philippians while in prison, most likely in Rome, around AD 62. Philippi was an important Roman colony along the Egnatian Way, a commercial road that connected Europe with Asia. Up until this point, Paul's ministry was focused primarily in Asia Minor (modern-day Turkey), but after experiencing a call from the Holy Spirit (Acts 16:6-5), Paul and his companions moved on to Macedonia (modern-day Greece) during his second missionary journey. Philippi was his first stop after this new calling, and therefore the first church that he planted in Europe. There were many notable events from this first encounter recorded in Acts 16, such as the conversion of Lydia the seller of purple goods, the exorcism of a demon from a fortune-telling slave girl, Silas and Paul's miraculous release from prison, and the conversion of the Philippian jailor. As a result of this brief period spent in Philippi, Paul made many lasting connections with the church which would continue to support him and provide encouragement throughout the rest of his ministry.

This is by far Paul's most uplifting letter to a church which reflects its overarching purpose. He wants to encourage the Philippians in their faith and thank them for their generous gift. They no doubt have conflicts (see Philippians 4:2), but they seem to be a healthy congregation, not in need of strong correction like the churches in Corinth or Galatia. Nonetheless, they cannot be content with their current progress. God is continuing to work through them and he will bring it to completion. He prays that they will abound all the more in love that overflows with knowledge and discernment so that the fruit of their faith will bring glory to God.

Paul's prayer emphasizes joy, gospel partnerships, and spiritual growth. May we go throughout today with an attitude of joy, thankful that God is working in us through even the most difficult circumstances. Also, thank God for the faithful people that He has placed in your life – those partnerships that remind us of the gospel of Christ. And may we seek to grow in our love, knowledge, and discernment in order to bring glory and praise to God.

Tuesday | Philippians 1:12-30 |

Paul has this same confidence in the power of God. Joseph said this in hindsight, but Paul is able to proclaim hope in the midst of his trouble. He faced two main problems. The first was the fact that he was in prison which greatly restricted his ability to

function as a traveling evangelist. The second is that there was group of people, probably pagans, who were disparaging his reputation. In spite of all this, he is able to rejoice. For he knows that he will be delivered and the kingdom of God will advance whether he lives or dies.

Everyone wants to live and death is inevitable. But there is only one way to have a life worth living and a death worth dying: to look to the one who lived a perfect life and claimed victory over death. It is this hope and joy that becomes the sign of the Christian, unites us for the sake of the gospel, and allows us to stand firm in the face of opposition (Philippians 1:27-28). Pray that God will give you joy in the midst of sorrow. Look back on your life and thank God for the times that He worked good out of seemingly insurmountable problems.

Wednesday | Philippians 2:1-11 |

This passage is the heart of the letter as Paul describes how to be a servant leader, which was just as counter-cultural in his time as it is today. Leadership by society's standards is so often a power struggle by those looking for recognition and using whatever means possible to end up on top. Our civic leaders are called public servants but so often they look out for their own interests, making sure they don't lose their status, instead of being advocates for the people they represent. For me this style of leadership is clearly illustrated in the television show *Shark Tank*. The name says it all. If you are not ruthless, cutthroat, and a little bit arrogant you will never see success in this world. The humble will be eaten by the sharks out there.

Our Lord Jesus Christ, the King and Leader of the whole world, came as a servant in humility, sacrificing Himself for others. It was His humility that led to His exaltation. This is the leadership that Paul calls us to imitate throughout the letter of Philippians. Only after we understand the character of God can we be committed to Him in service. We might be called to a difficult task and not see success in this life, but if we are faithful servants of the Faithful Servant we will be exalted with Christ in eternity. There must be a supernatural basis for our service; otherwise, we will not endure the suffering, opposition, discouragement, and hardship that follow. Pray for the opportunity to serve others as Christ has served you.

Thursday | Philippians 2:12-18 |

First, we should work out our faith with fear and trembling. Philippians 2:12 is often misunderstood to mean that Christians work to earn their salvation. Or that "God helps

those who help themselves” (which is, in fact, not in the Bible). Actually, Paul is stressing that they need to take responsibility for their spiritual welfare even if he is not with them. It is easy to show dedication in public, but it is altogether more challenging to remain faithful when no one is watching. Christians are called to a lifetime of obedience and discipline. It is indeed quite a process to grow into Christ-likeness.

Second, we should be shining witnesses in a spiritually dark world. Then, Paul tell us that, in order to shine, we must not complain. It seems odd that Paul would link these two together. Our speech, however, distinctly sets us apart. If our conversation is blameless and pure, it points to Christ who was the blameless and pure sacrifice for our sins. Instead of complaining we should be proclaiming the word of life.

May God rekindle a passion in us for day-to-day obedience. May our speech spill over with the words of life. And may we rejoice.

Friday | [Philippians 2:19-30](#) |

At first glance, it seems that Paul only wants to give updates on travel plans for himself and his friends which would be an odd aside from the rest of the letter. But Timothy and Epaphroditus are mentioned because they exemplify the Christ-centered humility that Paul is encouraging the Philippians to live. Paul sends Timothy as a placeholder for him while he is in prison. Timothy is a pastor, but his main qualification for the office is rather puzzling. Paul does not mention that he is a wonderful teacher and preacher, that he is a holy man, that he has a firm grasp on the scriptures, or that he spent many years working and ministering with him on the mission field. What qualifies Timothy for gospel service is his genuine concern for the Philippians’ welfare more than his own. He is a true disciple, living out Jesus’ command, “By this all people will know that you are my disciples, if you have love for one another” (John 13:35).

Epaphroditus has also followed the path of Christ in Philippians 2:1-11. As Jesus said, “Greater love has no one than this, that someone lay down his life for his friends” (John 15:13). He was willing to die for the work of Christ. He was willing to sacrifice it all to bring aide to a friend, Paul, in prison. He also has not sought his own welfare, but that of others. And he too is a visible reminder of Christ Jesus our Lord. Why has Paul spent the majority of this letter giving examples of the faith? Because we need to see that God is working in the lives of others when we, like Paul in Philippians 2:27, are overwhelmed with sorrow. We all have people in our lives who have mentored us and invested in our faith. God has given us these living examples so that we can be daily reminded of His power (Revelation 12:11).

Saturday, Sunday | Philippians 1:1-2:30 |

Reread Philippians 1:1-2:30 over the weekend. Reflect on all that God has been saying to you through His word this week.

WEEK EIGHT: PHILIPPIANS 3:1-4:23

Monday | Philippians 3:1-11 |

“Rejoice in the Lord.” Rejoice in Him - not in your circumstances. Paul even says, “It’s easy for me to write this to you.” What an astounding statement considering he is chained to a guard night and day. No doubt Paul’s Roman citizenship afforded some small benefit but it was still house arrest. Through this captive audience, which came daily and rotated every six hours, the most unique plan for evangelizing the Roman empire began. We can even see the outcome in the last chapter of the book... “All the saints greet you, especially those of Caesar's household.”

From time to time it is worth asking where our confidence lies. Do we think that God loves us because of all that we do for Him or do we know that God loves us because of what Jesus Christ did for us? His gift was perfect and we can contribute nothing to it. His gift cannot be improved upon nor can it be diminished. His gift is flawless and eternal.

Tuesday | Philippians 3:12-16 |

In the text, our writer had encountered that false teaching before and here he is saying, “I’ve not obtained this perfection and I’m not already perfect.” Even with all his accomplishments he was still striving for a higher goal and he knew flawless perfection could only be found in one place and that was “in Christ and in His righteousness.”

All through our cities curves, we see runners among us and even in the dead of winter they are faithfully pounding the ground. Paul runs a race also and he says, “...but I press on to take hold of that for which Christ Jesus took hold of me.” In Philippians 2:16 he admonishes us to run for something worthwhile - “...don’t run for nothing.” Run a race that has lasting value and focuses all your energy and strain heavenward on a goal that lies ahead...a goal with a heavenly finish and a prize that is imperishable.

While the work of Christ for us may be a perfected work, the work of the Holy Spirit in

us is still growing and developing. Pray over this truth today and journal about your own personal race.

Wednesday | Philippians 3:17-21 |

In the third chapter of the letter to the Philippian church, Paul continues to speak plainly to the fellowship to which he is warmly drawn. He is not scolding or correcting; he is not setting deep theological guidelines or detailing church polity. Paul is talking to his friends about matters that matter deeply to him. The letter is written from his imprisonment in a Roman jail where confinement means either being chained to a wall with soldiers next to him to or chained with him as well. There are no private times or conversations.

In the struggles of everyday life, most people do not need additional expectations placed on them. We often set goals, just like New Year's resolutions, but they are seldom kept over the long-term. It is simply too demanding for a person to alter their patterns long enough to develop new patterns. How can people in the era of the New Testament have words for me today about goal setting and developing new patterns for my life? Strong faith and disciplined living in our present life prepare us for an eternity filled with the presence of Christ. Ask the Holy Spirit to guide your thoughts.

Thursday | Philippians 4:1-9 |

For Paul, a prisoner in chains, it was a gift to welcome a friend like Epaphroditus and he would never forget how much all of the believers of Philippi meant to him. As he begins to wrap up his thoughts, he speaks from his heart: I love you, long for you, you are my joy, you are my crown (the prize I receive for running the race), so stand firm in the Lord and don't veer off the course.

Along with Paul's expressions of love, he also voices a concern about a conflict growing within this church. It seems Epaphroditus has shared news about two of the ladies, who have worked alongside Paul in the church; apparently their differences are taking a toll on the fellowship. Paul takes the time to plead for reconciliation, for the good of the whole, and he even asks another individual to step in and offer help. He writes, "Remember their names are written in the book of life along with others who labored beside me."

We find “the book of life” mentioned in both the Old Testament and the New Testament. Paul refers to it in Philippians 4:3 but he also speaks about “our citizenship in heaven” back in Philippians 3:20. Reread this scripture and journal about the impact on your life.

Friday | Philippians 4:10-23 |

In Philippians 4:11-12 we read “I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what is to be in need, and I know what is to have plenty.” In Philippians 4:13, Paul reminds us that “I can do everything through Him who gives me strength.” Paul was content and it was not based upon need or self-sufficiency, but because he was utterly dependent on a God who gave him all that was needed. Counter to the Stoic’s ideal, Paul told us that God’s grace was sufficient for us and that His power is made perfect in our weakness (2 Corinthians 12:9).

Saturday-Sunday | Philippians 3:1-4:23 |

Reread Philippians 3:1-4:23 over the weekend. Reflect on all that God has been saying to you through His word this week. Be proud that you completed the study and journal about the take aways from your study.

We are praying these letters will be a constant reminder of what God has done for you in Jesus and that you will rejoice in the hope of your salvation!

RECIPES

MEAL PLAN #1 RECIPES

Banana Nut Oatmeal

Ingredients:

- 1/2 cup rolled oats
- 1 cup unsweetened almond milk
- Dash of salt
- Tbsp. nut butter (my favorite is cashew butter)
- 1/2 small banana, sliced

Preparation:

Combine the oats, milk and salt in a small microwaveable bowl. Microwave at 50% power for 3-5 minutes. Drizzle nut butter and banana slices over the top! Quick, easy & delicious!!

Roasted Veggies & Eggs

Ingredients:

- 1 zucchini
- 1 yellow squash
- 1 butternut squash (or sweet potato), peeled
- 1/2-1 small onion, peeled
- 2 Tbsp. EVOO
- 1 tsp. cumin
- 1 tsp. paprika
- 2-3 cloves garlic, minced
- 1 tsp. coconut oil
- 2 eggs
- Salt & pepper to taste

Preparation:

1. Preheat oven to 425 degrees. Wash and chop all of the veggies and place into a medium-sized bowl. Add the olive oil, cumin, paprika and garlic. Mix until everything is coated evenly. Lightly spray a baking sheet, then spread the vegetables on pan.
2. Bake veggies for 20 minutes and set aside.

- Using small frying pan, add 1 tsp. coconut oil and turn on medium heat. Fry two eggs and place on top of 1 cup of Roasted Veggies. Add salt and pepper to taste. Serve immediately & enjoy!
- *You can replace and/or add any of your favorite veggies, like mushrooms, carrots, peppers. Make this dish your own! **Measure out 1 cup servings and place in separate Tupperware containers for breakfasts for the week!

Mango Tango Summer Smoothie

Ingredients:

- 2 cups frozen mango chunks
- 1 cup low-fat plain yogurt or protein powder
- 1/4 teaspoon ground cinnamon
- 1/2 tablespoon honey or stevia
- ice cubes
- 1 teaspoon lime juice

Blend & enjoy!

Green Protein Smoothie

Ingredients:

- 1 cup unsweetened coconut milk or almond milk
- 1 cup Greek yogurt (I like Chobani Vanilla 100 - under 10 grams sugar)
- 1 frozen banana
- 2 cup spinach or kale
- 1 tbsp. flax seed
- 1 tbsp. chia seed
- 1 tsp. honey or stevia
- ½ cup crushed ic



Pina
Colada
Smoothie



1 cup of pineapple juice or frozen pineapples
2 tbsp coconut cream
2 tbsp unsweetened coconut flakes
1 cup of spinach
1 serving of your favorite protein (Greek yogurt, vanilla protein or collagen peptides)
Ice
Blend until smooth

Strawberry Edamame Salad

Ingredients:

- 2 cups organic baby spinach
- 1 cup chopped kale
- 1/2 cup chopped strawberries
- 1/3 cup edamame
- Tbsp. goat cheese (or feta or whatever your favorite is!)
- 1/4 cup toasted, chopped pecans

Preparation:

Combine all ingredients together. Drizzle a tablespoon (or two) of your favorite dressing on top. I like a tablespoon of olive oil and balsamic vinegar! Don't forget to make an extra salad or two for lunches this week!

Summer Kale Ginger Salad

Ingredients:

- 2 bunches kale
- Red cabbage or broccoli slaw
- Broccoli or Vegetable stir fry
- Braggs Liquid Aminos
- Minced garlic
- Optional: Salmon or grilled chicken for protein

Preparation:

1. Chop kale, red cabbage, broccoli and fill gallon bag with your favorite greens. Mix about 1/2 bottle Makoto ginger dressing with 1/2 Tbsp. liquid amino, and 1/2 Tbsp. minced garlic, and mix and pour into bag and shake it all up.
2. Refrigerate and let it marinate! Keeps getting better with time! If it's easier, you could probably use that dressing if you don't have the other ingredients on hand! Pour onto plate and top with your favorite protein of choice!
3. ***I used spinach and added Roasted Chickpeas and 1/4 cup raw cashews! See recipe for chickpeas below!*

Roasted Chickpeas

Ingredients:

- 1 15oz can of garbanzo beans
- 1 TBSP extra virgin olive oil
- ¼ tsp kosher salt
- ⅛ tsp ground red pepper
- ⅛ tsp ground black pepper
- ⅛ tsp chili powder

- 1/8 tsp garlic powder

Instructions:

1. Preheat oven to 400 degrees F.
2. In a colander rinse chickpeas well. Shake off the excess water and discard any loose shells.
3. Next, line a small/medium mixing bowl with a few paper towels and pour the chickpeas into the paper lined bowl.
4. Pat the chickpeas with the paper towel and then remove the paper towels from the bowl. Repeat this step until chickpeas are thoroughly dry.
5. Add oil and all seasonings to the bowl and mix well. Spread the chickpeas out on a baking sheet and bake for 30-40 minutes, stirring occasionally. If they are not crunchy or roasted to your liking reduce heat to 250 degrees and roast a bit longer (5-10 minutes). To avoid scorching keep a close eye on the chickpeas during this point.

Almond Crusted Mahi Mahi with Pineapple Salsa

Makes 4 servings, 1 fillet each

Ingredients:

- 4oz Mahi Mahi fillets (or another white fish like Tilapia or Cod)
- 1/2 cup chopped almonds
- 1/4 cup of oats
- 1/4 cup unsweetened shredded coconut
- 2 Tbsp ground flaxseed (can use an extra 2 Tbsp oats if you don't have flaxseed)
- 1 egg white mixed with 2 Tbsp lite coconut milk (or water)
- Dash of salt and pepper

Preparation:

ONE: In a food processor or blender, combine the almonds, oats, coconut, flaxseed, and salt and pepper. Process until well combined and in small pieces

TWO: Rinse the Mahi Mahi fillets in running water and dry them off with a paper towel. Spread the almond mixture on a plate. Dip the fillets into the egg white mixture and then coat well with almond mixture.

STOVETOP: Heat 2 tsp olive oil to medium-high heat in a non-stick skillet. Add fish and cook 3 minutes or until golden brown. Flip and cook another 3-5 minutes until fish is white throughout and flakes easily. -OR-

OVEN: Preheat oven to 400 degrees. Place fish in a baking dish and cook for about 10-13 minutes or until it is white all the way through and lightly toasted on the top.

Pineapple Salsa

- 1 cup of finely chopped pineapple (small cubes)

- 1/2 cup of finely chopped red onion
- 1/2 cup of minced cilantro
- 1 small jalapeño pepper, seeded and finely chopped
- Juice and zest of one lime
- Salt and pepper

Combine all ingredients and let sit in the fridge for at least 30 minutes before serving so the flavors mix well.

Spaghetti Squash

How To Cook Spaghetti Squash in the Oven

- Ingredients:
1 medium spaghetti squash (2 to 3 pounds)
- Equipment:
Sharp chef's knife
Cutting board
Soup spoon
Medium-size roasting pan or baking dish
Fork

Instructions:

1. Preheat the oven to 400°F: Preheat the oven while you prep the squash.
2. Slice the squash in half: Use a chef's knife to cut the spaghetti squash lengthwise from stem to tail. Spaghetti squash are really tough and hard, so be cautious and work slowly. You can cradle the squash in a balled-up dish cloth to keep it steady as you cut.
3. Scoop out the seeds: Use a soup spoon to scrape out the seeds and stringy bits of flesh from inside the squash. Be careful of actually digging into the flesh though — we want that! The inside should look clean and fairly smooth. Discard the seeds (or save them and roast them for a snack!).
4. Place the squash in a roasting pan: Place the squash halves cut-side down in a roasting pan.
5. Pour in a little water :Pour a little water in the pan, enough to cover the bottom. Your squash will roast just fine without it, but I find that the water helps the squash steam and become more tender. You can also cover the pan with aluminum foil, if you prefer.
6. Cook the squash for 30 to 45 minutes: Transfer the squash to the oven and cook for 30 to 45 minutes. Smaller squash will cook more quickly than larger squash. Check the squash after 30 minutes to gauge cooking.
7. The squash is done when tender: The squash is ready when you can easily pierce a fork through the flesh all the way to the peel. The flesh will also separate easily into

spaghetti-like strands. You can also taste it right now — if the noodles are still a bit crunchy for your taste, put the squash back in the oven for another 15 to 20 minutes.

8. Scrape out the squash: Use a fork to gently pull the squash flesh from the peel and to separate the flesh into strands. The strands wrap around the squash horizontally — rake your fork in the same direction as the strands to make the longest "noodles."
9. Serve the squash: Serve the squash immediately, tossed with a little butter or olive oil. Spaghetti squash will also keep refrigerated for up to a week, or frozen for up to 3 months.

Chicken & Broccoli Alfredo

Ingredients:

- 2 chicken breasts, seasoned with salt & pepper then cooked and cut into bite-sized pieces
- 2 cups cooked broccoli (steamed)
- 8oz whole wheat rotini or spaghetti squash
- 2 Tablespoons extra virgin olive oil
- 2 teaspoons minced garlic
- 2 Tablespoons whole wheat flour
- 1 cup low sodium chicken broth
- 1/4 cup almond milk
- 1/4 cup plain Greek yogurt
- salt & pepper
- 1/2 cup grated parmesan cheese

Preparation:

1. Cook pasta/spaghetti squash according to package directions, reserving 1/2 cup pasta cooking water before draining. Set aside.
2. Heat extra virgin olive oil in a medium-sized skillet over medium heat. Add garlic and cook, stirring constantly, until golden brown, about 1 minute. Sprinkle in flour then whisk to incorporate and cook for 1 additional minute.
3. Slowly whisk in chicken broth, then milk. Whisk in Greek yogurt, salt and pepper, then turn the heat down to low and let the mixture simmer until thickened, about 2-3 minutes. Turn the heat off then stir in parmesan cheese, then chicken. Pour over cooked pasta then add broccoli and stir well. Add a little reserved pasta cooking water if sauce is too thick. Serve.

Shrimp Scampi

Ingredients:

- 2 Tbsp. Extra-Virgin olive oil

- 1 pound shrimp, shelled & deveined
- 2 garlic cloves, minced
- 1/4 cup white wine
- 2 Tbsp. lemon juice (freshly squeezed if possible)
- 2 medium zucchini, cut into noodles with spiralizer
- Crushed red pepper, to taste
- Salt, to taste
- Pepper, to taste
- Parsley flakes

Preparation:

1. Place a large sauté pan over medium-low heat. Add olive oil and cook for 1 minute.
2. Add garlic and cook for another minute, stirring continuously.
3. Add the shrimp and cook, stirring as needed, until they are pink on all sides, about 3-6 minutes. Season shrimp with red pepper, salt and pepper. Using a slotted spoon, transfer them to a bowl, leaving liquid in the pan.
4. Increase heat to medium. Add white wine and lemon juice to pan. Cook for 2 minutes and using a wooden spoon, scrape any brown bits from bottom of pan.
5. Add zucchini noodles and cook, stirring occasionally, for 2 minutes. Return the shrimp to the pan. Add more salt and pepper if needed. Garnish with parsley and serve immediately.

Roasted Broccoli with Sea Salt & Olive Oil

Ingredients:

- 2 - Bunches broccoli cut into florets
- 1/4 Cup - Olive Oil
- 1 Teaspoon – Salt
- 1/2 Teaspoon - Pepper

Preparation :

1. Preheat oven to 425.
2. Wash and dry the broccoli thoroughly.
3. Line a large cookie sheet with foil (I use Reynolds Non-stick Pan Lining Paper)
4. Right on the cookie sheet, toss the broccoli with all the remaining ingredients.
5. Roast until tender and the edges are browned and stir once. This usually take about 20 minutes in my oven. Serve immediately.

Parmesan Cauliflower Bites

Yield: 4 servings

- Ingredients:

- 1/2 cup Extra Virgin Olive Oil
- 1 cup whole wheat bread crumbs or almond meal
- 1/4 cup grated Parmesan cheese
- 1 tablespoon Creole Seasoning
- cups cauliflower florets
- 1/2 cup all-purpose or whole wheat flour
- 2 large eggs, beaten

Instructions:

1. Heat vegetable oil in a large skillet over medium high heat.
2. In a large bowl, combine crumbs, Parmesan and Seasoning; set aside.
3. Working in batches, dredge cauliflower in flour, dip into eggs, then dredge in Panko mixture,
4. pressing to coat. Add cauliflower to the skillet, 5 or 6 at a time, and cook until evenly golden and crispy, about 2-3 minutes. Transfer to a paper towel-lined plate. Serve immediately.

Baked Sweet Potato

Ingredients:

- Sweet Potatoes
- Sea Salt
- Coconut Oil

Preparation:

1. Preheat oven to 400 degrees. Poke holes in sweet potatoes using a fork. Spray the outside of each potato with coconut oil (1 TBSP each) & sprinkle with sea salt – Bake for 50-60 minutes. Enjoy plain or sprinkle with cinnamon.
2. You can line a baking sheet (with raised edges) or pan with foil but do not wrap the potatoes in foil.

Oven-Roasted Asparagus

Prep Time: 10 Minutes

Cook Time: 15 Minutes

Servings: 4

Ingredients:

- 1 bunch thin asparagus spears, trimmed
- 1 Tbsp. olive oil
- 1 Tbsp. grated parmesan cheese (optional)
- 1 clove garlic, minced
- 1 tsp. sea salt
- 1 tsp. ground black pepper

- 1 Tbsp. lemon juice

Preparation

1. Preheat oven to 425 degrees.
2. Place the asparagus into mixing bowl and drizzle with olive oil.
3. Toss to coat the spears, then sprinkle with parmesan cheese, garlic, salt and pepper.
4. Arrange the asparagus onto a baking sheet in a single layer.
5. Bake until just tender, 12 to 15 minutes depending on thickness. Sprinkle with lemon juice just before serving.

MEAL PLAN #2 RECIPES

Peach Perfection

Ingredients:

- 1 cup unsweetened vanilla almond milk
- 1/2 frozen banana
- 1-2 peaches with skin
- 1 serving vanilla protein powder or 1 cup low-fat Greek yogurt
- 1 serving ground flax seed
- 1/2 cup crushed ice
- Optional: add in 2 Tbsp. orange juice or carrot juice

Peanut Butter Treat Smoothie

Ingredients

- 1 cup unsweetened almond milk
- 1 small frozen banana
- 1 tsp. cinnamon
- 1 serving vanilla protein powder
- 1 tbsp. ground flax seed
- 1 serving PB 2 (or 1 tbsp. peanut butter)
- 1/2 cup crushed ice
- Optional: add 1-2 cups spinach

Peach Spinach Salad with Toasted Pecans

Serves 2

Ingredients:

- 3/4 cup pecans
- 1 tsp all spice
- ripe peaches (cut into small wedges)
- cups Baby Spinach, rinsed and dried
- 2 ounces of goat cheese crumbled

Dressing:

- TBSP Balsamic Vinegar
- 1 TBSP Lemon Juice
- 1 TBSP Honey
- ½ TBSP Dijon mustard
- ½ cup Extra Virgin Olive Oil
- 1 small shallot

Preparation:

1. Preheat oven to 350 degrees F.
2. Arrange pecans on a single layer on a baking sheet, sprinkle with 1 tsp all-spice and roast in preheated oven for 7-10 minutes, until they just begin to darken. While pecan are in oven mix dressing together in small mason jar.
3. Remove from oven and set aside.
4. Peel peaches (if desired) and slice into small segments.
5. Combine peaches, spinach and pecans in a large bowl.
6. Toss with some of the dressing until evenly coated (saving some of the dressing for the next day). Top with goat cheese! Enjoy with grilled chicken, pork, or salmon as protein!



Chicken Parmesan

Ingredients:

- (about 8 oz each) chicken breast, fat trimmed, sliced in half to make 8
- 3/4 cup seasoned breadcrumbs (I used whole wheat) or almond meal
- 1/4 cup grated Parmesan cheese
- 1 egg
- 2 tbsp extra virgin olive oil
- 3/4 cup reduced fat mozzarella cheese
- 1 cup marinara
- cooking spray

Preparation:

1. Preheat oven to 450°. Spray a large baking sheet lightly with spray.
2. Combine crumbs and parmesan cheese in a bowl. Mix oil & egg in another bowl.
3. Lightly brush the mixture onto the chicken, and then dip into crumb mixture. Place on baking sheet and repeat with the remaining chicken.
4. Lightly spray a little more oil on top and bake in the oven for 20 minutes. Turn chicken over, bake another 5 minutes.
5. Remove from oven, spoon 1 tbsp sauce over each piece of chicken and top each with 1 1/2 tbsp of shredded mozzarella cheese.
6. Bake 5 more minutes or until cheese is melted.
7. Serve with whole wheat angel hair pasta or spaghetti squash.

Turkey Tacos

Serves 4

Ingredients:

- teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon oregano
- 1 pound extra-lean ground turkey
- 1 cup chopped onion
- 2 tablespoons low sodium soy sauce
- whole-wheat, low-fat flour tortillas, about 6 inches in diameter, warmed in the microwave
- Bibb Lettuce for taco wraps
- 1/4 cup shredded sharp cheddar cheese
- 2 cups shredded lettuce
- 2 medium tomatoes, diced
- 1 cup salsa
- Greek plain yogurt in place of sour cream
- Chopped avocado

Preparation:

1. In a small bowl, stir together the chili powder, cumin and oregano. In a nonstick frying pan, add the ground turkey and onion. Cook over medium heat until the turkey is browned and onion is translucent.
2. Drain well. Add the spices to the turkey mixture. Stir to mix evenly.
3. To serve, place a 1/4 cup of the turkey mixture in each tortilla or lettuce wrap. Top each with 1 tablespoon cheese, diced tomatoes, shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, and then roll to close. Serve immediately.

Tip: Taco seasoning mixes from the grocery store usually have large amounts of sodium. Here, the taco seasonings — chili powder, cumin and oregano — have all of the taste but none of the sodium.

Roasted Pork Tenderloin and Maple-Glazed Apples

Ingredients:

- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground cinnamon
- (12-ounce) pork tenderloins, trimmed
- 1 tablespoon olive oil
- 2 tablespoons butter or butter olive oil
- 2 pounds Granny Smith apples, sliced 1/2 inch thick
- 1 shallot, thinly sliced
- 2 tablespoons maple syrup
- 1 1/2 tablespoons lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon

Preparation:

Preheat oven to 425°. Combine 1/2 teaspoon salt, black pepper, and 1/4 teaspoon ground cinnamon; rub over pork tenderloins. Heat a large ovenproof skillet over medium-high heat. Add olive oil. Add pork; sauté 4 minutes on each side. Remove pork, and reduce heat. Melt butter. Add apple slices and shallot to pan; sauté 1 minute. Stir in maple syrup, lemon juice, 1/4 teaspoon salt, and 1/4 teaspoon ground cinnamon; cook 4 minutes. Stir. Return pork to pan. Roast at 425° for 12 minutes or until a thermometer registers 145°. Remove pork from pan; let stand 5 minutes. Slice pork; serve with apples.

Oven Roasted Zucchini

Ingredients:

- 4-5 small/medium zucchini
- Tbsp. Extra-Virgin Olive Oil
- Lemon zest (from 1 small lemon)
- 2 garlic cloves, minced
- 1/2 cup Parmesan cheese, shredded
- Salt and pepper to taste

Preparation

1. Preheat oven to 350 degrees. Cover a baking sheet with aluminum foil.
2. Mix the olive oil, lemon zest and garlic together in a small bowl. Set aside.
3. Slice zucchini into halves. Arrange the zucchini on the baking sheet. Brush the oil mixture over the tops of the zucchini, spread evenly.
4. Sprinkle the tops of the zucchini with the Parmesan cheese then sprinkle with salt and pepper.
5. Bake for 11-13 minutes, then broil zucchini until the cheese is lightly brown. Served best warm from the oven!

Sweet Potato Fries

Ingredients:

- Large Sweet Potatoes
- 1 Tbsp Extra Virgin Olive Oil
- 1 tsp paprika
- 1 tsp kosher salt
- tsp fresh orange zest

Preparation:

Preheat oven to 450. Wash and peel sweet potatoes. Cut Potatoes into ½ inch wedges, transfer to baking sheet and toss with oil. Combine spices with potato wedges and toss to coat. Spread into a single layer and bake for 30 minutes, turning occasionally. Enjoy!

Sautéed Snapper with Plum Tomatoes and Spinach

If you can't find snapper, purchase another mild, firm white fish, such as cod or halibut

Yield: 4 servings

Ingredients

- 1 tablespoon olive oil, divided
- (6-ounce) snapper fillets
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups diced plum tomato (about 6 tomatoes)

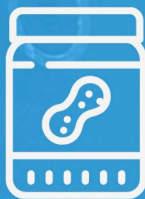
- teaspoons bottled minced garlic
- 1/4 cup dry white wine
- 3 cups baby spinach leaves

Preparation

1. Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
2. Sprinkle fish evenly with salt and pepper.
3. Transfer fish to pan; cook 2 minutes on each side. Remove fish from pan.
4. Heat remaining 1 1/2 teaspoons olive oil in pan over medium-high heat.
5. Add tomato and garlic; sauté 1 minute. Stir in wine; simmer 2 minutes. Add spinach to pan; cook for 1 minute or just until spinach wilts.
6. Return fish to pan.
7. Spoon tomato mixture over fish; cook 1 minute or until fish flakes easily when tested with a fork or until desired degree of doneness.

Best High Protein Snacks

Protein is an essential food for repairing muscle tissue especially after a run or workout! Try these for a snack after a workout or take to school!



- 1/4 cup of almonds - 10g
- 1 cheese stick - 8g
- 4 oz low fat cottage cheese - 14g
- 1 hard boiled egg - 6g
- 1 cup fat free Greek yogurt - 20g
- 1 cup cooked edamame - 17g
- 2 slices turkey breast deli meat - 8g
- 1 cup soy milk - 8g
- 1/2 cup chickpeas - 18g
- 1/2 cup black beans - 20g
- 1/2 cup cashews - 10g
- 1/2 cup sunflower seeds - 12g
- 3 oz tuna - 25g
- 2 tbsp peanut butter - 8g
- protein shake - 15-25g

Mix up how you combine the different snacks to add variety to your day. Try trail mix with a few different types of nuts or add fresh fruit into your yogurt!

THANK YOU FOR JOINING US IN THE 8 WEEK TRANSFORMATION
CHALLENGE!

Our prayer is that *you will be reminded of what God has done for you in Jesus and that you will rejoice in the hope of your salvation!*

Thank you for joining us along this transformation journey.

We are proud of you and we want to help you transform to be able to live and love fully! Please email us transfitathens@gmail.com with any questions. We want to be able to pray over you during this time, please reach out with prayer requests.

Love and Blessings,

Team TransFit

