



# Healthy and Happy Seminar 9



## Man with No Arms and No Legs! He Did it! And So Can You!

**Nicholas Vujcic** was born to Australian parents - without arms and legs! But he completed college, got married, has children, and is now a motivational speaker. His bestseller, *Life Without Limbs*, has been translated in 30 languages! He tells us that we can overcome any challenge!

### **1. Today one of our biggest challenges is weight control!**

- Two out of three Americans are overweight! And one in three is obese!
- Many have tried repeatedly, have failed, and have given up!
- But if Nick overcame his challenge, we can overcome ours!

### **2. The first key to weight control is: Manage the number of calories that I consume. Choose the right words or numbers: lose, 1,600, gain, 2,000.**

- (a) If I take in more calories than I burn up, I am likely to \_\_\_\_\_ weight.
- (b) If I burn up more calories than I consume, I am likely to \_\_\_\_\_ weight.
- (c) The recommendation for an adult female is from \_\_\_\_\_ to 2,400 daily.
- (d) For adult males, the recommended intake is from \_\_\_\_\_ to 3,000 per day.

### **3. What are some steps we can take to limit our calorie intake?**

T  F  1. Watch serving sizes. Use smaller servings!

T  F  2. Avoid “empty” calories. Use whole grain foods and cereals.

- T  F  3. Eat more fruits and vegetables. These are low in fiber.
- T  F  4. Eliminate “fast foods” and other fatty foods from the diet.
- T  F  5. Eat supper one hour before bedtime to burn up its calories.
- T  F  6. Ban sodas and sugary drinks, and drink lots of water.

**4. When God created humans, He prescribed a plant-based diet! Only after the Flood He permitted flesh as food.**

**But there were restrictions! See Leviticus 11:3, 7, 9, 10. True or False?**

- T  F  1. Land creatures should both part their hoof and chew their cud.
- T  F  2. So cows, sheep, goats, and horses are good for food.
- T  F  3. The pig, often a carrier of trichinosis, is off God’s list.
- T  F  4. Water creatures should have both fins and scales.
- T  F  5. Crabs, lobsters, shrimp, scavengers of the sea, are unfit for food.

**5. Key number two: Burn up calories through whole body exercise.**

**Choose the right words: persevere, walking, partner, thirty.**

- (a) Some examples are running, cycling, swimming, and \_\_\_\_\_.
- (b) The amount is \_\_\_\_\_ minutes a day. This can be done in segments.
- (c) Have a Strategy. Schedule the daily time. Get an exercise \_\_\_\_\_.
- (d) Set Realistic Goals. Write them down. Always \_\_\_\_\_! Never give up!

**6. Our third key is very powerful: Use my limitless brain power!**

- The human brain has 100 million brain cells ready for use!
- Anything is possible! What your mind can conceive, it can achieve!
- God Himself says, “Nothing will be impossible for you.” (Matthew 17:20).
- As you exercise the body, exercise your mind! Say, “I can do it!”



**7. Key number four is the most vital: Access God’s mighty power!**

**Ephesians 6:12, Mark 1:35, Matthew 4:4. True or False?**

- T  F  1. Satan’s forces fight us. So we need God’s power to fight for us.
- T  F  2. We should connect to God’s power through weekly prayer.
- T  F  3. In addition, we can pray for His power at the time of temptation.
- T  F  4. We can also access God’s power through studying His Word.
- T  F  5. It is useful to memorize Scripture and quote it when tempted.

**8. Individual & Group Activity: My Goal.**

- (a) My goal is to have a body weight of \_\_\_\_\_ by \_\_\_\_\_ [Date].
- (b) Now share your goals with a partner to whom you will be accountable.

**9. While some people are physically overweight, all of us are spiritually overweight! What is this weight that we carry?**

**Hebrews 12:1.** The weight is \_\_\_\_\_.

**10. The Great Physician gives two secrets to cure spiritual overweight!**

**1 John 1:7.** The first secret is: Accept the \_\_\_\_\_ of Jesus.

**Acts 2:38.** The second secret is: Accept the \_\_\_\_\_ of Jesus.

**11. Taking these two steps can be challenging! But like Nick, we can overcome our challenges! At times the challenge is My Family.**

**Matthew 10:36-38. Choose the right words: cross, family, worthy.**

(a) Jesus said one's enemies will be those of his own \_\_\_\_\_.

(b) He who loves family "more than Me is not \_\_\_\_\_ of Me."

(c) As He bore His cross, we should take up our \_\_\_\_\_ and follow Him.

• **Lot** overcame his family challenge! And you can do it too!

**12. Other times the challenge is My Job. See Matthew 6:31-33.**

**1.** Jesus said that we do not need to care or prepare for tomorrow.

**2.** God is my Father. He guarantees that my needs will be supplied.

**3.** One condition is: I must put God first, and be obedient to Him.

• **Levi Matthew** overcame his job challenge! You can do it too!

**13. A third challenge can be: Living with someone and we're not married.**

**See Hebrews 13:4.**

• God honors marriage, but He condemns adultery.

• If you love each other and can be married, you should get married!

• If marriage is not possible or desirable, you should end the affair!

• The woman at the well overcame this challenge! You can do it too!





**14. Challenge number four can be My Religion.**

**John 10:16, 27, Revelation 18:4, Mark 7:7. Choose: Come, vain, honest.**

- (a) Christ has many \_\_\_\_\_ people in all churches and religions today.
  - (b) He says, “\_\_\_\_\_ out!” His sheep will hear His voice and follow Him.
  - (c) If I refuse to follow and obey Him, then my worship is in \_\_\_\_\_!
- **Paul** overcame his religion challenge! You can do that too!

**15. Our fifth challenge can be Time! “Let me wait and do it later on!”**

**2 Corinthians 6:2.** “Behold \_\_\_\_\_ is the accepted time; now is the day of salvation.”

**Hebrews 3:7, 8.** “\_\_\_\_\_ if you will hear His voice, harden not your hearts.”

- **The treasurer** of Ethiopia acted right away! You can do that too!

**16. A very big challenge is My Sacrifice. “I’ll have to give up too much!”**

**John 3:16.** Look at His sacrifice!

**See** Him hanging on the Cross! Giving His life - for you and me!

**Hear** His anguished cries in Gethsemane as He sweated blood to save me!

**Feel** the pain of the cruel nails tearing His flesh! He did all of that for me!

**Jesus** made big sacrifices for me! I’m willing to make sacrifices for Him.

**My Choice.**

- By God’s grace, I will use the four secrets and manage my bodyweight.
- I will use Christ’s blood and baptism to be rid of my spiritual overweight.
- As I see Jesus’ sacrifice for me, I’m willing to make my sacrifice for Him.

**Check Your Answers.** 3. 1T, 2T, 3F [high], 4T, 5F [three hours], 6T. 4. 1T, 2F [not horses], 3T, 4T, 5T. 7. 1T, 2F [daily], 3T, 4T, 5T. 12. 1F, 2T, 3T.

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**Contributors.** For a list of health professionals, go to the Leader’s Guide on Website.

