

LIBERTY UNIVERSITY BAPTIST THEOLOGICAL SEMINARY

CREATING AND SUSTAINING A HEALTH AND WELLNESS MINISTRY
WITHIN THE LOCAL CHURCH

DOCTOR OF MINISTRY PROJECT

A Thesis Project Submitted to
Liberty Baptist Theological Seminary
in partial fulfillment of the requirements
for the degree

DOCTOR OF MINISTRY

By

Gary John Moritz

Lynchburg, Virginia

February, 2013

Copyright 2013 Gary J. Moritz
All Rights Reserved

LIBERTY THEOLOGICAL SEMINARY

THESIS PROJECT APPROVAL SHEET

GRADE

MENTOR

READER

ABSTRACT

CREATING AND SUSTAINING A HEALTH AND WELLNESS MINISTRY WITHIN THE LOCAL CHURCH

Gary J. Moritz

Liberty Baptist Theological Seminary, 2012

MENTOR (1) Dr. Frank Schmitt

READER (2) Dr. Kimberly Robinette

This thesis will focus on creating and sustaining a health and wellness ministry within the local church. The local church should be not only a place that promotes spiritual health, but one that promotes and advocates for physical health and wellness. The thesis will outline how Capital Baptist Church (CBC) is making a growing and sustaining impact within the local church, community, and throughout the United States, while meeting a vital need in today's culture through a holistic Christian approach to life. This document will be a tool for other local churches to use in starting and sustaining a health and wellness program as a way for both sanctification and community outreach.

ABSTRACT LENGTH 112 words

DEDICATION/ACKNOWLEDGEMENTS

This paper is dedicated to my parents, George and Barbara Moritz and Roxann Goodwin. You are not only great spiritual parental figures, but also great mentors and coaches. I thank you all for your continual support through love, prayer, wisdom and encouragement. I could not have done it without your participation in my life.

To Jesus Christ, My best friend, Lord and Savior, may I continue to honor you with my body, so that you can illuminate through it for the Gospel's greatest impact. May I glorify you on the earth, and may I finish the work which you have given me to do.

To Jana Moritz, my wife, confidant and greatest supporter, a feeble attempt to write a dedication to you cannot come close to explain the sacrifices you have endured in order to help me get to this point. Because of your support and love, I can continue to be a great man of God, husband and father of faith, integrity, and honor. May our family continue to flourish in God's sight as we renounce comfort, engage people to follow Jesus Christ and do what others won't, don't and can't. I love you!

To my beautiful daughters, Jaden Noel and Josalyn Mae, I have no greater joy than to see my girls walking in truth. You are both my passion and reason to desire a lasting legacy. Your prayers, hugs, smiles and kisses made me never want to give up. No one loves you like your...Daddy! You are so precious to me.

To my pastor and spiritual mentor, Steve Reynolds, words cannot explain how much you mean to me. The relationship of Paul and Timothy is what we experience together, whether near or far. Our fruit together will be abounding for the Kingdom. You have taught me in the Bible and trained me how to be a pastor of integrity, honor and

commitment, faithful to the call and to love all people. Without you, I would never be where I am today. God has taken your burden for health and enlarged His coast. I love you!

To Capital Baptist Church, Annandale VA, thank you for supporting me with much prayer, hope, encouragement and allotting the time away to pour back into you.

My project mentors who offered support to me during this long challenging endeavor: Dr. Elmer Towns, Dr. Frank Schmitt, Dr. Kimberly Robinette, Dr. Charlie Davidson, Dr. Chris Gnanakan, Dr. Jerry Mick, Randy Miller, Pastor Jim Goforth, Pastor Bill Hawks, Keith Brown, Mike Parks, Ed and Lily Hidalgo, Greg and Audra Tillery, John and Joanne Huggins. Thank you for your prayers, wisdom, insight, support and encouragement.

Thank you to Woody and Christine Wooldridge for their endless hospitality, care and housing. I am eternally thankful for all that you did for me through these years to encourage me to study hard, so I can succeed with a loving place to sleep. I love you both.

To the late radical, pioneer missionary, Otis Goodwin, I love and miss your guidance down here. I will see you soon...cheer me on in the cloud of witnesses as I cross the finish line tired and full of faith.

FOREWORD

The reality is that when I left Liberty University to plant a new church, Capital Baptist Church (CBC) in the Washington DC area, I never thought I would be obese. I knew I wanted to grow a church, but I never thought I would grow fat with it. The church was getting in shape, and I was getting out of shape. I had poor eating habits therefore by the time I was 48 years old, I weighed 340 pounds and was dependent on medication for high blood pressure, high cholesterol and diabetes. In my many talks around the U.S., I say, I was digging my grave with a knife, fork and an ice cream spoon.

The truth is that overweight men are at risk of a heart attack, stroke, hypertension, high cholesterol, diabetes, gallstones, cancer, sleep apnea, and depression. Obesity can affect a man's hormones, sexuality and prostrate health. I realized my pulpit hypocrisy, as I encouraged my congregation to become spiritually healthy and responsible, I was continually "temple trashing" by making food my idol. Through exercise, accountability, dieting, and prayer, I lost over 120 lbs and eliminated all medications and medical conditions. At this time, CBC has lost an astounding 7 tons of weight and continues to lose.

It all started in the downstairs office of Gary Moritz, my Executive Pastor, who is responsible for many things at the church and one of those things, is looking out for my best interest. What you are about to read is an eyewitness account of my story and how CBC was chosen by God to be a light in the area of obesity. Gary has been on every project from the beginnings of the creative concepts, the books and the growth of the

Losing to Live Weight Loss Program. What started out as something to help me privately and became a national campaign to help thousands of people to lose tons of weight publically. It is all an act of God.

I am so honored that Gary has taken this project on so that it can help other pastors to stay healthy too. My goal is to help pastors and people, so they can live longer and have a long legacy for the Kingdom of God. If you would like more information or tools visit losingtolive.com and join the journey.

Steve Reynolds,

Capital Baptist Church, Senior Pastor

Losing to Live, Founder

Losingtolive.com

TABLE OF CONTENTS

TITLE..... i

COPYRIGHT PAGE.....ii

APPROVAL PAGE.....iii

ABSTRACT.....iv

DEDICATION.....v

FOREWORD BY STEVE REYNOLDS.....vii

CHAPTER PAGE

1. THE MISSION AND MANDATE OF A HEALTH MINISTRY.....1

 THE STATEMENT OF THE PROBLEM..... 1

 AUTHOR’S AWARENESS OF HEALTH.....10

 THE STORY OF CAPITAL BAPTIST CHURCH’S HEALTH MINISTRY.....14

 IMPORTANCE OF THE PROJECT.....15

 PROJECT SPECIAL TERMINOLOGY.....22

 THE STATEMENT OF LIMITATIONS.....23

 THE THEORETICAL BASIS FOR THE PROJECT.....24

 THE STATEMENT OF METHODOLOGY.....30

 REVIEW OF THE LITERATURE.....31

2. THE DEVELOPMENT OF A HEALTH MINISTRY.....43

 THE DEVELOPMENT OF THE HEALTH MINISTRY.....43

 THE DEVELOPMENT OF THE PROGRAM.....44

 THE PUBLICITY OF THE PROGRAM.....45

 THE DEVELOPMENT OF LOSING TO LIVE WEIGHT LOSS PROGRAM

| | |
|--|------------|
| SEMESTERS..... | 46 |
| THE RESEARCH METHOD..... | 47 |
| METHODS USED FOR SURVEY COLLECTION..... | 48 |
| LIMITATIONS OF THE SURVEY..... | 48 |
| DESCRIPTORS OF THE RESEARCH..... | 48 |
| HOW THE RESEARCH WAS CONDUCTED..... | 49 |
| THE ANALYSIS OF THE DATA..... | 49 |
| THE SURVEYED CHURCHES..... | 50 |
| RESULTS OF SURVEY OF SAMPLE CHURCHES..... | 51 |
| THE HEALTH JOURNEY OF CHURCHES..... | 60 |
| SUMMARY OF DATA..... | 61 |
| COMPOSITION OF PARTICIPANTS IN THE PROGRAM AT CBC AND FIVE SAMPLE CLOSING QUESTION FOR SAMPLES..... | 68 |
| 3. THE HEALTH MINISTRY CAMPAIGN MODEL..... | 70 |
| THREE QUESTIONS TO ASK BEFORE STARTING A HEALTH CAMPAIGN..... | 73 |
| SIX MISTAKES PASTORS MAKE IN STARTING A HEALTH CAMPAIGN..... | 76 |
| WHY SHOULD A CHURCH LAUNCH A HEALTH CAMPAIGN?..... | 84 |
| ELEVEN STEPS TO A GREAT HEALTH CAMPAIGN..... | 85 |
| THE CHURCHES ATTITUDE TOWARDS HEALTH..... | 101 |
| 4. THE METHODOLOGY FOR SUSTAINING A HEALTH MINISTRY..... | 105 |
| WHAT TO DO BEFORE THE COMPETITION..... | 106 |

| | |
|---|------------|
| WHAT TO DO DURING THE COMPETITION..... | 111 |
| HEALTHY EATING AND EXECISE IN THE CHURCH..... | 115 |
| A BELIEVER SHOULD WANT TO BE LIKE CHRIST..... | 118 |
| MOVEMENT MATTERS..... | 120 |
| THE CHURCH IS A STRONG TEAM TOGETHER..... | 123 |
| CHURCH TEAMWORK PRODUCES SUCCESS TOGETHER..... | 125 |
| CHURCH TEAMWORK PROVIDES SUPPORT TOGETHER..... | 126 |
| CHURCH TEAMWORK BUILDS STRENGTH TOGETHER..... | 127 |
| THE POWER OF TOGETHER..... | 129 |
| BUILDING A HEALTH PREVENTATIVE TEAM IN THE LOCAL CHURCH..... | 135 |
| APPENDIX A: MY PROGRESS REPORT..... | 138 |
| APPENDIX B: THE TOP FIVE HEALTH NUMBERS TO KNOW..... | 139 |
| APPENDIX C: LEADERS JOB DESCRIPTIONS AND PRIVACY COVENANT..... | 140 |
| APPENDIX D: RAW DATA..... | 144 |
| APPENDIX E: MARKETING MATERIALS..... | 146 |
| BIBLIOGRAPHY..... | 150 |
| VITA..... | 159 |
| IRB APPROVAL..... | 160 |

CHAPTER 1

THE MISSION AND MANDATE OF A HEALTH MINISTRY

THE STATEMENT OF THE PROBLEM

The topic of obesity is relevant to ministry because God has called Christians to take care of their bodies so that they may maximize the effectiveness in carrying out the Great Commission with a holistic Christian lifestyle. There is a problem with obesity in the evangelical church. This thesis will review the literature regarding the extent of the problem and its prevalence in the church. It will also examine the Biblical and theological material on gluttony and health. It will focus on developing a church wellness program and surveying churches that have adopted this program to determine the most effective strategy in developing and promoting church wellness and using this program as a church outreach tool. A healthy lifestyle can help people live a long life to serve God and to build and leave a lasting legacy for His kingdom. An extremely overweight individual is likely to have health issues that may distract them from fulfilling the Great Commission. Recent studies show that Christians are not portraying a good testimony of honoring God with their bodies. “Research seems to suggest that religious people have a greater chance of becoming obese by middle age”.¹ The Pawtucket Heart Health Program found that people who attended church were more likely than non-church

¹ Gina E. Ryder, “Is Church Making You Fat? Research Suggests the Religious Are More Likely to Put on Pounds.” Christianpost.com. November 1, 2011. <http://global.christianpost.com/news/is-Church-making-you-fat-research-suggests-the-religious-are-more-likely-to-put-on-pounds-59527/#HXzITpDW1TwB8pQm.99>. (accessed January 13, 2012).

members to be 20 percent overweight and have higher cholesterol and blood pressure numbers.² Matthew J. Feinstein from Northwestern University Medical Center, who discovered that “young church goers, who go to services weekly, or more, were much more likely to become obese in their middle ages than those who rarely or never attended.”³ This “much more” was tallied at fifty percent. Senior study author Donald-Lloyd-Jones, M.D., Chair of Medicine at Northwestern University Feinberg School of Medicine expressed, “Obesity is the major epidemic that is facing the U.S. population right now. We know that people with obesity have substantial risk for developing diabetes, heart disease and certain types of cancer, and dying much younger”.⁴

Fat is no respecter of persons. Fat will attack and kill the religious and the non-religious. So, why are Christians not taking care of their bodies? Why has gluttony become the ignored sin in the Church? Even though the Bible gives direct caution against gluttony (Proverbs 23:2-3; Luke 21:34; Romans 13:13-14), the church is not heeding God’s warnings. Can the Church today have a greater impact on the world for the Gospel if its members are healthier and physically able to fully carry out the Great Commission? This thesis project will help answer these questions and help provide solutions from the Word of God for these issues and concerns.

² Scott Stoll, “Fat in Church”, *Fox News* January 04, 2013. (accessed January 16, 2013).

³ Jonathon M Sedi, “Do You Go To Church? You’re More Likely to Be Fat” *The Blaze* March 25, 2011. (accessed July 5, 2012).

⁴ Eryn Sun, Christian Post Reporter, *Firm Faith, Fat Body? Study Finds High Rate of Obesity among Religious*, March 24, 2011.

The Merriam-Webster Dictionary defines gluttony as “excess in eating or drinking, or also greedy or excessive indulgence”.⁵ The Oxford Dictionary states, Gluttony is a habitual greed or excess in eating.⁶ However, this author believes that gluttony is not just about food; rather it is the overindulgence on anything to the point of excess. Jeffery Olson defines Gluttony as, “the immoderate consumption of food arising from the unchecked appetite for something more than, or other than, what the Lord has provided and is therefore judged a sin by God.”⁷ The author believes that the sin of gluttony is one of the sins that a Christian can actually wear outwardly and everyone will see it. This sin seems to be the besetting sins among Christians. John MacArthur writes, “Sin is not merely a spontaneous act, but the result of a process. While sin does not result in spiritual death for the believer, it can lead to physical death.”⁸ If this is true, then why are Christians, who are made in the “image” of God, overindulging in food and not reflecting His image? Many Christians are labeled obese; however, solutions to the obesity epidemic in the United States do exist. Obese and overweight people just have to look in the Word of God for the answers for how to deal with the sin of gluttony. However, if the answer for the epidemic of obesity can be found in the Bible, then why

⁵ <http://www.merriam-webster.com/dictionary/gluttony>.(accessed May 15, 2012)

⁶ Oxford Dictionary, Gluttony. (Oxford University Press, 2013. Oxford Reference Online. Oxford University Press.)
<http://oxforddictionaries.com/definition/english/gluttony?q=GLUTTONY> (accessed January 23, 2013).

⁷ Jeffery Olson. “Once a Deadly Sin: A Reassessment of the Sin of Gluttony” (D.Min. Diss., Western Seminary, 2000), 22. (accessed January 19, 2013).

⁸ John MacAurther, *The MacArthur New Testament Commentary* (Nashville, TN: Thomas Nelson, 2007), 793.

aren't Christians hearing about it from the pulpit? Why aren't seminaries teaching future pastors how to live a healthy lifestyle and how to survive the physical demands of ministry without sacrificing their health?

In his book, *Margin*, Dr. Swenson writes, "Obesity, or the "rounding of America", is such a ubiquitous problem that one-fourth to one-half of all adults are on a diet at any given time."⁹ It seems every time the author visits a Church and its pastor, this phenomenon is found to be true. If seminaries were to teach its students "how to" take care of their health, those called into ministry would transfer and live this among their congregations and make it a priority. The Bible places a high priority on taking care of our temples, which are our bodies (1 Corinthians 6:19).

Many pastors are preaching on every sin known to man, yet the sin of obesity and overeating is for the most part neglected in churches. The recognized evangelical scholar, Evagrius of Pontus, wrote on the sin of Gluttony saying that,

Gluttony is the mother of lust, the nourishment of evil thoughts, laziness in fasting, obstacle to asceticism, terror to moral people, the imagining of food, sketcher of seasonings, unrestrained colt, unbridled frenzy, receptacle of disease, envy of health, obstruction of the bodily passages, groaning of the bowls, the extreme of outrages, confederate of lust, pollution of intellect, weakness of body, difficult sleep, gloomy death.¹⁰

Many pastors have not taken thought of Evagrius grim description. In fact, many are overweight and unhealthy themselves. "Although data is limited, research indicates that some of the most critical issues facing clergy appear to be in the areas of weight, mental health, heart disease and stress. A national survey of more than 2,500 religious

⁹ Richard Swenson, *Margin* (Colorado Springs, CO: Navpress, 2004), 97.

¹⁰ Francine Prose, *Gluttony* (New York: Oxford University Press, 2003), 9-10.

leaders conducted in 2002 by the Pulpit & Pew research project on pastoral leadership based at Duke Divinity School found that 76 percent of clergy were either overweight or obese, compared with 61 percent of the general population.¹¹

The same study also found that “10 percent of those surveyed reported being depressed – about the same as the general population – while 40 percent said they were depressed at times, or worn out “some or most of the time.”¹²

A survey of Lutheran ministers found that 68 percent were overweight or obese, while 16 percent of male pastors and 24 percent of female pastors complained of problems with depression.”¹³ Pastors often have the heart to care for everyone else, but in fact they too often neglect their own health which can make them fat, sick and nearly dead. Every pastor wants to have an impact with their life for the Gospel. Pastor Matthew Chandler writes in his book *The Explicit Gospel* regarding 1 Corinthians 15:1-4. He explains that “Paul is reminding the Christians of the Gospel. He is saying, ‘Don’t forget it!’ You were saved by it, will be sustained by it and are currently standing in it.”¹⁴ The Gospel is our evangelism bridge in creating and sustaining a weight loss program. While obesity is the problem, Pastor Chandler is suggesting that the Gospel is the mission and make-up of every pastor who leads this program on missions with Christ. Weight loss is

¹¹ Jonathan Goldstein and Ken Garfield, “Getting Fit: A New Plan Helps Stressed Clergy Move toward Wholeness”, *Duke Divinity School. Divinity Journal*. (2007).<http://divinity.duke.edu/publications/2007.09/features/feature1/2.htm> (accessed January 15, 2013).

¹² Ibid.

¹³ Bob Wells, “Which Way to Clergy Health?” *Fat and Faithful*, May 17, 2012 <http://fit4faith.org/2012/05/17/fat-and-faithful>. (accessed June 1, 2012).

¹⁴ Matthew Chandler, *The Explicit Gospel* (Wheaton, IL: LifeWay Christian Resources, 2012), 13.

not just about losing physical weight, but rather it is about losing the weight of sin. God will punish all people for all sin, this included gluttony. Gluttony is the result of craving more self-fulfillment rather than the glory of God.

Every pastor wants to glorify God and have an impact in people. However, this will not happen if pastors are not practicing good health and have the outward, wearable sin of gluttony in front of their congregations and community. This will affect both spiritual and physical health. What is presented as a priority from the pulpit will be a priority to the congregation. Christians need to learn that God cares about what people do with their bodies because a human body is the Temple of the Holy Spirit. If pastors and Christians are representatives of Jesus Christ, then they should be representing everything God desires. The Gospel is what saves one from sin by grace. Christians are saved from sin and should keep sin from tainting their testimony and God's temple (Romans 6). However, the sin of obesity is almost accepted as normal in churches. This as a result is a form of worldliness. How does it begin? The downward spiral to sin starts with concupiscence¹⁵ (1 Thessalonians 4:5-6), then moves to lasciviousness¹⁶ (Ephesians 4:19), and finally to a reprobate mind (Romans 1:28). John MacArthur defines worldliness as, "the sin of allowing ones appetites, ambitions, or conduct to be fashioned according to earthly values."¹⁷ It seems as if most Christians are reprobate in this area of

¹⁵ Defined as: A strong desire, <http://www.merriam-webster.com/dictionary/concupiscence>.(accessed May 3,2012)

¹⁶ Defined as: Lewd, lustful, <http://www.merriam-webster.com/dictionary/lascivious>.(accessed May 3,2012)

¹⁷ John MacArthur, *Ashamed of the Gospel: When The Church Becomes Like The World* (Wheaton, IL, Crossway Books.1993), 107.

gluttony, and even though they are under grace, they remain a poor testimony and negate the Gospel by not living it out in their daily lives.

In the Old Testament, if the high priest were to go into the Temple with sin or false worship in his life, he would never come out (Leviticus 10:1-2). God would kill him for lack of obedience to directives because He is holy. God requires purity, obedience, excellence, and the first fruits in one's temple, and obesity and gluttony are not in those categories. One could sum up what God requires in His Temple with just two words, the first and the best. Creating and sustaining a successful health and wellness ministry within the local Church will help pastors and Christians understand what the Bible says about how they should live in their bodies, and that living a healthier lifestyle will support and aid efforts to do the work of the Lord.

From the very beginning of the nomadic people with a portable Tabernacle, God gave Moses clear and specific instructions on how to care for and maintain the Temple (Exodus 25; Leviticus 19:9-18). The focus was on the building. The place of worship had to be a place of chronologically primary fruits, where God would get the best of everything; a place of excellence, where the high priest would do everything to the best of his ability. Then, the place of worship would be a place of purity for God to dwell. The Temple was sacred and also was very protected, unlike today. In the book of Acts, Stephen was put on trial by those who put Christ to death. One of the charges against Stephen was that he spoke against the Temple (Acts 6:13). Stephen's response, made a clear defense, as the Old Testament stated. God made it clear that He did not dwell in man-made places (Acts 7:47-50; cf. 2 Chronicles. 2:5-6; 6:18, 30).

The New Testament, however, goes on to teach the Church that the dwelling place of God is now the human body (temple) of born again believers found in the local Church. It is not a building, but rather, these people who constitute the body of Christ. The reality is that, we are to take care of our bodies because it is an obedient act of worship in our Temple. In the book, *Worship from the Tabernacle*, Barber et al writes, “There can be no true worship without obedience, no matter how costly that obedience is. In fact, the more costly the obedience the more an act of worship it becomes.”¹⁸ The correlation here falls within the New Testament where Paul says in Romans 12:1-2, “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”¹⁹ Why are Christians to present our bodies? Paul goes on to say in 1 Corinthians 6:19 that “the temple of the Holy Ghost is in you, ye have it of God, and ye are not your own.” The human body is to be presented and proved to be acceptable according to the will of God. These are not just the individual body with the ability to do what one wants to it, but rather it is God’s house, where in the Holy Spirit resides. Believers are the new temple, which God dwells in in order to function on a larger spiritual level. Therefore, Christians are to take care of the bodies and Christ’s Temple, and not to destroy it.

¹⁸ Wayne Barber, Eddie Rasnake, and Richard Shepherd, *Life Principles for Worship from the Tabernacle: a Bible Study* (Chattanooga, TN: AMG Publishers, 2001), 7

¹⁹ All Bible verses are KJV or otherwise noted.

Hence, “Paul knew that he had liberty to eat meat sacrificed to idols. He also exercised self-control for the sake of the Kingdom.”²⁰ If God is going to work in believers, then He must be able to work through them and on them. God never created people to be obese or gluttons. “Few archaeological remains exist of the foodstuff consumed by people in Biblical times. Archaeologist, using new filtration methods, including botanical analysis, have however, discovered the contents of ancient granaries from the settlement and monarchy periods. These underground silos contained the carbonized remain of the agricultural produce of that time; wheat and barley, as well as date and grape seeds.”²¹ It seems as if people have lost their way from times past in health, and today Christians are leading the charge in obesity and bad food choices. This should not be the case if all the answers for health and life are found in the Bible. In Psalm 107:20, the Bible states that “He sent his word, and healed them, and delivered them from their destructions.” The daily choices that people have been making with food and health are not wise. Christians are not taking into consideration the Holy Spirit’s role and how He would like to have input with regard to our food choices. Many times Christians ask God’s Spirit to move in their planned worship services, but for some reason they never ask Him to move within their planned potlucks. God’s people need healing with regard to obesity and gluttony.

Are Christians really living out the life God has for them? John MacArthur writes, “So the citizen of God’s kingdom is not supposed to feel at home in this world. Our

²⁰ Elyse Fitzpatrick, *Uncommon Vessels* (Stanley, NC: Timeless Text, 2007), 11.

²¹ Victor H. Matthews, *Manners and Customs in the Bible* (Peabody, MA: Hendrickson Publishers, 1995), 19.

citizenship belongs to the heavenly kingdom, and we are but strangers and sojourners in this world-put here to serve as ambassadors of the King.”²² Christians are representatives or ambassadors of the King, which means we are to represent Him with the way we look and live, and our behavior must match our belief.

AUTHOR’S AWARENESS OF HEALTH

As a boy, the author struggled with his weight. He grew up in an Italian household where eating was a continual, and pasta (starches) was always a course through the week. He was called “big-boned” and husky by family and friends. As he went through his teen years, he was in a continual battle with food. Looking back, no one taught him about having a balanced health and wellness lifestyle by eating healthy. During his high school and college years, he trashed his body with smoking, drugs, alcohol, and horrible eating habits.

In 1998, he joined the United States Marine Corps because he wanted to become disciplined. He knew that this was the direction that God wanted him to head in, but being a new Christian at the age of 24, he did not understand just how his life was going to change. His contract lasted four years in the USMC, and he was in the best shape of his life. He was at an athletic body fat, a runner and very healthy, which was a drastic difference from before.

God was working in his life and was calling him to preach. In 1999, he came to Capital Baptist Church (CBC) in Annandale, Virginia. In 2002, God made it clear that he

²² John MacArthur, *Beatitudes: The Only Way to Happiness* (Chicago, IL: Moody Publishers, 1998), 11.

was to leave the USMC, marry the woman he loved, and join the staff at Capital to work full time with the youth and music ministries.

When first joining the staff, it was his desire to start an aerobics/strength training class at Capital, but the idea was not encouraged by the pastor who himself was morbidly obese and really had no interest for this type of ministry because he didn't see the need for it. As the years went on, the author's youth ministry grew. The bad news was he grew too. He was new to full-time pastoral ministry, which was high stress with all the studying, learning to preach and reach people, working hard at visiting families, inviting and doing what he could to help grow the ministry. He ended up taking his eyes off himself and instead put his focus on the new ministry. He stopped the intense exercising and working out, and began to focus on his ministry while he was eating pizza almost every Sunday Night, at Saturday youth events, and at mid-week meetings before starting visits in the community. The sad part was the author craved this food every week in that his behavior became adapted to unhealthy food in healthy quantities.

Distracted eating patterns and lack of exercise persisted for five years. By 2007, a former six-pack set of abs became a bloated two-fold, and he was frequently not feeling well. Inconsistent attempts to regain regular exercise proved frustrating as these habits did not yield the same results achieved in the Marine Corps. His habits and lifestyle had changed. His family had grown with the addition of two daughters, and his health began to deteriorate. He realized that he was getting too large as he went from a 32-inch waist at 185 pounds to a 38 inch waist at 238 pounds (his highest). He went to the doctor, and the doctor told him that he was on the borderline of having a heart attack and his cholesterol was extremely high at 270. Was the author glorifying God with this report?

The author was convicted and realized glory was not being honored with this unhealthy appearance. The author echoes, the words of John Piper, “Contained in these sentences (from the doctor, emphasis mine) were the seeds of my future... If my life was to have a single, all satisfying, unifying passion, it would have to be God’s passion.”²³

In 2007, God led the author to do a juice fast for 38 days, during which he prayed and asked God to cleanse him of gluttony, obesity and to change his body with water, vegetable and fruit juices that he was drinking (the author does not suggest this for everyone, but rather this was a leading of the Holy Spirit). Fasting does a few things in partnership with the Spirit of God. Fasting helps align our bodies to God’s Spirit (I Corinthians 9:27), fasting is spiritual disciplining and self-control. (Proverbs. 25:28), fasting is denying our flesh-desires to the spirit-desires. (Galatians 5:17), fasting helps set the priorities and focus in our lives, (Matthew 6:33), and fasting is longing after God, which brings us to a state of true worship (Psalms 63:1-2). After fasting for 38 days, the author’s weight fell down to 178 pounds. He felt weak, but also felt great and clean. Carole Lewis writes, “You and I must have a plan if we are ever to accomplish anything worthwhile or lasting. We must take that first step. We must also keep walking until we get to our goal.”²⁴ The author’s life has changed because of the Holy Spirit conviction which eventually led to creating a health ministry. The author had to come to the point of taking that first step to a new goal of living a healthy life again.

Over time, the author got back into the gym and began to follow a healthy lifestyle plan. At about the same time, God spoke to the senior pastor, the author’s boss,

²³ John Piper, *Don’t Waste your Life* (Wheaton, IL: Crossway Books, 2007), 28.

²⁴ Carole Lewis, *Live Life Right Now* (Ventura, CA: Regal Publisher, 2012), 81.

Steve Reynolds about his weight. Pastor Reynolds was a very large man and was going to die if he did not change his lifestyle. Steve came to the author in confidence and said that he felt God speaking to him about his weight, and that the senior pastor needed to do a Bible based teaching series on the things that hold us back from being the best that God made us to be. Because the author's job is the Executive Pastor and "Creative Think-Tank" at the Church, he went to work on helping craft and create a program that would help his pastor share what was happening. The author and his pastor started their health ministry together with a sermon campaign that launched a great outreach series on the body, and drew a great crowd to kick it off. In January of 2007, they called, this new campaign series, Bod4God. They started by taking the negative word "D.I.E.T." which most people despise, and refreshed it into four keys that had helped Steve Reynolds, the author, and others lose weight. These four keys are what Pastor Reynolds and his team used to lose weight and keep it off.:

- Dedication: Honoring God with your body,
- Inspiration: Motivating yourself for change,
- Eat and Exercise: Manage your lifestyle habits
- Team: Build a circle of support.

The author's health was back on track again and he was feeling great, except for the fact that he could not keep his cholesterol down. In 2010, the author made an appointment with a nutritionist to help him walk through his food intake. The Nutritionist explained that cholesterol is related to animal product consumption and not fruits and vegetables. The doctor told the author that he was going to put him on a medication to control his cholesterol. The author refused, feeling that he was too young to be on regular

medications. Instead, he made a deal with the nutritionist that if he could prove that eating vegan he would have no need for medicine. He would stop eating meat for 30 days, and if after one month his cholesterol was lower, he would not have to go on medication. After the month, it went from the 270's to 107, just by cutting out all animal products except fish. The author's doctor and nutritionist were impressed. God and common sense had cured the author. Leader, John Haggai said, "You can't expect to lose weight (if that is your goal) when you have an uncontrollable craving for fatty foods. You must change your behavior first."²⁵ The author aligned his belief and his behavior together in order to change his health.

THE STORY OF CAPITAL BAPTIST CHURCH'S HEALTH MINISTRY

After launching this sermon series called Bod4God: Four Keys to a Better Body, the author and Pastor Steve Reynolds had no idea that God would bring a Washington Post writer to CBC. The next Sunday, Pastor Reynolds and CBC were on the front page of the Washington Post newspaper.²⁶ It started with "Saving souls is serious business for Annandale Pastor Steve Reynolds, So is Losing Weight."²⁷ Just a short time later Steve Reynolds, was on the primetime Neil Cavuto show *Your World* on Fox News. This journey and story is continuing. CBC has become the Church known for health and

²⁵ John Haggai, *The Influential Leader* (Eugene OR: Harvest House Publishers, 2009), 6.

²⁶ Jacqueline L. Salmon, "Calling the Flock to God, Away from Fridge" *Washington Post*, January 22, 2007, Front page.

²⁷ *Ibid.*

weight-loss, and Pastor Reynolds has been dubbed, America's Anti-Fat Pastor, by Fox News. Pastor Reynolds understood the concept of obesity and diabetes because he had these health issues, and he wanted to change it through a lifestyle change. God blessed his wish. Dr. Don Colbert's research emphasizes this point that, "weight control is a powerful key to the reversal and the prevention of diabetes,"²⁸ with which many Americans are struggling. Reynolds reversed his diabetes and high cholesterol and so have many others. CBC definitely keeps helping people in the Church and in the culture. This author believes that, CBC is addressing the "potluck" praise epidemic, and the people keep coming to hear the message. The author's validity in the topic of weight loss, campaigns and study has happened only by the eye-witness account of the sovereign blessing of God in the Church. This journey has been God's doing, not CBC or its creative leadership.

IMPORTANCE OF THE PROJECT

The epidemic of obesity is a huge problem in the United States. However, the reality of this issue is that obesity is preventable. Obesity is the "second most common cause of death second only to smoking. It is estimated that more than seventy-two million people are considered 'obese' with a body mass index (BMI) of 25 or more."²⁹

Looking around the Church today, we see these truths exposed right in the Church seats

²⁸ Don Colbert, *Reversing Diabetes* (Lake Mary, FL: Charisma House Book Group, 2012), 126.

²⁹ U.S. Department of Health and Human Services. Centers for Disease Control. National Center for Health Statistics. "Adult Obesity in the United States." Hyattsville, MD, Newsletter Vital Signs August 2010, <http://www.cdc.gov/vitalsigns/adultobesity/> (accessed August 9, 2012).

and in the pulpit. The Centers for Disease and Control and Prevention (CDC) states, “No state has an obesity rate less than 15%, the national goal.”³⁰ “The majority of the adult population in every U.S. state can be classified as overweight or obese, based on Americans' self-reported height and weight. This means that millions of people are at a high risk for developing if they haven't already costly and deadly chronic illnesses such as diabetes and high blood pressure.”³¹ The Bible says that Pastors are told to live above reproach (1 Timothy 3:2), to be extremely careful of their actions, and to not even have the appearance of evil. However, they seem to think that obesity is exempt from the list of sins. Pastors and Christians have become apathetic in this area, and the worst offenders in this health crisis. The author’s current city located in a Northern Virginia suburb right outside of Washington DC is ranked in the top ten as having the fattest children in the nation.³² Our Church prayer lists are filled with digestive problems, gallstones, cirrhosis, sleep apnea, high blood pressure, and diabetes, and the list goes on and on. All of these health issues can be related to being overweight or obese.

The author believes that the more pastors talk about this the more churches can have an impact to the people around them. This project will benefit the academic community as it is focused on educating people on the need to get healthy. It is a faith-

³⁰ Ibid.

³¹ Elizabeth Mendes and Kyley McGeeney, “In U.S., Majority Overweight or Obese in All 50 States” August 16, 2012. <http://www.gallup.com/poll/156707/majority-overweight-obese-states.aspx>.(accessed October 17, 2012)

³² Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF), <http://healthyamericans.org/reports/obesity2011/Obesity2011Report.pdf>.(accessed May 16,2002)

based approach to weight loss and getting fit. A weight loss program should be faith based. Why? Without it one will focus on a self-driven life only and not the reality of death that awaits him or her. Francine Prose writes,

In our modern, industrialized world, reminders abound about overeating, but the fear of hell has been replaced by the fear of bad health and an early death, or even death itself. “Our obsession with living forever means that we are doubly affronted by the spectacle of the obese, whose flesh seems to be making a statement that the pleasures of the moment have been chosen over the promise of longevity. Doesn’t that fat man want to live? The so-called glutton is a walking rebuke to our self-control, our self-denial, and to our shaky faith that if we watch ourselves, if we do this and don’t do that, then surely death cannot touch us.”³³

Unfortunately, death awaits every person on earth; however Christians can maximize their testimony through the local church and into the world by having self-control in this area of obesity. This project will benefit the Christian ministry field by teaching Pastors and Christians that the answers to their weight issues that can be found in the Bible. Gluttony is the most visible of the sin vices, “it affects at least that third of the American population who is considered overweight.”³⁴ Hence, the sin of gluttony needs a very different approach to weight loss, which Pastor Reynolds discovered and focused on the four keys³⁵ to a better body found in God’s Word.³⁶ People are supersizing their meals and not their Master, Jesus Christ. CBC has accepted the mission

³³ Marietta Pritchard, “Gluttony: A Lifetime Supply Of Sausage,” *Commonweal*; (Dec 19, 2003): 20 (accessed January 19, 2013).(accessed Janury19, 2013)

³⁴ Gary P. Gillum, “Envy: The Seven Deadly Sins Gluttony: The Seven Deadly Sins”, *Library Journal*. September 15, 2003, 62. (accessed January 19,2013)

³⁵ Dedication: Honoring God with your body, Inspiration: Motivating yourself for change, Eat and Exercise: Manage your lifestyle habits and Team: Build a circle of support.

³⁶ Steve, Reynolds, *Bod4God: Four Keys to Weight Loss* (Ventura, CA: Regal 2009), 23.

to address this health crisis from a Biblical perspective. Steve Reynolds, America's Anti-Fat Pastor, emphasizes that gluttony has become the acceptable sin in the Church, a fact that very few pastors are talking about. He believes that his CBC has been chosen by God to lead the charge of fighting the battle of the bulge."³⁷ The goal for this project is to promote awareness of the seriousness of the epidemic of obesity in our culture and in local Churches while moving people into action to combat the issue together as a Church body.

God gives directives against gluttony in the Bible. The Bible addresses this concept early on in Genesis 3, where the forbidden fruit was the object for wanting more, gluttony. It was in Numbers, that we see the concept of gluttons in graves. Numbers 11:34 says, "So that place was called Kibroth-hattaavah (which means "graves of gluttony") because there they buried the people who had craved meat from Egypt." God provided a sustaining manna, but the people of Israel wanted a feast of Egypt, so God gave them quail in excess to reflect their glutton hearts. It seems that today we address every other sin done outside the temple, but we rarely address this sin, an activity that affects all people both inside and outside of the temple. People are eating whatever they want and as much as they want. Many Christians are more concerned about satisfying their flesh than on doing the work of the Kingdom. The author feels that food is being confused with fun and not for fuel. Joel Weber and Mike Zimmerman say "Food is power. The power to lose weight, the power to build muscle, the power to feel energized,

³⁷ Jacqueline L, Salmon, "Pastor Calls Flock Away From the Fridge", *Washington Post*, Friday, January 26, 2007.

the power to beat disease and disability.”³⁸ People need food; however, education regarding food is really what people really need. America is headed for a grave of destruction from gluttony, just like Sodom and it is time to sound the alert.

The Bible says that the people of Sodom had a gluttony problem. In Ezekiel 16:49, we see that Sodom's sins were pride, gluttony, and laziness, while the poor and needy suffered outside her door. Proverbs 23:21 states, “for the drunkard and the glutton will come to poverty, and slumber will clothe them with rags.” Ken Ferraro, from Purdue University, states that Christians are the most overweight people group. “America is becoming known as a nation of gluttony and obesity, and Churches are a feeding ground for this problem,”³⁹ This study is a follow-up to one Ferraro published in 1998 that showed a correlation between weight and religious practices. Ferraro found there were “more obese people in states with larger populations of people claiming religious affiliations, especially in states with a higher number of Baptists.”⁴⁰ In addition, a surprising new link between obesity and regular religious participation has been discovered among God-fearing believers. A study found that young adults who regularly attended religious services were fifty percent more likely to become obese by the time

³⁸ Joel Weber and with Mike Zimmerman, *The Men's Health Big Book of Food & Nutrition: Your Completely Delicious Guide to Eating Well, Looking Great, and Staying Lean for Life!* (New York: Rodale Books, 2011), 42.

³⁹ Ferraro, Ken, Study Finds Some Faithful Less Likely to Pass the Plate, 2006 <http://news.uns.purdue.edu/html4ever/2006/060824.Ferraro.obesity.html>. (accessed September, 20, 2012).

⁴⁰ Ibid.

they reached middle age. “We had previously found that those with high religious involvement were more likely to be obese,”⁴¹ stated the lead investigator.

But we wanted to follow people over time to make sure that people who are religious are more likely to become obese, not that people who weigh more are more likely to turn to religion. As the first longitudinal study to examine the development of obesity among the religious, researchers tracked 2,433 men and women who were between the ages of 20 to 32 for eighteen years. Forty-one percent of the participants were black and mostly women. Even after controlling factors such as age, race, sex, education, income, and baseline body mass index, 32 percent of those who attended services the most became obese by middle age, while 22 percent of those who attended services the least became obese. In this study, attending a religious function at least once a week was defined as high frequency of religious participation.⁴²

The church in America has a major problem, they are destroying themselves, and Satan is winning with the battle of the bulge. People are getting larger and larger, and it is trickling down into our children. The CDC reported that in 2008, more than “one third of children and adolescents were overweight or obese.”⁴³ This problem is not going away. Our churches need to be teaching on and supplying the answers for America’s sin.

THE STATEMENT OF THE PROBLEM

This thesis will focus on creating and sustaining a health and wellness ministry within the local Church. Why are Christians the most overweight people group in the

⁴¹ Cathy Linn Grossman, “Study: Young Adults Firm in Faith, More Likely Fat by 50,” *USA Today.com*, February 25, 2012. <http://content.usatoday.com/communities/Religion/post/2011/03/obese-fat-religious-young-adults/1#.UB7mRvZIRcQ>.(accessed March 5, 2012).

⁴² Ibid.

⁴³ Center for Disease and Control and Prevention, *Childhood Obesity*. <http://www.cdc.gov/healthyyouth/obesity/facts.htm>.(accessed, November 11, 2012).

world? Is obesity a hindrance to fulfilling the purpose that we, as Christians were created to do? The local Church should not only be a place that promotes spiritual health, but one that promotes and advocates for physical health and wellness. The author will outline how his Church, CBC, is making a growing and sustaining impact within the local Church, community and throughout the United States, while meeting a vital need in today's culture. The major construct of the study will show local Churches how to use this program, how to create and sustain it and the benefits of implementing it. The data will prove that the local Church can be a place for both physical and spiritual wellness, while it changes people's lives one pound at a time. This document will be a tool for other local Churches to use in starting and sustaining a health and wellness program and will show people that the Bible has the answer to the epidemic of obesity.

The major construct of the study will show local churches how to use this program, how to create and sustain it, and the benefits of implementing it. The data will prove that the local Church can be a place for both physical and spiritual wellness, while it changes people's lives one pound at a time. Shannon Kay McCoy writes, "The only way for the glutton is to overcome the flesh is to walk in the Spirit. Walking in the Spirit of God keeps the counselee from falling into the sin of gluttony. This is a daily battle and is sometimes moment by moment."⁴⁴ This issue is not going away any time soon and the church needs to become more aware and educated in this area of gluttony. The data presented is to use in creating and sustaining a health and wellness program and will

⁴⁴ Shannon Kay McCoy, "Overcoming Gluttony: Eating to the Glory of God" D Min. diss., The Masters Counseling, Masters Seminary, 2009) 108. (accessed January 19, 2013).

show people that the Bible has the answer to the epidemic of obesity, if they learn to walk in the Spirit.

PROJECT SPECIAL TERMINOLOGY

Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the "body mass index" (BMI).⁴⁵ BMI is used because, for most people, it correlates with their amount of body fat. An adult who has a BMI between 25 and 29.9 is considered overweight. An adult who has a BMI of 30 or higher is considered obese.⁴⁶

Bod4God: The Four Keys to Weight Loss: A Bod4God lifestyle is one that focuses on the four keys to weight loss, which are as follows: 1: Dedication: Honoring God with your body; 2: Inspiration: Motivating yourself for change; 3: Eat and Exercise: Managing your habits; 4: Team: Building your circle of support.⁴⁷

Losing to Live Weight Loss Competition: A Losing to Live Weight Loss Competition is a faith-based weight-loss program that was birthed out of the author's Church. It is based on a team approach to weight loss and healthy living. The

⁴⁵ Center for Disease and Control and Prevention: <http://www.cdc.gov/obesity/adult/defining.html>.(accessed, November 11, 2012).

⁴⁶ Ibid.

⁴⁷ Steve Reynolds, *Bod4God: Four Keys to Weight Loss* (Ventura, CA: Regal, 2012), 14.

competitions take place over a 12-week time span, during which each participant uses the book *Bod4God: The Four Keys to Weight Loss* and the companion *Bod4God DVD Series*⁴⁸, plus group starter tools to aid in meeting their weight-loss goals. Each participant is assigned to a team, and the teams meet once a week. All the participants have the same goal, which is to lose weight.

This competition offers participants an opportunity to lose weight in a fun and supportive environment. The program has been designed to help overweight people get from overweight to healthy. There are two ways to approach the competition: personally or as a team. In the personal challenge, you compete against yourself. In the team effort, group members work together to encourage each other. There are three unique things that make this approach so successful: the first one is that the program is Biblical. People will learn how to apply the Bible to their weight-loss goal. Second, it is personal. People will learn how to craft their own lifestyle plan...Lastly, the program is incremental. People will learn how to make small steps to life that will slowly but surely lead them to a new place in weight and health.⁴⁹

THE STATEMENT OF LIMITATIONS

This project and data sample will focus on five churches that are primarily located on the eastern border of the United States. The sample selected to participate in this study is limited to Evangelical Protestant Churches that have implemented the Losing to Live Weight Loss Program and have successfully completed at least two weight loss competitions with or without their pastor's support and involvement. This program is a preventative health program that is run by the church individually. It is recommended that each participating church set up their own waiver of liability for participants to sign when enrolling in the program.

⁴⁸ Steve Reynolds, *Bod4God, DVD*. Lynchburg, VA: Innovative Faith Resources, 2011.

⁴⁹ Ibid.

THE THEORETICAL BASIS FOR THE PROJECT

The theoretical basis for this thesis is to show people that God made their body and that their body is to glorify God and is not for the gratification of self. Christians find the basis for this in Colossians 1:16, “For by Him all things were created, both in the heavens and on earth, visible and invisible, whether thrones or dominions or rulers or authorities, all things have been created through Him and for Him.” The local Church has taken the concept of wellness and has ignored it. This is evident with the rise of obesity within the Church and within our culture. The three actions in this verse describe why they should care about our bodies, “by Him, in Him and for Him.” This shows that God is the creator and controller of the human body. The human body should bring glory to God and not to self. Christians are managers of God’s property, and the author will use this to show that what one does with their bodies and bellies matters to God. The theory is to get pastors to “think” on how they are living. In the book, *Mind for God*, White writes, “To this day we call ourselves, Homo-sapiens, which means ‘thinking beings’. This is not simply a scientific classification; it is a spiritual one. We were made in God’s image, and one of the most precious and noble dynamics within that image is the ability to think. It is simply one of the most sacred reflections of the divine image, in which we were created. It is also foundational to our interaction with God.”⁵⁰ This project is not a mere rant on obesity, but rather it is a tool to help people think about their behavior while

⁵⁰ James Emery White, *A Mind for God* (Downers Grove, Ill.: IVP Books, 2006), 15.

they live in the image of God. A health and wellness program is about living the life that God created one to live. It crosses all demographics of all faiths and cultures. Jesus was in health, and His Church should be too. This study will also look at Satan and his plan for Christians, walking in the Spirit, and how a circle of support is the best option for anyone to push through and lose weight.

In 3 John 1:2, John is writing a prayerful wish for Gaius, his brother and friend, and uses the word “prosper” (εὐοδόω), which also occurs with the word soul. This is having respect for a friend’s physical well-being. This literally means having a good journey and getting along well. John desires that everything is going well for his friend and that Gaius is in great health both physically and spiritually. John also desires that his friend should prosper in truth. The author will discuss that God’s desire is that His children be in health (ὕγιαίνω) and prosper for Him in order to carry out the Great Commission in truth. An obese Church is not in health physically or spiritually, and it is obvious that it is not well either.

Christian’s bodies are to be used to magnify God so that others can see Him in how they manage their bodies. Christians are to bring glory to God with their bodies. In Philippians 1:20-21 ⁵¹, the Bible tells us that we are to be waiting and looking to, giving direct attention to anything that God has said. God tells us that we are to be having great expectations (ἀποκαρδοκία) for him to work and move in our lives while paying close

⁵¹ “ According to my earnest expectation and my hope, that in nothing I shall be ashamed, but that with all boldness, as always, so now also Christ shall be magnified in my body, whether it be by life, or by death. ²¹ For to me to live is Christ, and to die is gain.”

attention to the hope with a believer has in Christ. The passage also states that we are not to be ashamed or disgraced by our lives. In the author's opinion, it would seem as if a believer should feel a sense of shame from not taking care of the body God gave to them. Psalm 119:33 explains that Christians need to be convinced that the Lord will teach them through the Bible what He desires for their life. This takes prayer and hearing God's voice to teach ourselves. The theology in Matthew 16:24-25 states that our lives are not for gratifying ourselves but for glorifying the Lord. Believers must deny, "Give up," their desires and look to what God desires for them. To be a healthy Christian one must deny himself and the lusts that come with self-cravings like food and one must show the Church that it is not all about potlucks, but rather about praising God with our lives.

We also know that the traitor Satan has a plan that is contrary to God's plan for our lives. In John 10:10, one sees that Satan wants to kill people; however, Jesus wants them to have life. In a recent article in *Woman's Day Magazine*, "Losing Weight Saved Our Lives", Bob and Ann Dawson, who were obese and facing health related death, chose to take drastic measures to change their lifestyle and restore themselves back to health. Every time they hit a goal, they celebrated life together. They write, "The Dawson's had a good nature competition to see who would get to their goal weight first, they would treat themselves to something special"⁵². This special treat, the article goes on to say, was not food related, but was materialistic in nature like shopping. Whatever people need to do to motivate them to life, they must push themselves to want to live in order to bring God glory.

⁵² Sullivan, Dana Losing Weight Saved Our Lives, *Woman's Day Magazine* 74, no. 9 (June 2011): 114. <http://www.womansday.com/health-fitness/diet-weight-loss/losing-weight-saved-our-lives-118171>.(accessed July 19,2012).

Christians and Churches should be helping people to take back their lives. Jesus wants to give people life. In fact, “God is characterized by life.”⁵³ It is his essence. He is a “Living” God. God has no dependence on anything else outside of Himself in order to live. Once a person understands that God is not dependent on humans, he will understand his purpose in living. Erickson writes, “A proper understanding of this aspect of God’s nature should free us from the idea that God needs us. God has chosen to use us to accomplish his purposes, and in that sense he now needs us.”⁵⁴ For these reasons, this is why people should desire to live life to its fullest and abundantly. Rick Warren said it best in this short phrase, “It’s not about you!”⁵⁵ The truth in this passage is that Jesus wants to give believers the spiritual nourishment they need in order to live. Satan, on the opposing side, wants believers to be undernourished and starving from the truth. Explaining this Scripture will help believers see what is really going on with obesity and nourishment both in the physical and the spiritual sense. Galatians 5:16 explains that all food is a spiritual decision. What one does with the Holy Spirit at the table matters. The Holy Spirit must encompass every aspect of a believer’s life so that their bodies will have divine control from God. This means we should be excellent in how we live to reflect true worship in the Spirit. In the book *Engage*, the authors write, “Excellence is doing the

⁵³ Millard, Erickson J, *Christian Theology* (Grand Rapids, MI: Baker Academic, 2007), 298.

⁵⁴ Ibid.

⁵⁵ Rick Warren, *The Purpose Driven Life* (Grand Rapid, MI: Zondervan, 2002), 17.

best you can with what you have been given.”⁵⁶ If believers know that God is excellent and His spirit resides in them, then how can people settle for anything less than what God’s character is? The Holy Spirit is our only deliverance from lust and the temptations that come our way during life’s journey. We must walk “excellent” in the Spirit when it comes to our eating. In James 4:17, it says that if a Christian knows that it is wrong to be obese and then does it anyway this is living in sin. Knowing what is good and pleasing to God and not doing it is sin. God can never work through a dirty vessel; He can only work on it. The faster a person makes a choice to do right, the better off he will be in relationship with God. The journey is not easy. Dr. Joel Furman, expert in caloric nutrition, writes, “Eating has emotional and social overtones. It is especially difficult to break addiction. Our American diet is addicting...”⁵⁷ The journey is difficult, but it is achievable. Weight loss can be accomplished greater with a great church team and a biblical pastor behind one’s journey.

When dealing with temptation, 1 Corinthians 10:6 reminds believers “Now these things were our examples, to the intent we should not lust after evil things, as they also lusted”. Believers should not desire the evil that drags them down. Rather, a believer must live differently. A Christian’s life comes from Christ alone and not the world. This passage shows that a person must be born again in order to truly be in life and in total health. Without being saved, a person will continue to strive to be healthy but in the

⁵⁶ Nelson Searcy, Jason Hatley, and with Jennifer Dykes Henson, *Engage: A Guide to Creating Life-Transforming Worship Services* (Grand Rapids, MI.: Baker Books, 2011), 131.

⁵⁷ Fuhrman, Joel. *Eat to Live: The Revolutionary Formula for Fast and Sustained Weight Loss* (New York, NY: Little, Brown and Company, 2005), 9.

spiritual realm will remain sin stricken and under the curse of being separated from Christ, the only one that can give them total health.

This is why 1 Corinthians 9:27 reminds Christians that believers have to bring their bodies into subjection. In other words, we have to tell our bodies what to do, not the other way around. In today's culture, we excessively often go with what feels good and not with what honors God. Christ is the only one who can help people in all our infirmities. In Philippians 4:13, we are told that we cannot do anything in our own strength. Jesus Christ alone is the giver of strength and the willingness to do all things. Christians can do all things through Christ because He is the power source and not self-will through self-help.

In Psalm 139:14, we are told that the entire human body is amazing and wonderful. God's detailed articulation makes humans special and unique. We are not primal ooze or an accident. We are miracles made by God and for God. A person must understand that he is custom made. Balance in our bodies in daily living should not be idolized, but managed with honor and amazement. 1 Thessalonians 4:4 explains that our bodies were never meant to be trashed with lust. Many times, we trash the temple of God, the place where the Holy Spirit lives. This passage states that believers should possess their bodies with honor and separation.

In Proverbs 23:2, God states that one must take drastic measures if one is given to gluttony. This is a serious issue as God gives clear warning not to physically cut one's throat, but rather that death is found in overeating. Luke 18:1 tells us that that man ought always to pray, and not to faint. This passage explains that prayer has to become the main ministry of the person in order to succeed in overcoming sin. People are to pray and

ask God to lead, direct and show one how to live and how to eat. If one fails to do this, there are only two choices, pray or one will faint. If we do not pray then we will fail; however, God does not want us to fail. In Romans 13:14, the Bible explains that putting on Christ will allow God to encompass people in His righteousness. If one does this then they will have the ability to make no provisions for the flesh. This will result in personal desires not being fulfilled and will result in fleeing from lust. When this takes place, we begin to see 1 Corinthians 10:31, that in all things, including whatever we put in our mouths, one must glorify God. Eating is a spiritual choice and Church fellowships meals need to be looked at with the question in mind, “Will this meal glorify God?” Why do we ask God to bless food that is not nourishing to us? All eating should result in conducting a spiritual exercise to make sure that God is pleased with our food choices. We are to eat and drink to the glory of God.

THE STATEMENT OF METHODOLOGY

This project will help local churches become aware of the seriousness of the epidemic of obesity within the church and our culture, and will assist the church in promoting action to combat this epidemic. Losing to Live will discuss in depth the theology of the body, why a health and wellness program is a necessary ministry in the church, how a church can successfully implement a health and wellness ministry, and a sample of five churches within the eastern United States that currently have successful health and wellness ministered. The five Churches surveyed have created and sustained health and wellness ministries provided their results in order to show how and why this succeeded and gave insight to what does not contribute to success.

REVIEW OF THE LITERATURE

The following is a brief look at the literature that will be used related to creating and sustaining a health and wellness ministry, to gain insight on the epidemic of obesity within our culture and within local churches and to help in creating a “how to” manual to help churches start their health ministries.

Ahima, Rexford S. "Digging Deeper Into Obesity." *The Journal of Clinical Investigation* 121, no. 6 (June 2011): 2076-2079. (accessed March 13, 2012). This article will assist the author in showing that obesity is a major problem and getting worse. The growing problem of obesity is associated with many health concerns including increased risk of diabetes, hypertension, heart disease, sleep apnea, and cancer. Obesity promotes disability, decreases productivity, and shortens life span. Although much attention has been focused on diet and exercise, these strategies alone are not effective in preventing obesity and maintaining weight loss. The article will help with the important concepts in the author's understanding of obesity and its complications.

Borgonovi, Francesca et al. "Exploring the Relationship Between Education and Obesity." *OECD Journal: Economic Studies* 2011, no. 1 (December 2011): 121-159. Business Source Complete, EBSCOhost (accessed March 13, 2012). An epidemic of obesity has been developing in countries over the last 30 years. This scholarly article addresses the social gradients in obesity that was assessed across the entire education spectrum, its overall effect and within different population sub-groups. This will help one better understand the underlying mechanisms of the relationship between education and

obesity. This article will show that Churches need to educate people, and that the Church needs to be a place of wellness and not sickness.

Banks, Adele M. "Faith in Action: Churches Say 'Let's Move'." *Jet* 119, no. 2 (January 17, 2011): 38. (Accessed March 13, 2012). This article will show that the more one moves, the more one can lose, and that the local Church needs to be on the move. The first lady of the President of the United States speaks on her program and how it is working in the lives of others.

Brown, Biro, et al. "Designing and Pilot-Testing A Church-Based Community Program To Reduce Obesity Among African Americans." *Association of Black Nursing Faculty Journal* 21, no. 1 (2010 Winter 2010): 4-10. (accessed March 13, 2012). Obesity raises the risk for many chronic diseases and results in poor health outcomes. According to the article and research, African Americans have the highest rates of excess weight in the nation, and standard weight management programs have not worked well with this population. This article describes the results of the first-year nutrition education/exercise-fitness program. Participant feedback indicates notable shifts toward healthier food choices, cooking methods, and exercise habits, as well as increased motivation, improved health indicators, and revamped Church menus.

Chilton, Floyd H, et al. "Effect of a multifaceted, Church-based wellness program on metabolic syndrome in 41 overweight or obese congregants." *Preventing Chronic Disease* 7, no. 4 (July 2010): A81. (accessed March 13, 2012). This article will assist the author by showing that the rise in obesity, poor-quality diets, and low physical activity has led to a dramatic increase in the number of Americans with metabolic syndrome and

diabetes. This article will show that the attempting of Church based wellness programs is an outreach to help these issues and offer support.

Church, Tim. "Exercise in obesity, metabolic syndrome, and diabetes." *Progress in Cardiovascular Diseases* 53, no. 6 (May 2011): 412-418. (accessed March 13, 2012).

This article will show that there is a need to bring one's belief and behavior together.

There is strong evidence that even a moderate amount of weight loss achieved through changes in diet can reduce the risk of developing Type 2 Diabetes. For the purpose of general health, exercise programs should have both aerobic and resistance training components. For the purpose of weight loss, the combination of the right balance between eating and reduced energy intake has been found to be more effective.

Colbert, Don. He is a board certified, Christian medical doctor in family practice and anti-aging medicine. Dr. Colbert is an internationally known expert and prolific speaker on integrative medicine (a combination of traditional and alternative medicine). He is a best-selling author of over 40 books, and his books are required reading at many medical schools around the world. The author will be using several of his books and research because he is a world renowned Christian medical doctor which will give weight to this particular topic.

Colombi, Alberto, M., and G., Craig Wood. "Obesity in the Workplace: Impact on Cardiovascular Disease, Cost, and Utilization of Care." *American Health & Drug Benefits* 4, no. 5 (September 2011): 271-277. (accessed March 13, 2012). This article focuses on forecasting the future of cardiovascular disease. The American Heart Association calls for preventive strategies with particular attention to obesity. The article states, "The association between obesity and cardiovascular disease, including coronary

artery disease and diabetes, is well established. The rise of obesity in the workforce may have additional implications for employers and employees besides the demonstrated effects on absenteeism and workers' compensation." This article will show that at work you can actually be killing yourself through your day by not taking care of yourself. However, one is able to make the changes needed for success in their Church environment.

Crabb, Dr. Larry. *The Papa Prayer: The Prayer You've Never Prayed*. Brentwood, TN: Thomas Nelson, 2007. Prayer is a huge part of losing weight, and this concept must be addressed in the local Church so that people can rely on God for strength on a personal level. Crabb defines relational prayer in that it is believers communicating in an authentic way with God. Believers need to learn to hear from God in practical ways. The insight of prayer is very important to conquer one's inner battles, especially obesity.

Eaker, J. Ron. *Healthy Habits for a Fit Family*. Grand Rapids, MI: Revell, 2011. This book will assist the author in showing that creating a healthy lifestyle in families turns into healthy habits for success and will lead to a healthy Church. The key to long-term health is to get the entire family involved. Dr. Ron Eaker presents practical and livable ways to lose fat and achieve lasting health and wellness. Together families can stop the cycle of family-related weight problems, can get fit with age-specific plans that pursue physical, emotional, and spiritual health and can enjoy life.

Eckman, David. *Sex, Food, and God: Breaking Free from Temptations, Compulsions, and Addictions*. Eugene, OR: Harvest House Publishers, 2006. David Eckman explains how appetites can dominate the lives of men and women. This book

will be used to surface the types of temptations that are used against the body and how, if used, will lead to an unhealthy lifestyle.

Erickson, Millard J. *Christian Theology*. 2nd ed. Grand Rapids, Mich.: Baker Academic, 1998. This theology book will assist in the theological terminology of the body and the theology of the body.

Fuhrman, Joel. *Eat to Live: the Amazing Nutrient-Rich Program For Fast and Sustained Weight Loss*. Rev. Ed. New York: Little, Brown and Company, 2011. Dr. Fuhrman's discovery of toxic hunger and the role of food addiction in weight issues are explained within this thesis. It instructs readers on how to leave behind the discomfort of toxic hunger, cravings, and addictions to unhealthy foods. This book will be used to contrast what the Church needs to think when confronted with a deadly potluck and what they could serve within their local Church. God is all about thinking healthy, and having a mind for God will assist in this process.

Health, First Place 4. *Growing in the Fruit of the Spirit: First Place 4 Health Bible Study (with CD)*. Ventura, CA: Gospel Light, 2009. This book will be used to show the tools that are used within the second level of running a Losing to Live Weight Loss Competition and/or using the program by itself. This book in particular discusses the role of the Holy Spirit and the fruit that He bears in a believer's life. The author will discuss the role of the Holy Spirit in a believer's life and how one can combat temptations in the grocery store.

Health, First Place 4. *Motivated to Wellness (First Place 4 Health Bible Study Series)*. Ventura, CA: Gospel Light, 2012. This book and many others in this series are used at Capital Baptist Church in the Losing to Live Weight Loss Competition.

Heath, Vicki. *Don't Quit, Get Fit: Overcoming the 4 Fitness Killers (First Place 4 Health)*. Ventura, CA: Regal, 2012. The book explores the four obstacles to wellness: no time, no motivation, no results, and no stamina. It offers a step-by-step plan to help one move beyond road blocks and develop a healthy relationship with food, one's body, and one's soul. This book will show that people do not have to be quitters; rather they can be winners if they have the right tools within their Church to succeed.

Hubley, Teresa A., and Kay Dutram. "Crafting a Foundation for Evaluating a Worksite Wellness Program." *Journal of Multidisciplinary Evaluation* 7, no. 16 (July 1, 2011): 148-161. (accessed March 13, 2012). This scholarly paper presents basic components for evaluating a workplace wellness program, observations gleaned from evaluating a wellness project, and a design for a simple evaluation system that provides information about the efficacy of the wellness program and establishes a foundation for more formal wellness program evaluation. The author will use this information in thinking through how to craft a wellness plan.

Kaminer, Ariel. "Have Faith, Lose Weight. But First, Candy." *New York Times*, February 13, 2011, 1, (accessed March 13, 2012). This article features a church who is not one of the sample data churches that has partnered and utilized just the Bod4God book but not the Losing to Live Weight Loss program. The Journey Church of NYC is an example of a Church that has completed Bod4God and how it has changed its Pastor and its community. Nelson Searcy joined the Bod4God program and has used it to not only change the New York City area, but also him.

McCoy, Shannon Kay, "Overcoming Gluttony: Eating to the Glory of God" D Min. diss., The Masters Counseling, Masters Seminary, 2009) 108. (Accessed January

19, 2013) This D.Min dissertation is very well written on Gluttony and will assist the author in learning about the Biblical approach to gluttony research.

Nathan, Barleen, et al. "What Factors Influence Participation in an Exercise-Focused, Employer-Based Wellness Program?" *Inquiry* 48, no. 3 (Fall 2011): 221-241. (accessed March 13, 2012). This paper investigates the factors that influence employees' behavior with respect to participation and regular exercise. Results suggest that an employee's probability of signing up for a wellness program is related to their exercise behavior prior to the program's inception, the time cost of exercise, taste for fitness center exercise, and attitudes about the benefits and barriers of exercise. Employees who are older, male, and were regular fitness center exercisers prior to the program's inception are more likely to be regular exercisers.

Ortberg, John. *The Me I Want to Be: Becoming God's Best Version of You*. Zondervan. Grand Rapids, MI: Zondervan, 2009. This book will help the local Church flourish in helping people see themselves in the way God wants them to see themselves. This book will assist the author in helping the local Church see their people differently and challenging them to go further faster.

Reynolds, Steve. *Bod4God: The Four Keys to Weight Loss*. Ventura, CA: Regal Publishers, 2009. This is the first book that the author of this project helped create, write and implement within his local Church. The author was a key player in shaping concepts and creative ideas for this program with his Senior Pastor, Steve Reynolds. This book is the target to creating and sustaining a health and wellness program.

Reynolds, Steve. *Get off the Couch*, Ventura, CA: Regal Publishers, 2012. This is a man's action guide and small group study on Men's health. The book contains the most

popular facts on men's health. It is written by a pastor for Christian men. The author was a part of the research team for this book and was written in order to help men realize that they need to take charge of their health. The author will be using some of the research in order to help pastors.

Richardson, Cheryl. *Life Makeovers: 52 Practical & Inspiring Ways to Improve Your Life One Week at a Time*. New York, NY: Broadway Books, 2002. Thought change is the key in creating and sustaining a health and wellness ministry. What you think is what you are. The Church as a whole has to think differently in order to become the best that God wants them to be.

Sullivan, Dana. "Losing weight saved our lives." *Woman's Day* 74, no. 9 (June 2011): 114. (accessed March 13, 2012). This article will prove that if people lose weight they will live longer. It is an inspiring story of how one couple took control of their health before it was too late.

Swenson, Richard. *Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives*, Colorado Springs, CO: NavPress, 2004. This book will help pastors see that they may have a problem with weight loss. Many have to reevaluate priorities, determine the value of rest and simplicity in life, and see where their identity really comes from in order to be healthy. This book deals with many areas of health and it will be used to show these areas of growth and focus.

Towns, Elmer L. *The Daniel Fast for Spiritual Breakthrough*. Ventura, CA: Regal, 2010. This book will assist in showing that Daniel's overall appearance was healthy when he did not choose to defile himself with the king's food. The Daniel fast has taken on a movement within Church culture, and people such as Pastor Rick Warren and many

others have been using this book as a part of the weight loss program within their Churches.

Towns, Elmer L. *Fasting For Spiritual Breakthrough*. Ventura, CA: Regal, 1996. This book will assist in showing that fasting is a way to continue to be healthy and that it should be a part of a healthy lifestyle plan. Fasting is a way to combat gluttony by denying self.

Wein, Debra Hernandez, Courtney. "Top Ten Wellness Program Mistakes." *Benefits Magazine* 48, no. 10 (October 2011): 34. (accessed March 13, 2012). The article discusses the top 10 common mistakes when developing a wellness program in the work place. The article shares mistakes like failure to develop a clear strategic plan, which may include a focus on the level of participation in the program. Another is the failure to gather sufficient data. The article lists other mistakes include offering a few wellness options, focusing on high-risk employees only, and disregarding incentives for employees who participate in the program. This will be used as a filter to analyze and evaluate the top mistakes Losing to Live faced.

White, James Emery. *A Mind for God*. Downers Grove, Ill.: IVP Books, 2006 This book will focus on how a Church needs to think healthy. To be fully human is to *think*. The apostle Paul calls us to "take captive every thought to make it obedient to Christ" (2 Corinthians 10:5). However, James Emery White fears that western Christians are failing in this task because we have not developed good intellectual habits. Our minds instead have been captured by our culture. Obesity is all about "what you think is what you do". This inspirational and practical "rule for the mind" encourages and enables us to develop our minds for God in order to bring glory to him.

Wirzba, Norman. *Living the Sabbath: Discovering the Rhythms of Rest and Delight*. Grand Rapids, Mich.: Brazos Press, 2006. This book will show that the Church is not resting and that this is causing people to actually become unhealthy because they are disobeying God in not having a Sabbath, which is commanded by God. The book has a much more holistic and rewarding understanding of Sabbath-keeping. Wirzba shows how Sabbath is ultimately about delight in the goodness that God has made--in everything one does, every day of the week.

Wood, Leon J. *The Holy Spirit in the Old Testament*. Grand Rapids, MI: Wipf & Stock Publishers, 1998. The Holy Spirit is the factor that keeps one from walking in the flesh. This book will assist the author in proving that weight gain is a sign of walking in the flesh and not relying on the Holy Spirit.

CHAPTER 2

THE DEVELOPMENT OF THE HEALTH MINISTRY

This chapter focuses strictly on the eye witness account of the development of the Losing to Live Weight Loss Program and how it spread to other churches. The chapter will also focus on data analysis, methodology, limitations and interpretation from the survey results of the local churches that ranged in size from small to large that used the Losing to Live Weight Loss Program. The survey involved five local churches who have conducted successful Losing to Live (L2L) weight loss competitions and have continued to provide a program along with progressive steps for its people to participate in to remain healthy with sustainment. The analysis uses charts, tables, percentages and figures to help explain the results of the data.

THE DEVELOPMENT OF THE PROGRAM

The development of the weight loss program at Capital Baptist Church is nothing short from a miracle from God. In the fall of 2004, Pastor Steve Reynolds had a personal conviction, which led him to a private personal weight loss goal 100 lbs. In order to help him achieve this goal, a creative team began to develop a sermon series called Losing to Live (L2L), in which gluttony was one of those messages. The sermon series after that was *Bod4God: Four Keys to a Better Body*, in January 2005. Reynolds was determined to lose weight and called for volunteers from within the church that included public school teachers to help write a study guide with questions and what is the best way to form a

health driven curriculum. The start of support groups would be a way to help our pastor lose weight. Most of the people in the church needed to lose weight too and the teams begin to form. Eventually, the team compiled a basic small group called the *Victory Guide* for small groups. Groups within the church began to grow the first competition. A reporter from the Washington Post came into the church to do a story and wrote on the *Bod4God* sermon series, as stated before in chapter 1, it made the front page of the Washington Post and the publicity began.

THE PUBLICITY OF THE PROGRAM

After the Washington Post published the article, the other mainstream newspapers and magazines began to follow. Fox News, conducted an exclusive with Pastor Reynolds and Neil Cavuto's *Your World* prime time television. The Associated Press news took care of social media, and global attention. In just a few days all eyes and reporters were on this Baptist Pastor covering his story with a personal goal to lose 100 pounds. People began asking for a book to use in their churches and the demands were becoming too much to handle. The church was not ready for this type of demand. Pastor Reynolds and his team went to the writing of *Bod4God: Four Keys to Weight Loss*, a self-publish book, which included the development of the small group victory guide questions. Reynolds never imagined he would write a book, but after the unsolicited media attention on his 2005 sermon series titled "Bod4God", he felt he should put all this information in a self-published book in order to help others. Reynolds desire is that people throughout the nation will be able to understand the importance of taking care of the bodies that God has given them.

THE DEVELOPMENT OF LOSING TO LIVE WEIGHT

LOSS PROGRAM SEMESTERS

At the same time, the media demands were going crazy and many people wanted to start competitions in their churches. CBC began collecting their information letting them know that a kit was being assembled and they would get back to them. CBC would help them the best way the church could and give them whatever would help them get them started on their weight loss journey. At the same time, the major media began advertising Pastor Reynolds. The church ran attractive radio spots on local radio getting the word out to others. Immediately, people from churches and businesses wanted to be a part of this weight loss journey with him.

The program began to grow very quickly and people begin coming from the community and other churches in the area. The fall competition for Losing to Live (L2L) at CBC results include the combined of weight loss and is posted each week as participants lose weight together. Today, there is a group of approximately 130-200 participants that have been divided into teams in the competition for weight loss.

Losing to Live Weight-Loss Competitions take place over a 12-week time span, during which participants use the book *Bod4God: The Four Keys to Weight Loss*, the companion *Bod4God DVD series*, and group-starter tools to aid in meeting their weight-loss goals. Each participant is assigned to teams which meet once a week. All the participants have the same goal, to fight obesity.

Each team chooses a name for themselves either a fruit or a vegetable. For example, Steve Reynolds team name is "Team Kale". (Kale is full of nutrients that are good for the body.) The team teaches the people about Kale and other vegetables. This acts as a centralization of learning about new foods and how to introduce them into one's life.

Next, the teams compete against each other and there is a winning team at the end of the competition. The biggest individual loser is also recognized at the end of the competition. In contrast to the television program *The Biggest Loser*, no one is kicked off a team, but only encouraged to keep trying as they are coached weekly. There is a commitment to do the homework and weigh in each week with a limited number of misses allowed. The participating teams pull together, cheer and encourage one another, while praying for each other. The weigh-in occurs every Sunday and the church provides a nutritionist and a trainer to answer questions for the competitors if they are struggling in an area. The competition also offers a tip of the week, like drink more water. The Group also teaches the how, for example, divide your body weight by two and drink that much water in ounces each day. The group will break down the why for the participants. For example, try to drink purified water; it is much better for you! Each group prays for each other and they have a prayer of the week for each participant in their individual group. As the program began to spread into other local churches, Pastor Reynolds was approached and contacted by Regal Publishers to redo the *Bod4God* self-published book and into a high profile published book. In 2009, the book was reworked into a small group study book, based on the 12 weeks of the competition with the information that was gathered from CBC and programs through the competitions.

The competition offers participants an opportunity to lose weight in a fun and supportive environment. Each person is given two ways to approach the competition: individually or as a team member. In the individual approach, the person competes against himself or herself. In the team effort, the group members work together to encourage each other both daily and weekly through phone calls and meetings. There are three unique items about this program that make it so successful. First, it is biblical: The person will learn how to apply the Bible to their weight-loss goals. Secondly, it is personal: a person learns how to construct their own lifestyle plan. Thirdly, it is incremental: a person will learn to take small steps to a changed life that slowly, but surely lead to a new place in weight and health.

THE RESEARCH METHOD

As the program grew, and the media kept highlighting the weight loss program, this program began to spread to other churches. CBC could not keep track on who was doing the *Losing to Live Weight Loss Competition* and using the *Bod4God* book within their churches. The churches that were selected for this data study was based on the churches that in the most obese states that have made known to CBC that they were doing the program and asked CBC for assistance in getting it started. The churches that were surveyed were chosen based upon a working relationship with both Pastor Reynolds and Capital Baptist Church. These churches had personally asked CBC for material and coaching in starting a weight loss program ministry.

METHODS USED FOR SURVEY COLLECTION

The method that was used to conduct this survey was a series of twenty questions that highlighted their use of the L2L program, a top ten weight loss chart of the top ten people by gender, age, ethnicity and church or non-church member who lost weight in their program and an five question exit survey of what the participating sample church felt really help the church and what they could do differently as they continue to sustain this ministry.

LIMITATIONS OF THE SURVEY

The limitation of the survey is that this survey is only five churches within the eastern part of the United States and not all 50 states. The information is limited to protestant churches and no other faiths. The limitations of this survey cannot measure if the top ten people that lost weight were on the first or second time in the competition in order to show the total weight loss. The limitations also do not show the ability to keep off the weight after the competition.

DESCRIPTORS OF THE RESEARCH

The author was extremely interested in finding out if this program can be used as an evangelistic tool to bring non-members into the church building and into small groups. Secondly, The author was interested in finding out how much weight on average will a

person lose in both male and female, in any state in the United States on the average 12 week cycle within a Losing To Live Weight Loss Program.

HOW THE RESEARCH WAS CONDUCTED

The design of the questionnaire was reviewed by Pastor Steve Reynolds and his team going over each question in order to make sure that each question was going to give the author the information he was looking for. The author used CBC methods of collecting information during the weight loss competition that has been proven to work in the church and outside the church. The limitations of doing the research are that it is strictly L2L materials and not another weight loss method that could give different data.

The data was emailed to all five churches in a zip file after the approval from Liberty University IRB board. The survey contained a letter from the author, a letter of consent and intent, and the three survey documents (20 questions, Top-Ten weight loss participants and five questions exit survey). The data collection tables were then placed in an Excel spreadsheet with columns of information so that the author could calculate weight loss, race, member versus non-member etc. The final step was to find out common trends in the five churches and compare them to CBC to see if this trend is common.

THE ANALYSIS OF THE DATA

The data was collected, reviewed for completeness, checked for misinterpretation of data and skewed numbers. If the author felt things were questionable, the author called

and clarified the information to be true. The presentation of raw data is located in Appendix D. The author took analysis of the data that came back within the 20 Questions for completeness and choice selection. The Integration of data was placed into a list.

THE SURVEYED CHURCHES

The surveyed churches are all different in size, location and ethnicity that accomplished the L2L program for the first time and completed their second competition in sustainment. S1MS (Mississippi) is a mid-sized, 19 year old, slowly growing Caucasian church. The second sample is S2SC (South Carolina). It is a large growing diverse church with around 5000 members with many programs and opportunities to compete with the weight loss program located within a booming state capital. The third sample is S3AK (Arkansas), a small plateaued 100 member church in a country setting. The fourth sample is S4WV (West Virginia), a sixteen year old, Caucasian church that is growing. Lastly, S5MD (Maryland) is a thriving African-American church over 1000 members, just outside of Washington, D.C area.



RESULTS OF SURVEY OF SAMPLE CHURCHES

Question 1. How many people have gone through your weight-loss program?

- a. 1-50 b. 51-100 c. 101-150 d. 151-200 e. _____

S1MS =B, 51-100

S2SC=E, 330

S3AK=C, 101-150

S4WV=E, 271

S5MD=D, 151-200

In the five samples, had more than 100 people go through their weight loss program on the first *Losing to Live Weight Loss Competition*. The degree of success is determined by the participants having an interest in the program and weight loss concluding that the program is not based on numbers alone, but losing weight. These numbers vary depending on the size of the church. In sample S3AK, a small church, there was almost 100% participation while in sample S2SC, only 1/3 of this church went through the program. The survey proved that the smaller the church, less than 100 people the larger the participation in the program. However, the larger the church is, more than 100 people, the percentage of participation decreases within the weight loss program. One explanation for this could be that in larger churches there are many other programs going on that could detract or compete with the health and wellness program.

Question 2. Out of those people, how many were from your Church?

- a. 1-50 b. 51-100 c. 101-150 d. 151-200 e. _____

S1MS =B, 51-100
 S2SC= C, 101-150
 S3AK=B, 51-100
 S4WV=E, 206
 S5MD=C, 101-150

The five samples proved that the amount of people that attended the program from outside of the church was solely dependent on the amount of promotion provided within the community for the program. For example, S1MS and S3AK strictly ran the program for the people inside of the church, whereas the samples S2SC and S4WV marketed outside of their church to gather people in as an outreach in order to minister to a felt need. S4WV mandated extra efforts to reach people through this common need of weight loss. The program has proven that it will attract visitors to a campus church because of a felt need and the amount of non-members attending is related to amount of promotion.

Question 3. How many of those people returned from a previous competition?

- a. 1-50 b. 51-100 c. 101-150 d. 151-200 e. _____

S1MS = A, 1-50
 S2SC= A, 1-50
 S3AK=A, 1-50
 S4WV=A, 1-50
 S5MD=B, 51-100

The sample demonstrates common factors in both the author's church and other churches that show that fewer people will return for the program after the first

competition. This signifies that it takes a lot of work to sustain a health and wellness program and a weight loss competition. The author knows that once the pounds are lost, people feel as if they have accomplished their task and goal. At CBC, ordinarily, morbidly obese people return, while obese people who lost their goal weight, do not return. CBC also uses the program as a maintenance program to help others who might relapse. However, the problem is not losing weight, but rather keeping the excess weight off through a lifestyle challenge. At CBC, participants have returned for another competition if they did not lose their goal weight and/or feel as if they need more time to adjust their small steps to a better lifestyle for preventative maintenance.

Question 4. What was the total combined amount of weight lost throughout the entire competition?

1st competition _____ lbs. 2nd Competition _____ lbs.

S1MS = 850lbs, 120lbs
 S2SC= 1,775, 1,285
 S3AK= 521.1, 247.8
 S4WV=1797.2, in competition
 S5MD= 350, in competition

This question was designed to prove that people can still lose weight whether they are returning from a previous competition or just starting their first competition. The church has to keep the option open for the community to join even after the first competition. The biggest success of the program is that most people who went through the first competition within the local church lost weight. The author found that within his church the numbers dropped after the first competition.

Question 5. Did the senior pastor participate in the competition?

_____ A. Yes

_____ B. No

S1MS = Yes, No (2nd time)

S2SC= No

S3AK= Yes

S4WV=Yes

S5MD=No

The data does not demonstrate a difference in outcomes when factoring in the involvement of the senior pastor. However, the study did show that the success of the program was based on the ability to organize and lead people, but not limited to senior pastor's participation in the program. Hence, in order to lead a competition, one must have a sufficient ability to lead participants in order for the program's success and future sustainment.

Question 6. How many were woman and how many were men in approximate percentages?

a. Men_____%

B. Women_____%

S1MS = 35%, 65%

S2SC= 35%, 65%

S3AK=17%, 83%

S4WV= 28%, 72%

S5MD=5%, 95%

The survey shows that women will lead in percentage of weight loss participation over men and that the men who did participate also lost weight. This has no bearing on ethnicity of color or culture, but only on gender.

Question 7. Which D.I.E.T “key” helped the most in the Bod4God Program?

- _____ a. Dedication
 _____ b. Inspiration
 _____ c. Eat and Exercise
 _____ d. Team

S1MS = A, Dedication
 S2SC= A, Dedication, D, Team
 S3AK=D, Team
 S4WV=D, Team
 S5MD=D, Team
 S5MD=D, Team

The survey showed that a strong dedication to lose weight with a combination of team support helps people push through and finish the competition. This is highlighted within chapter four of this paper. Teamwork helps strengthen all other areas.

Question 8. Did this program create a new form of connection within your Church and community? If yes, please briefly explain how.

- _____ a. Yes _____ b. No

S1MS = Yes
 S2SC=Yes
 S3AK=Yes
 S4WV=Yes
 S5MD=Yes

The churches shared their thoughts with the author that the program opened doors for practical community outreach. It brought people together inside and outside the local church. The program also created outreach that helped the church focus on “true

customer service”. People came into the church that would not have come otherwise.

The result in one church was, as the program grew, the more people came to it.

Question 9. What was the biggest change you added to the weight loss competition that the book did not talk about?

Explain:

The sample churches all added elements to enhance their program in which all samples customized their own additions based upon what would help their people. One church paid for gym memberships on their campus, another added classes, online communities and held at-home weigh-ins. It seems that every church has something interesting to add in order to make their program special.

10. What day of the week and at what time did you run the competition?

S1MS = Sundays 4-5:30 pm

S2SC= Sunday Nights

S3AK= Thursdays 6 pm, Sunday 3 pm Tuesday, 6 pm

S4WV= Sunday Nights 6-7:30 pm

S5MD=Sunday Evenings

All churches sampled seemed to run their programs on Sunday nights, treated it as class electives and help for the felt needs in the community. All churches said that this night works best for their culture. The author’s church also runs the program on Sunday nights so that people can have a chance to gear up for the week ahead.

Question 11. Did the numbers increase with the second competition? Circle One

Yes or No and by how many?

S1MS = No, 70%

S2SC=No but Yes increased success rate in weight loss

S3AK=NO
 S4WV=No
 S5MD=No, 1-50

- a. 1-50 b. 51-100 c. 101-150 d. 151-200 e. _____

The success of a health and wellness program is not found in how many people attended the program or even participated in it, but rather in the weight that was lost and its sustainment.

Question 12. After the competition was over, what was the biggest change within your Church? (Check all that apply)

- _____ a. Growth in inviting others to Church
 _____ b. Growth in worship services
 _____ c. Growth in Small Groups
 _____ d. Growth in community influence
 _____ e. Other _____
 _____ f. None

S1MS =D, Growth in community influence
 S2SC=E, Stronger sense of community
 S3AK=A, B, D
 S4WV= A, Growth in inviting others to Church B, Growth in worship services,
 C, Growth in Small Groups, D. Growth in community influence
 S5MD=C, Growth in Small Groups, Noted by Church, Awareness of problem

The programs operated by the sample churches proved that a weight loss program is an outreach community program and that every church benefited their surrounding community by helping people get healthy.

Question 13. In your opinion what sustained this program?

- _____ a. Pastoral leadership
 _____ b Lay leadership

- _____ c. Results met within the Church
 _____ d. A need met within the community
 _____ e. Other _____

S1MS = B, Lay Leadership

S2SC=B, Lay Leadership

S3AK=C, Results met within a church

S4WV=A. Pastoral leadership, B. Lay leadership, C. Results met within the Church, and D. A need met within the community

S5MD=B. Lay leadership, C. Results met within the Church

The samples all had the same thing in common, which is lay leadership, This is overall sustained the program in these churches. This shows a pastor that first, the program can run without his involvement and second, that the program gets people involved and brings a church team together for success and morale.

Question 14. How many leaders do you have working in the program?

- a. 1-10 b. 11-20 c. 21-30 d. 31-40 e. 41-50 f. 50+

S1MS = A, 1-10

S2SC=B, 11-20

S3AK=A, 1-10

S4WV=B, 11-20

S5MD=C, 21-30

Question 15. Has your Church supplemented your health and wellness program with programs other than Bod4God? (I.e. First Place for Health, Body and Soul Fitness, Weigh Down, cooking classes, aerobics/exercise classes, etc.) If yes, please identify the programs.

Yes No

S1MS = NO

S2SC=Yes

S3AK=Yes

S4WV=Yes

S5MD=Yes

Four out of the five samples used supplemental materials in order to enhance the program outside of the author's Pastor's materials. The programs included exercise classes, nutrition classes, sports programs, First Place 4 Health materials and health related DVD programs. The churches customized their program to fit their own community.

Question 16. What is the "one thing" every Church should know in order to create and sustain a successful health and wellness program in the local Church?

Four out of the five samples stated that leadership was crucial in making the program happen. One sample stated that this has to be a continuum that is offered regularly within a church so that people know that it is there for them. One sample stated that it made people realize how special they are because they were made by God and for God.

Question 17. Demographics of Survey

A. Church information: Local Church in (state) _____

S1MS = Mississippi
 S2SC= South Carolina
 S3AK=Arkansas
 S4WV= West Virginia
 S5MD=Maryland

B. Average Sunday worship attendance

S1MS = 350
 S2SC= 3-4,000

S3AK= 150
 S4WV=850
 S5MD=1250

C. Type of location:

- _____ a. Open country
- _____ b. Small town
- _____ c. Large town
- _____ d. Urban town
- _____ e. Other

S1MS = Suburban
 S2SC=C
 S3AK=B
 S4WV=B
 S5MD=D

This question shows that the samples are varied by congregation, demographics and placement within the United States. It also shows that it can work anywhere in the eastern region of the United States and with all people groups and churches.

THE HEALTH JOURNEY OF CHURCHES

The survey of the five sample churches, plus some information from CBC, helps to provide the following types of information.

1. Effectiveness of the program to attract unchurched people to the church.
2. The average weight loss of participants.
3. The percentage of participants by gender and by race.
4. The difference in pounds lost by gender and by race.

5. By asking for the top ten weight losses, the maximum effectiveness of the program can be discovered.

This information helps to evaluate the success of the program as it has spread beyond CBC. It can also be good material for churches to use in making the decision to use the program, and also to publicize the program if they decide to use it.

SUMMARY OF DATA

Five churches submitted the top 10 losers from their competitions for a total of 50 participants in the sample. The author's church, CBC sent the report from 2010-2011 of the top 10 losers for three different sessions from 2010-11. This program has been in sustainment for five years. The CBC sample is made up of 30 participants. (Only 3 people participated in 2 of the 3 sessions. The author wanted to figure out if there was a big difference for first time participants in the amount of weight loss, which usually would be larger, than the second or third time).

The total weight loss for the five churches was 1515.4 lbs., with an average of 30.3 pounds lost per person over a 12 week period, while the author's church CBC had a total of 595.6 pounds lost, with an average of 19.8 per person. It was interesting that the newness of the program in a local church was consistent with what CBC has also found in that more people will join the program on the front end rather than the back end. On average, the top ten people will lose more than an average of 2 lbs. per week. The author found that during the running of a competition in other churches, the participants pushed 6 lbs. more weight loss than average per week while being a part of a team.

Among the five churches, men lost an average of 30.7 lbs. and women an average of 29.7 lbs. While at CBC, both men and women lost less (23.9 and 18.4 averages respectively). There were 27 males and 23 females in the five churches, almost 50% each, while at Capital there were 8 males and 22 females, approximately three times more women than men. This is normal based on CBC reports. Interestingly enough, the average number of pounds lost by non-Church members was higher than church members (32.9 and 29.7 respectively).

When looking at race with this particular data sample, only white and blacks have been reported in the survey. On average, white participants lost more than black participants (31.9 lbs. for white and 27 lbs. for black). The number of white participants was 37, more than double the black participants (13). This research is limited to the size of the sample churches and the ethnicity demographics of the samples. The author feels that if an individual would be able to survey every weight loss program in the United States and use this research the percentages would be different.

The author found that 18% of people came from outside the sample churches with little to no advertisement in the community. In addition, those non-members from the community made it to the top ten lists for weight loss. This can show that this type of felt need's program can be used as an outreach to attract non-members to the church as a way to meet their needs and point them to the Gospel.

In the closing questions regarding running a health and wellness program, the author asked the samples to list their answers over a phone or email interview in order to help Pastors who had an interest in the program for their church. The results varied in

answers, but it would behoove a pastor to read the results and pay particular attention to the feedback so that they too can run an effective program.

COMPOSITION OF PARTICIPANTS IN THE PROGRAM AT CBC AND
FIVE SAMPLE CHURCHES

| PARTICIPANTS | CBC | % | 5 CHURCHES | % |
|-------------------|-----------|------|---------------|------|
| TOTAL | 30 | 100% | 50 | 100% |
| MALES | 8 | 27% | 27 | 54% |
| FEMALE | 22 | 73% | 23 | 46% |
| CHURCH MEMBERS | 13 | 43% | 41 | 82% |
| NON-MEMBERS | 17 | 57% | 9 | 18% |
| WHITE | 24 | 80% | 37 | 74% |
| BLACK | 2 | 7% | 13 | 26% |
| HISPANIC/OTHER | 4 | 13% | 0 | 0% |

This chart summarizes the information for the top ten losers in the following:

- Three sessions at CBC – 30 participants
- First session held at five different churches – 50 participants.

Gender of the participants: At CBC the majority was women (73%); in the five churches it was almost equally distributed: 27% males and 23% females.

Church membership: At CBC the participation of members and non-members was almost the same: 43% members and 57% non-members; while in the five churches the majority of participants were members 82%.

Race: Only CBC had three mixes: white, black and Hispanic/others, predominantly white participants with 80%. In the five churches, it was also predominantly white 74%. However, please note that the race obesity problem, according to the CDC data is more acute among blacks and Hispanics. The CDC reports that Non-Hispanic blacks have the highest age-adjusted rates of obesity (49.5%) compared with Mexican Americans (40.4%), all Hispanics (39.1%) and non-Hispanic whites (34.3%).⁵⁸

⁵⁸ Center Disease and Control, Adult Obesity Facts, <http://www.cdc.gov/obesity/data/adult.html>.

**AVERAGE LBS LOST BY ALL PARTICIPANTS BY GENDER, RACE AND
MEMBERSHIP**

| | CBC | FIVE CHURCHES |
|---------------------------|--------------|--------------------------|
| TOTAL | 595.6 | 1515.4 |
| Average Total | 19.8 | 30.3 |
| Median Total | 18.2 | 26.8 |
| MEN | 191.2 | 830.8 |
| Average Men | 23.9 | 30.7 |
| Median Men | 25.9 | 24.6 |
| WOMEN | 404.4 | 684.6 |
| Average Women | 18.4 | 29.7 |
| Median Women | 16.6 | 26.8 |
| CHURCH MEMBERS | 256.2 | 1219.1 |
| Average Church Members | 19.7 | 29.7 |
| Median Church Members | 17.2 | 26.6 |
| NON-MEMBERS | 339.4 | 296.3 |
| Average Non-Members | 20.0 | 32.9 |
| Median Non-Members | 19.6 | 35 |

| | | |
|---------------------------|--------------|-------------|
| WHITE | 474.6 | 925 |
| Average White | 19.8 | 31.9 |
| Median White | 18.2 | 26.8 |
| BLACK | 47.8 | 352 |
| Average Black | 23.9 | 27 |
| Median Black | 23.9 | 20.9 |
| HISPANIC/OTHER | 73.2 | |
| Average Hispanic/Other | 18.3 | |
| Median Hispanic/Other | 15.7 | |

This chart provides the average number of pounds lost by participants at the three sessions of the program at CBC and the initial session in five different churches.

Among the top ten losers, on average, the higher losers were:

- White (31.9 lbs.),
- Male (30.7 lbs.),
- Non-member (32.9 lbs.).

CLOSING QUESTION FOR SAMPLES

1. What went right with your health and wellness program?

Collectively the five samples reported that people seemed happier and learned what God says in His word about the body using the materials chosen. Participants seemed excited when they were placed on a team and saw others losing weight around them and growing within their faith. This created strong group synergy. It was also important that the church continued with accountability and heard from guest speakers and the input from their small group team. This atmosphere was able to get a number of people involved for a cause and slowly seeped into the community without even advertising. The bottom line is that people lost weight and reached a goal.

2. What went wrong with your health and wellness program?

Some churches reported that if they lacked accountability people fell out of the program and lost motivation. This caused low excitement for the next session. The lack of organization can also hurt churches, so it is important to have strong records and leadership for accountability.

3. What suggestions do you have to add to a health and wellness program to make it more beneficial for a local church?

The consistent theme is strong leadership and to not use just any volunteers. This must be followed up with detailed instructions and training for the leaders in order for it to be successful. One church reported that the more the program could be connected to

the other programs in the church, the easier it would be to assimilate them into the next steps. Lastly, another church offered great insight in keeping the program God-ward in focus and making people realize that they are custom made by God and for God.

4. What are the benefits to creating and sustaining a health and wellness ministry in a local church?

Overall, the churches had good insight and the thread for all the churches was that it created excitement in the church because people were on their way to getting healthier and that it led to evangelistic opportunities. The program served as a way to invite others to church and to see what was going on within the program. When people were noticing changed lives in the church and in the work place, others begin to ask questions about what they were doing. Their very lives became evangelistic tools for the Gospel.

5. Why should a Pastor want to create and sustain a health and wellness ministry/program in a local church?

This question is geared to answer the Pastoral question of why another program. The thread in the answers was to create interest within the church because the results are changed lives through health and wellness. It makes everyone belong and inspires each other to continue with their journey through accountability. It also helps others to realize that their body is special and that they need to be good stewards of their temple. One church reported it would help the overall quality of life so that the church can continue to do more outreach and less hospital visits.

CHAPTER 3

THE MODEL HEALTH MINISTRY CAMPAIGN

Many people are hurting because of obesity and are in need of a restoration of their lifestyle. In Psalm 23:3, God tells believers that, “He restores my soul: He leads me in paths of righteousness for his name’s sake.” Everything a believer does is for His name’s sake, and God is going to lead His people in paths of righteousness for this reason. Obesity is not healthy in a believer’s life, and God wants to restore the obese for His name’s sake. First Place for Health writes, “God understood that you might be captivated by the world and enslaved to pleasures and poor choices, that’s why He made a way to restore you.”¹ There is hope for the obese. People can be restored back to health from this type of excess sin. It is the gluttony of food that leads to obesity and weight gain. This hope is found in the deliverance of this particular sin. The Holman Bible Commentary stresses, “The Bible will not let us blame heredity, an evil environment, or wicked companions for sin, the blame rest squarely on the individual, on you and me.”² The sin of gluttony can be lifted from many people. The excessiveness can be stopped by knowing how to have balance in order to change one’s lifestyle for the glory of God.

However, when it comes to obesity, people need support. Bob Harper, personal trainer and host of NBC’s *Biggest Loser* said in an interview that, “I think the enemy is

¹ Carole Lewis, *Walking in Grace* (Ventura, CA: Gospel Light, 2010), 27.

² Thomas Lea, *Holman New Testament Commentary* (Nashville, TN.: Holman Reference, 1999), 261.

familiarity. People have become comfortable with how they live.”³ America is continually growing in the area of obesity and so is the Church and this familiarity is breeding death and pain. It is the author’s opinion that the Bible is the answer to the world’s weight gain problem, and the Church needs to lead and educate people biblically on what the Creator has said about this culturally accepted sin.

In creating a health and wellness ministry, the program must begin with the pastor. An example of a great leader in the Bible is Moses. Dr. Don Colbert writes, “Moses was 120 years old but had great eye sight and was very strong, so strong he was able to climb a 2,600 foot mountain. God’s desire for His children is to be strong, and we must exercise regularly in order to be strong and stay strong.”⁴ This is a great biblical example of a strong healthy leader. So why can’t pastors and Christians be healthy too? All ministries must begin with healthy leadership. The right leader of the health and wellness program is the key ingredient to its success, which included the senior pastor. This author believes that the senior pastor is the most effective example in the church because it is his job to lead the flock. The reality is that, “Men don’t follow programs; they follow men”⁵, and so health and wellness most of the time follow the senior pastor. The key to any successful program is healthy leaders because “leadership attracts men and even more attractive than a dynamic pastor is the sight of men in the pews who are

³ Tim Talecich, “Being Bob Harper” *The Costco Connection*, June 2012, 28.

⁴ Don Colbert, *Eat This and Live* (Lake Mary, FL.: Siloam, 2009), vii.

⁵ David Murrow, *Why Men Hate Going To Church* (Nashville, TN: Thomas Nelson 2005), 59.

true followers of Christ.”⁶ When the pastor steps up and leads, so does his church. Therefore, the senior pastor should care about being a person of overall health.

A successful health and wellness program can be built on two levels. The first is the campaign level and the second is the community level. In this chapter, the sections will chronologically lay out the steps the author’s church took in developing a health and wellness ministry.

The first way that a pastor can start a health and wellness program is to launch a sermon-based campaign. The pastor is to teach the whole counsel of God and Gluttony should be an area of focus. When contemplating whether or not to start a campaign there are questions to ask, mistakes to avoid and the purpose for why a Pastor should do a campaign. The sermon campaign is the first initial step in creating a health and wellness ministry within the church. The ultimate reasons for doing any sermon series is to produce change in the Pastor through the word of God, which in turn, will change the church and result in a changed community from God’s Word. Everything the author does at his church is for life change and for Biblical discipleship. It is all about discipleship and having a strategy that changes lives from God’s Holy Word. The goal of preaching is transformation and application so that the people of God will not become comfortable and fall into the mind set of ease (Luke 12:19).

The author’s church, CBC, challenges people on three separate levels during a sermon campaign. They are the individual level, the small group level and the congregational level. The individual level is a one-to-one time with God that helps a person outside of the local church through memorizing verses, reading verses, asking

⁶ Ibid.

discussion questions, participating in activities and praying. Small group teams are about being with other people, sharing what took place within the week and what God is doing in them through the campaign. People create connections and dialogue among each other and sharpen one another in God's word. Lastly, during the congregational level, the Pastoral teaching team brings the message that will launch the people into thought and reflection to carry out the vision, mission and self-reflection of the campaign. This community environment can provide the opportunity to shape people into a growing relationship with Jesus Christ.

THREE QUESTIONS TO ASK BEFORE STARTING A HEALTH CAMPAIGN

Question #1

The first question to ask before the start of a sermon-based campaign is "What is the Pastor going to do for the health series?" In this case, because it is a campaign based on health, there are few readily available pre-packaged options related to health. Therefore, the pastor will more than likely have to launch it. The first step is to write out the purpose statement of what the series will accomplish. The next step is to establish the dates, deadlines and overall goal of the series and to construct a one sentence to one paragraph statement of how the series will change the pastor, the church and the community. When New Life Fellowship in Queens, NY went through health renewal lift, Pastor Peter Scazzero wrote, "The goal was not to change the Church but to allow God to

change us,”⁷ (meaning him and his wife). Ultimately, the pastor needs to lead the change by being the change agent. The Bible commands us to “walk properly and make no provision for the flesh” (Romans 13:13-14). These series of thoughts are important because health is always on everyone’s mind. Health comes in many forms. There can be emotional, spiritual, and physical health. Health is always on a person mind. As a pastor, if one can enter into the conversations people are already having in their minds, the pastor will be able to gather support and gain common ground.

Question #2

The second question one has to ask is how will one do the sermon series on health? The author is a firm believer in chasing after God’s heart and being in tune to what God has to say to His Church. In his book, *God Chasers*, Tommy Tenny writes, “God is not coming to people who merely seek his benefits. He is coming to people who seek his face.”⁸ The author believes that people who struggle with obesity are ready to stop seeking their belly and ready to begin to seek God’s face. This is why a Pastor must be in tune with what God wants to accomplish when creating a sermon series on health. The sermon formation has to have the right team players working to plan and organize together. The Pastor must also have a clear beginning and end date for the campaign series, and it must be easy for people to commit to. More importantly, it must provide a venue for Church members to invest and invite people to it, and it must have a direct

⁷ Peter Scazzero, *The Emotional Healthy Church* (Grand Rapids, MI: Zondervan, 2003), 33.

⁸ Tommy Tenny, *The God Chasers* (Shippensburg, PA: Destiny Image, 1998), 47.

connection to small groups in order to connect people through assimilation into the Church. It is helpful if the series matches the academic year and the cultural connection of the community. Finally, it must allow growth in discipleship. Nelson Searcy, Pastor and health advocate states, “People don’t join anything if it’s unclear.”⁹ The Pastor should be as clear as possible on communicating to the congregation when the sermon will happen and what it will accomplish in the Church and the community.

Question #3

The third question is how will a pastor prove that they have accomplished their task in the series? Every Pastor should know if the goal of any sermon series has been met. The tough question is how will the Pastor measure the Church’s success in the campaign? The answer falls on evangelism, baptisms and if people in the Church actually brought someone to Church during the campaign. The Church is unstoppable in nature (Mathew 16:18), and it should desire to have a contagious spirit in the community, even in the area of health. Mark Middleburg suggests that if a Church wants to be contagious then “evangelism must be a top priority”.¹⁰ The Church has the “what”; they just need to think through the relevant “how”. The accomplishing of the campaign will depend on much prayer and having a contagious evangelistic heart for God to do something bigger than themselves. The Church should use the campaign in order to get the Gospel to everyone by investing and inviting people to the teaching campaign on

⁹ Nelson Searcy, *Activate: An Entirely New Approach to Small Groups* (Ventura, CA: Regal 2008), 149.

¹⁰ Mark Mittleburg, *Becoming A Contagious Church* (Grand Rapids, MI: Zondervan, 2007), 185.

health. The evangelistic component of teaching on health is the tool in culture that can lead people to Christ.

SIX MISTAKES PASTORS MAKE IN STARTING A HEALTH CAMPAIGN IN THE LOCAL CHURCH

After the aforementioned questions have been answered, the next step is to carefully review the mistakes to avoid when creating a health and wellness ministry. The author has learned through trial and error what works and what does not work when creating a health program, and he has listened to what people have said over a series of competitions and campaigns. Most likely, when a Church begins their sermon series on health, the Pastor and those in leadership will have to deal with these same issues.

Mistake #1 - The world has all the answers for believer's weight-loss issues. The Bible is full of warnings not to look to the world for our answers. In Both the Old and New Testaments gluttony, “is connected with drunkenness (Deuteronomy 21:20; Proverbs 23:21). Our Lord (Jesus) was friendly to and went into the homes of publicans and sinners. He was accused of being a glutton and a winebibber (Matthew 11:10; Luke 7:34).”¹¹ This should not come to shock a person. 1 Corinthians 3:18 says, “Do not deceive yourselves ... the wisdom of this world is foolishness.” A person might find medical answers about their bodies in the universities and hospitals, but they will fail to find spiritual answers regarding their purpose and the purpose for their bodies. The Bible has all the answers for humankind, including for weight loss. If one fails to read the

¹¹ Charles F. Pfeiffer, *Wycliffe Bible Dictionary* (Chicago: Hendrickson Publishers, 1988), 687.

Bible and compare its verses with one another, they will fail on their journey to living a healthy and productive life. John MacArthur, writes, “This principle is what reformers called *analogia scriptura*. It means that the Bible does not contradict itself. If you find your interpretation of a particular passage contradicts a truth taught elsewhere in God’s word, then your interpretation cannot be right. You need to compare Scripture with Scripture to truly discover what the Bible means by what it says.”¹² In discussing the Christian life, Eugene Peterson writes, it’s “...Not that Christians don’t believe their Bibles are the Word of God. What is neglected is reading of Scriptures formatively, reading in order to live.”¹³ Believers read to live, and all the answers for life are found in the Bible. The Bible tells people that the Word is like food, and if one is not careful, they will starve spiritually. In Amos 8:11-12 it says, “Behold, the days come, saith the Lord GOD, that I will send a famine in the land, not a famine of bread, nor a thirst for water, but of hearing the words of the LORD:” Christians need to believe that the Bible has the answers for health and life.

The King James Version of the Bible uses the word “body, bodily and bodies” 179 times. The Bible has a lot to say about how people are to conduct and live in their earthly body now. The thesis is mainly dealing with the “body” spoken of from Strong’s G4983 σῶμα, used 146 times out of the 179. It is also interesting to note that this Greek word also describes our heavenly bodies in that they are inseparable. However, there is a lot to say about how people are to conduct and live in their body now. The Apostle Paul’s

¹² John MacArthur, *The Macarthur Topical Bible: a Comprehensive Guide to Every Major Topic Found in the Bible* (Nashville, TN: Thomas Nelson, 2010), 1

¹³ Eugene Peterson, *Eat This Book* (Grand Rapids, MI: Eerdmann Publishing, 2006), xi.

theology really creates the foundation for health. Paul brings together all aspects of the body in 1 Thessalonians 5:23. One must be careful not to create dualism within their management of their bodies but rather note that both the physical and spiritual both come together to glorify God, and this takes balance. Steve Reynolds writes, “You may ask, ‘Is God really concerned about my body?’ Well, He is concerned enough about your body that He would deal with it 179 times in the Bible. That is a lot of times for Him to deal with something in His Word.”¹⁴ God has a much better plan and that plan can be found in His Word, not in the world!

Mistake #2 – Obesity is just a plate problem. Actually, it is far worse than a plate problem, it is a mind problem. What a person thinks is what they do. Simply put, everything starts in ones thinking. The battlefield of the mind is the most dangerous place, and it starts long before one puts anything into their mouth. A persons mind can be their worst enemy with “stinking thinking”. So they must trust God that He can and will change believers in a positive light if they are willing to surrender their thoughts to Christ and eat so that their brain can retain a good memory. Dr. Mehmet Oz writes in *Success Magazine* in the development of a memorable memory and that there are ways to eat for our brainpower. He suggests a “Mediterranean diet, eating the rainbow of veggies, Vitamin E, and B Vitamins (B12, B6 and Folic Acid), Selenium, a mineral and Omega 3’s.”¹⁵ People’s brains need both rest and also the right food in order to properly help them think correctly.

¹⁴ Steve Reynolds, *Bod4God: Four Keys to Better Body* (Enumclaw, WA: Wine Press Publishing 2007), 21.

¹⁵ Oz Mehemet and Micheal Roizen, “Develop a Memorable Memory” *Success Magazine*: May 2011, 22-3.

In America, doctors can have this advice for people, eat less and exercise more. There is no magic pill or potion when it comes to weight loss. In another article, Dr. Oz and Dr. Roizen, said in *Success Magazine* that, “Relying on a pill may mean prevention is moving in the wrong direction.”¹⁶ When it comes to "diet and exercise", the key is found in the perspective of Jesus regarding weight loss success.”¹⁷ He states in Mathew 15:11 that it is “Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man.” What a person thinks is what they say and do in their heart. In the narrative of Jacob and Esau, one reads of the story of a hunter out all day and catching nothing only to find himself weary (verse 29 Hebrew word עָיַף) and hungry. In his tone, of greed, he says “feed me” his tone in the Hebrew is condescending טַעַף and similar if one is to feed as cattle would eat both to swallow greedily and devour. Jacob goes on to say in a tricky manner, “sell me your birthright as a trade for this food. Esau exaggerated that he is going to die and that his God Given, sacred birthright is really no good to him if he is going to die. Esau greedily made his decision to become godless in his choice looking out for his own needs than God’s. Esau swore עָבַדְתִּי to God and gave his birthright up to Jacob. The Bible says that he did eat טַעַף in a greedy fashion and despised or counted worthless הִזְבֵּה his birthright. Hebrews 12:16, says that Esau was both immoral (πόρνος) and godless (βέβηλος). A better way to put this statement is to say that the real root cause of obesity isn't what goes onto one's plate, but what goes on in the

¹⁶ Oz Mehemet and Michael F Roizen, “Prevention with a Pill?” *Success Magazine*, October 2010, 22-23.

¹⁷ Ibid.

heart? Is the food that people are eating every day in America glorifying God or is it making them fornicators and godless like Esau?

Mistake #3 – Most people are living in fear and frustration because of obesity.

God made believers to live by faith. Faith is confident obedience to the word of God no matter what the consequences or circumstances may be. Christians need a one-track mind in living and eating right. The mind should be set on God and pleasing Him only with the choices that are made. A.W. Tozer writes, “Faith will get me anything, take me anywhere in the kingdom of God, but without faith there can be no approach to God, no forgiveness, no deliverance, no salvation, no communion, no spiritual life at all.”¹⁸ Living in fear is the opposite of living in faith, and a person cannot do both at the same time. Fear seems to wear many faces, doubt, worry, or anxiety to name a few. All of these factors create stress, which for most studies “Experts estimate that 75% of overeating is caused by emotions.”¹⁹ This usually leads to obesity. In America, some degree of emotional eating is found at a normal function. Vicki Heath says that “we often connect emotions with food memories.”²⁰ American food is typical in that it focuses on celebrations, such as birthdays, weddings, holidays, events, even at funerals. It seems people cannot escape it. Emotional eating is only a problem when it becomes a person's central tactic for regulating mood. Emotional eating is merely a one of the self-coping mechanism for sin that lies beneath, within the conscience.

¹⁸ A.W. Tozer, *The Pursuit of God* (Camp Hill, PA: Christian Publications), 81.

¹⁹ WebMD, “Emotional Eating and Weight Loss” *Webmd.com*
<http://www.webmd.com/diet/emotional-eating>. (accessed October 5, 2012).

²⁰ Vicki Heath, *Don't Quit, Get Fit* (Ventura: CA: Regal Publishers, 2011), 113.

Mistake #4 – Most people think that they do not have to honor God with “their” body. Many Christians consider their physical bodies mere "shells," like one of an alien, and most Christian circles place their emphasis on spiritual development and not physical development. Where do they get the idea that it is ok to neglect their bodies? That is certainly not what God tells believers in 1 Corinthians 6:19 when He states, "What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?" Most of the time, people treat their bodies as garbage disposals. A person's eyes are bigger than their stomachs, and they overindulge in the food that God gives them and they wind up way too full and sick. In the book, *How We Did It*, Nancy Kennedy writes, "To be honest, my biggest hindrance was myself. I denied the truth."²¹ She goes on to reveal the study done by Pew Research, that found out that "Nine in ten people believe that most fellow Americans are overweight, but only four in ten see themselves as overweight."²² Most people do not think that they are fat, but health statistics tell otherwise. Our bodies matter to God, no matter what a society tells people. Chrysostom wrote on these centuries earlier as he addressed gluttony.

For a sufficiency (of food) is both nourishment, and pleasure, and health; but excess is injury, and unpleasantness and disease. For what famine does, that also satiety does or rather more grievous evils. For the former indeed within a few days carries a man off and sets him free; but the other eating into and putrefying the body, gives it over to long disease, and then to a most painful death. But we,

²¹ Nancy Kennedy, *How We Did It: Weight Loss Choices That Work For You* (Abilene, TX: Leafwood Publishers, 2012), 21.

²² Ibid. Pew Research Center, "American see Weight Problems Everywhere But in The Mirror," Press release, April 26, 2006. Pew Research Center telephone survey of 2,250 American adults Conducted February 8-March 7, 2006.

while we account famine a thing greatly to be dreaded, yet run after satiety, which is more distressing than that.²³

This area of Gluttony affects and relates to both physical health and also moral health. The human body is built to house not just the Holy Spirit but also to carry out a message from the King with the purpose of glorifying Him in it.

Mistake #5 – Most people do not understand moderation and the concepts of small steps to life and making small simple changes in daily living. As noted above, the real key to weight loss success begins in one’s mind and heart. One must bring their belief and their behavior together. It is not good just to believe something, but rather we have to match our behavior to it, and what people really believe is how they really behave. People’s eating behavior is very scary. Dr. Don Colbert researched that “According to the National Health and Nutrition Examination Survey (NHANES), one-third of the average American diet is junk food.”²⁴ If this is true, one is going to have a battle in making small steps to life because it will have to be done prayerfully and carefully because it is an entire makeover in food nutrition and choices. Small steps take time and small adjustments in order to form new habits. Dr. Colbert also goes on to say,

I want you to understand that the foods we need to avoid are not necessarily the “unclean foods” listed in Leviticus and Deuteronomy; the foods we need to avoid because they are causing the epidemic of obesity and diseases are the man-made foods-process foods, fast foods, excessive sugars and toxic fats. These foods are the real killers of the American diet.²⁵

²³ John Chrysostom, *Homilies on Hebrews*, Fredrick Gardiner, NPNF Vol 14. Philip Schaff (Peabody, MA: Hendrickson, 1995), 502.

²⁴ Don Colbert, *Eat This and Live* (Lake Mary, FL: Siloam Publishers, 2009), 24.

²⁵ *Ibid.*

Christians need to stay clear of toxic man-made foods and eat for their health and not their happiness and convenience. The Yahoo Corporation did a study in urban locations with populations of over “200,000 people, and they found out that these heavily populated areas are most likely to have fast food institutions and feature a more ‘on the go’ lifestyle, which allows for more unhealthy eating.”²⁶ This lifestyle is around everyone and this is why small steps to life are so important.

Mistake #6 – Most people do not trust the Creator with their bodies. If God made people then God knows what is best for the people He made. Trust is the foundation to every relationship. Not trusting God is a guarantee for failure in life. Charles Stanley writes, “Many people are actually more afraid to fail than to die. God will never give you a directive and then leave you to work out the details by yourself. Instead, He is personally involved in every aspect of your life.”²⁷ If this is true, people have failed to trust God with their bodies, and now sits a flaw in the relationship. Believers have to fully rely on God for all things including weight loss. God challenges every human being to follow him. Paul writes in 1 Corinthians 6:17, “Therefore come out from them and be separate, says the Lord.” God guarantees to change one’s waistline and life, one pound at a time if we trust Him.

²⁶ Justin Sarachik, “Eight Most Obese Cities in America”, *Christianpost.com*, December 2, 2011. <http://global.christianpost.com/news/eight-most-obese-cities-in-america-63728>.(Accessed January 7, 2012).

²⁷ Charles Stanley, *Living the Extraordinary Life: Nine Principles to Discover It* (Nashville, TN: Thomas Nelson, 2005), 77.

WHY SHOULD A CHURCH LAUNCH A HEALTH CAMPAIGN?

The answer is with the rise of obesity in America, there are plenty of needs to meet. Many people are looking for a local Church to be their help and confidant. The local Church exists to get the Gospel to lost people in many ways and through many opportunities. The ability to meet felt needs and using the Gospel to get people well and healed is a God-ward effort. This will result in life change that people will physically and visually be able to communicate to other people. A person's story of losing weight in a Church is a launching pad for evangelism. People love to tell their story, and it is a well-known fact that there is great power in personal stories. In the participant's guide to *Becoming a Contagious Christian*, the authors have some great key points in "Your Story Matters". They write, "Your story really does matter, your friends will be interested, they will be able to relate to it and they can't argue with it"²⁸ if it is true.

Remember, when one is launching a health campaign, the Pastor must clearly define the mission and vision for the ministry, test to see if people are interested in continuing it and begin to have an open mind to the types of people that will be drawn to the Church. The sermon series has the power to attract many types of people. In this case, you will be attracting all types of people ranging from health trainers who want to help, doctors and obese people who are many times wounded and damaged looking for a last ditch fix to solve their problems and weight issues. The Pastor has the opportunity to point people to the Bible and to Jesus for the answers they are seeking. In the book, *You*

²⁸ Mark Mittelberg, Lee Strobel, and Bill Hybels, *Becoming a Contagious Christian: Participant's Guide: Communicating Your Faith in a Style That Fits You* (Barrington, IL: Zondervan, 2007), 51.

are a Miracle, the author writes, “All you have to do is learn how to cooperate with the Lord, and you will be able to do what He has always wanted to do through you: meet the needs of others and do miracles through you.”²⁹

The Pastor must also realize that this type of series works best in the beginning of January with all the goals and resolutions that people are making, but the reality is that most people are thinking of their weight every day and are looking for guidance all the time. So how does a Pastor conduct a health, sermon-based campaign? It is accomplished in a few steps.

ELEVEN STEPS TO A GREAT HEALTH CAMPAIGN

1. The first step to creating a health and wellness ministry campaign is to preach a one-month, four-part Sunday morning sermon teaching series focused on health. This is a determined way to begin the process and to raise awareness within the Church or organization on the issues. This is also a way to train everyone theologically before the kickoff of the program. The author’s Church used the acrostic D.I.E.T. in January of 2007 which stood for Dedication, Inspiration, Eat and Exercise and Team. This was a simple way to show people that “D.I.E.T.” can be a positive word. It also gave people an easy way to apply it to their lives. Rick Warren did something similar in his Daniel Plan in 2010 that took “15,000 members of his Church to collectively lose 250,000 pounds through a fitness program...Churches are able to download a six-week study guide and

²⁹Ken Houts, *You Are a Miracle* (Shippensburg, PA: Treasure House, 1996), 16.

DVDs from the website of the Daniel Plan.”³⁰ Churches find that this is the most effective way to teach weight loss while filtering the theology of the body from God’s word.

With the rise of “self-help” programs, the local Church has to make the distinction from the “four-happy-hops” to weight loss to a permanent life style change. The program should be about maximizing one’s life and about living a long, healthy life with total wellness for God’s glory. The program is not about hype, but rather it is about health. This takes place mentally, physically and spiritually. In the series, the Pastor must make the “why” bigger than the “how”. Once the Pastor answers the why, he will be able to point to the how. The television paints weight-loss as a pill or a potion. The Pastor must state that there is no quick and easy way out and must reinforce the truth that a person did not get over weight overnight, and it will not go away overnight. Rather, it will go away through small steps to life. It is ultimately a habit changing, lifestyle program. Change the habit, change the lifestyle and health will begin. Dr. Joseph Vetere, writes in his book, *The Genesis Diet*,

My successful patients have one thing in common: their profound understanding of *why* they should get well is greater than their desire for a shortcut way of *how* to get well. Their clear and persuasive understanding for why they should be well makes them considerably more compliant and goal oriented than patients who do not succeed in reaching their health goals.³¹

³⁰ Anugrah Kumar, “Rick Warren Invites Churches to Join Weight Loss Program” *Christianpost.com*. Monday, Feb 6, 2012. (Accessed November 24, 2012) <http://www.christianpost.com/news/rick-warren-invites-churches-to-join-weight-loss-program-68726>. (accessed March 11, 2012).

³¹ Joseph Vetere, *The Genesis Diet: A Complete Wellness Guide* (Lake Mary, FL: Siloam, 2012), 8

The pastor must lift up the “why” or the principles of the health and wellness campaign from God’s Word, and the best way to preach God’s Word is to give people the why first and the “what” second and let them conclude the “how”. Because everyone is different, a one-size fits all program does not work. After all, people lead different lives and schedules. Pastors have to understand that the series is only four parts in order to train and teach people the principles as to why a health and wellness ministry is necessary in the Church. After the completion of the sermon series, the “how” will follow. The “why” is crafted through the different motivators. The first one is that it is extremely time bound and sensitive. The reality is that a Pastor only has four to eight weeks to conduct the sermon health campaign so dedication and inspiration are very much a key part in the process. The keys contain dedication and inspiration being first in the series, so that people can commit theologically and then become attached and educated biologically during the eat and exercise and team parts (Chapter 4) by emotionally and physically attaching to the program. If a person is just getting “hyped up” with motivation from a program, they will eventually come back down to normalcy and drift back into their old habits. The key is to build urgency within the people by showing them the statistics of obesity, what the Church and what culture is saying and then get them looking to the Christ as the answer. The next step is to emphasize the problem.

2. The senior pastor must emphasize the problem and solution for obesity in the Church. The author watched his morbidly obese senior pastor stand on the stage week after week preaching on everything else but gluttony. In an analysis done on conservative Protestant men, they found that men were approximately “5 lbs. heavier

than those indicating no religious preference.”³² In the study published in *the ABNF Journal*, researchers found is that African American woman beginning a new group “weight loss program are more successful if they are less experienced with weight management and if the program meets in a Church.”³³ For CBC, after the pastor experienced a few major medical scares, things began to change. The burden of losing weight was staring the people right in front of their faces and the Pastor told the people that if he did not do something about his weight that the Church would suffer because he would not be the best leader in this area. Upon examination, the people in the pews were just as bad. The people knew that the potlucks were hurting the senior pastor, and the plea to pause the potlucks began. This did not just occur at CBC, but it started to happen all over the nation.

The key is that America is facing a health crisis. In *Sojourners Magazine*, a chart was done to show what we, as a nation, have become. They showed, between 1960-1980 obesity levels were at 15% and today (at the time of the article) the level of obesity was 37.7%. They estimate that by 2030, if people keep going down this path, the percentage of obesity will be at 49%.³⁴ People are more prone to respond in crisis, not comfort. The obesity problem is a crisis, one that is prevalent in the Church as well. A prominent Christian doctor told the author’s Pastor, “when I talk to people they don’t listen to me

³² K.H. Kim, J Sobal, E. Wethington, “Religion and Body Weight” (*International Journal of Obesity*, 2003) 27, 469-477.

³³ “The Genesis Health Project, Designing and Pilot testing a Church-Based Community Program to reduce Obesity among African Americans” (*ABNF Journal*, Winter 2010), 4-10. <http://www.readperiodicals.com/201001/2041267851.html>. (accessed January 17, 2012).

³⁴ _____, “Fat of the Land”, *Sojourners Magazine*, (May 2012): 26-7.

but when you talk to your people they listen because you are the Pastor, they will listen to you.” This is very true because most people just want the pills or potions so that they can get on with life, but few want to look in the mirror and realize that they are dying and trashing God’s temple. The reality is that a crisis-centered person is aware of their issues and is motivated to change while trying to regain everything they have lost. They will also search out the best approach to making themselves healthy again. The Church can be the answer. In an article with the title, “The Virginia Pastor says, ‘Christians Can Glorify God by Getting a Bod4God’.” this is why Steve Reynolds is showing people their life and waist size can change at Church. He stated, “I want to show people, all types of people, especially Christian people, that we’re made by God but we were also made for God and we need to honor Him with our bodies.”³⁵ If anything, a weight loss program can be a spiritual lift. In an article, one person said, “Spirituality can be used not only in conjunction with a weight loss plan but also as a way to help accept who we are at whatever weight we are.”³⁶ These types of people have their “why” embraced, and they are ready to change.

People who are also motivated to achieve great health are people who set goals. Shiloh Baptist Church, in Plainfield, N.J. understands this and that is why they “feature a gym in its five year old facility, where the public can exercise for free. At the Churches’

³⁵ Kyle Miller, “Virginia Pastor Says Christians Can Glorify God By Getting A ‘Bod4God’”, *NBC.com* February 1, 2012. http://todayhealth.today.com/_news/2012/01/31/10272975-bod4god-how-faith-can-help-fitness?lite (accessed January 30, 2012)

³⁶ Carol Sorgen, “*Get Spiritual to Lose Weight?*” WebMD: February 25, 2012 <http://www.webmd.com/diet/features/get-spiritual-to-lose-weight>.

charter school, children's everyday lessons include healthy lunches and exercise."³⁷ They are taught to have wisdom to know what to do and how to do it and not just knowledge. In order to illustrate this, knowledge is understanding that a tomato is a fruit, but wisdom knows not to place it in the fruit salad. People have knowledge about health with fancy apps, television shows and many doctor appointments, but they are not wise enough to apply it. This is how the Pastor can change everything. Health is God given, and health is God ruled. Preaching theology through biology will shape the heart and mind to keep people in optimal health. The question to be asked is, do Christians believe and embrace the Holy Scriptures as truth? If so, then why do Christians fail to apply the words of God? The answer is because churches are filled with knowledge, but not wisdom. Believers have to stop saying "yes" to everything and learn the art of saying "no". In the book, *Making Choices*, the art of "no" is a practice. The author writes, "No is an essential art; it is disciplining, restraining, guiding; it is the linchpin of an order, balanced, healthy, full life."³⁸ If Christians knew the scriptures about the body and the art of "no" they would have second thoughts on serving donuts and processed foods at their meetings and gatherings. The Holy Spirit must be in control of every aspect of our lives. My senior pastor always said when explaining his story that after preaching on Sunday morning, he never took into consideration that the Spirit wanted to be involved in Sunday's lunch. For him, the Holy Spirit was in his preaching, but was not on his plate. In the New Testament, we are reminded that our lives are not our own. In 1 Corinthians

³⁷ Adelle M Banks, "Faith in Action: Churches say 'Let's Move'", *Jet* January 17, 2011, Vol. 119 Issue 2, p38.

³⁸ Alexandra Stoddard, *Making Choices* (New York, NY: William Morrow and Company INC, 1994), 41.

6:19-2 says “What? Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? ²⁰ For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

As the Pastor teaches the people on what God says about health, the method that will affect the overall wellness of the Church will be embraced. However, scientific facts and statistics will not motivate people alone; it will just confirm the problem among the people. In *Living by the Book*, the authors tell the story of Professor Agassiz. He “trained his students in a method of discovering facts and their orderly arrangements, but he never was content to leave it there. He would say facts are stupid things. Until brought into connection with some general laws.”³⁹ A pastor cannot just spit-out Bible and health facts when leading this effort. People hear health facts every day and everywhere, but it is not changing anything. People must be fully dependent on the Holy Spirit when leading people in such a serious area such as health because it is the key to life. The Holy Spirit will take those facts into the hearts of the people and use it for their life change. Obesity is a stronghold of sin, and the Spirit of God must deal with this evil clamp on the lives of people. Satan is real, and the reality is, “The power of Satan and his helpers must never be underestimated, whether actual demon possession or not.”⁴⁰ The Holy Spirit converts worldly information into holy wisdom among the people so that they will be moved in their conscience to do what God desires.

³⁹ Howard and William Hendricks, *Living By The Book* (Chicago, IL: Moody Publishers, 2007), 194.

⁴⁰ Lean Wood, *The Holy Spirit in the Old Testament* (Eugene, OR: Wipf and Stock Publishers, 1998), 133.

3. The third step in putting together a campaign is to survey the people. The best way to get buy-in is to survey the congregation for interest in the program with two simple questions. The survey acts as a public vote that can and will be used either for them or against them. A half-page insert was designed with two questions on it. The first question was, “Do you need to lose weight? Yes or no?” and “Do you think there should be a support group for this? Yes or No?” The people vote yes through and through. This in turn made them progress and look for the next step. The senior pastor stepped up in front of the entire Church with a humble but positive attitude and apologized for personally sinning in the area of gluttony which led to his obesity. He asked people to rally around him and keep him accountable through a small group. Pastors have to reflect on the words of writer Dan Reiland, “Attitude can make or break a Church. You can’t see attitude, but next to the Holy Spirit, it is the single strongest force within believers.”⁴¹ People will follow a pastor who is transparent and authentic. This was a key factor in why CBC has done so well because the Pastor is transparent with the people.

4. Fourth, the pastor must choose a program. There seems to be some “Christian” programs on the web. As a pastor, the reality is that, “Nobody gets in shape for a faith journey in a single Sunday of worship, by reading one chapter of the Bible, by praying to God only when something bad happens.”⁴² Therefore, it is important that the pastor seek options for people to keep the journey going. There are other weight loss programs that have gotten recent attention. These programs are as follows:

⁴¹ Dan Reiland, *Shoulder to Shoulder* (Nashville, TN: Thomas Nelson Publishers), 47.

⁴² First Place for Health, *Motivated to Wellness* (Ventura, CA: Regal Publishers), 55.

PRISM Weight Loss Program: The PRISM Weight Loss Program says it looks for the underlying reasons for overeating and transforms participants' attitudes about food and about themselves. The program includes audio encouragement, weekly videos and daily lessons with Scripture readings. It does not have prepackaged meals or meal plans, but it does suggest a calorie limit and the exclusion or limitation of certain foods. Participants can join a local PRISM group, go through a correspondence course with a consultant by phone, or purchase the program outright. The length of the program depends on the desired amount of weight loss.⁴³

The Lord's Table: The Lord's Table is a free, 60-day online course that focuses on developing a biblical discipline in eating. Rather than focusing on calorie counting and specific foods, the program emphasizes finding satisfaction in Christ and eating in moderation. During sign-up, participants will have access to an interactive web based, Bible study each day, plus a weekly e-mail contact with an assigned mentor. The program recommends 30 minutes of exercise five or six days a week, plus an eating schedule to help participants develop a disciplined attitude toward food as sustenance rather than comfort. The eating calendar consists of two days with three meals at half portions; two days with one regular meal and liquids only the rest of the day; two days of normal meals in moderation; and one fast day, with liquids only. Questions at the end of each day keep participants accountable for their choices.⁴⁴

⁴³ Elizabeth Nickelaid, "Christian Weight Loss Programs", *Livestrong.com* <http://www.livestrong.com/article/120805-christian-weight-loss-programs>, April 26, 2011.(accessed June 25, 2011)

⁴⁴ Ibid.

First Place 4 Health: The First Place 4 Health movement started in 1981 as a ministry of Houston's First Baptist Church. "First Place 4 Health is a reliable, proven method of weight loss and healthy living. First Place 4 Health has had groups in over 12,000 Churches across the country with over a half million members!"⁴⁵ The author uses First Place 4 Health Bible studies for its members. Members complete a weekly Bible study which combined with prayer and Scripture reading helps to impart God's strength, empowering members to overcome temptation and make long-lasting lifestyle changes.

Losing to Live: The Losing to Live Weight Loss Program was crafted by the author's Church. It centers on the four keys to losing weight found in the book, *Bod4God*. They are Dedication, Inspiration, Eat and Exercise and Team. In addition, author Steve Reynolds shows local Churches how to host a "Losing to Live" weight-loss competition and team fitness regimens. This faith-based weight loss program teaches that all motivation comes from knowing God and believing that God wants Christians to take care of the body.

The Daniel Plan: Rick Warren launched The Daniel Plan. According to their website, it is not just another "diet". It's a lifestyle based on the biblical story of Daniel, who forsook the king's rich food in order to honor God's best for him and his friends.

"The Daniel Plan focuses on "The Simple Six" core principles, including the following:

- 1). Connect for success - Get in touch with your health and with others.
- 2). Rely on God's power - Willpower is not enough. You need God's power.
- 3). Eat delicious whole foods - Imagine the Garden of Eden as your food source.
- 4). Move your way to health - Get going. The more exercise, the more energy.

⁴⁵ First Place for Health, "Frequently Asked Questions" *Firstplace4health.com*. http://www.firstplace4health.com/get_started/faqs.html.(accessed August 14,2012).

- 5). Think sharper and smarter - Better brain health = better life.
- 6). Heal for life - Make a game plan for permanent changes that heal.

The Daniel Plan includes guidance from three world-class medical authorities and other wellness professionals, including functional medicine specialist, Dr. Mark Hyman, brain health expert, Dr. Daniel Amen and heart surgeon Dr. Mehmet Oz.”⁴⁶ The website offers tremendous information along with fusing social media and blog postings. It also connects people to others within their surrounding areas for support and help.

5. The fifth step in the process is for the pastor to organize a weight loss team of volunteers. These volunteers are crucial to the success of the program. These people can act as greeters, small group leaders, weigh-in staff, media and technology, photography and even help with music. It is easier to recruit volunteers at the beginning of the process. When starting out, everybody matters in order to form a volunteer organization. Start with families. Eaker says, “We must think of wellness not in terms of what I need to do or how I need to act, but how both I and my family can achieve wholeness.”⁴⁷ Parlette says, “Most families love to do things together”, she continues by saying, “Exercise together as a family. Get out and have a fun time. Ride Bikes. Go to the Park, throw a Frisbee or take a walk.”⁴⁸ Families can be the key to a great kick-off. Everybody can

⁴⁶ The Daniel Plan, “What Is It” *Danielplan.com*
<http://www.danielplan.com/whatistheplan>. (accessed November 24, 2012)

⁴⁷ J. Ron Eaker, *Healthy Habits for a Fit Family* (Grand Rapid, MI: Revell Books 2007), 227.

⁴⁸ Nancy Parlette, *The Busy Mom’s 10 Minute Guide to a Healthy Happy Family* (Ellicott City, MD: Perfect Publishing, 2011), 69.

offer something. A good positive to organizing volunteers is to recruit volunteers with career experiences in counseling or physiology to help one in dealing with things like emotional eating, depression and general counseling. A church's reputation can be built among the community by imploring this method. These professional volunteers can act as the sounding board for the program. It also begins to create, multiply and birth new small groups. To our amazement, people wanted to get into the small groups at a rapid pace. The meeting rooms were soon cramped and bursting with people.

The volunteers that are recruited to help run the program become the new leaders and apprentices to lead small groups and to get the word out into the community. All things have to start small before they can grow. Volunteers can help write discussion questions based off the teaching series and can help develop a guide to track progress as the participants learn what God has to say about the body and obesity. They can also help create and sustain the website and social media aspect of the program. Volunteers and families are powerful in creating and sustaining a health and wellness program if recruited correctly.

6. The sixth step is for the pastor to determine when to run the pilot program. The challenge of creating a new ministry is when to fit the program in the church calendar. CBC conducts theirs on Sunday nights as they provide biblical programs and electives for children and youth in order to accelerate their spiritual growth and their health. Most people have seen or heard of the Biggest Loser⁴⁹ television show and just shortly after this concept was catching on in culture, the author's Church struck a nerve within their

⁴⁹ The Biggest Loser is a NBC reality television show which first started in the U.S. in 2004.

community by hosting a weekly weight loss competition and challenge with weekly weigh ins. The community began showing interest at a rapid pace. This format may not work for all churches, so when planning the time for the program, the senior pastor needs to decide what works best for his Church, community and culture.

No matter what time the program runs, the Church has the common ground of the painful addiction of obesity that many Americans are dealing with. This gluttony addictive cycle is present everywhere. Pastors should take notice that, “In the addictive cycle before the seduction of mismanaged appetite comes unaddressed inner pain or deprivation.”⁵⁰ It’s alive and well and growing.

7. The seventh step is for the pastor to advertise the Losing to Live competition to see if it catches on with interest. In many small towns, the competitions catch on faster than large metropolitan areas due to tighter community relations and closer community. The key for CBC when it started was to charge a small fee to be involved in the program. However, after the program developed, a larger fee was charged to cover the cost of marketing and the Losing to Live team kits.⁵¹ There are many different ways for a small church to advertise. CBC used invite cards, mailers, banners, t-shirts, wristbands, door hangers and many other types of marketing. However, CBC finds that word of mouth, church signs, social media and flyers work best within their location. However, in a larger church, radio, mass mailings are good advertisements. The best way to begin the

⁵⁰ David Eckman, *Sex, Food & God* (Eugene, OR: Harvest House Publishers, 2006), 65.

⁵¹ The Losing to live team kits includes the Bod4God book and additional books, a team T-shirt, refrigerator magnet, wristband and a planning eating and exercising book.

advertising for the competition is by starting eight weeks out in order to build a following. A great place to start is to ask people in the congregation to advertise at work.

Obesity has a huge effect on the workplace especially with insurance bills and premiums. Alberto Colombi researched obesity in the workplace and “demonstrated that worksites with higher proportions of obese employees have higher utilization rates and higher cost of care, which are of particular concern for financial marginal or stressed employers, and for self-insured employers who cover health care costs of their employees.”⁵² The National Library of Medicine National Institute of Health (NCBI) reported that “There was a positive linear association between employees' body mass index (BMI) and the number of days' work missed due to sickness absence on both cross-sectional and prospective analyses. Obesity was a risk factor for both short- and long-term sickness absences. Obese individuals typically took an extra four days sick leave every year. The majority of the increased risk for long-term sickness absence appeared to be mediated via co-morbid chronic medical conditions. The excess short-term sickness absences was not explained by obesity-related medical problems, psychiatric disorders or workplace factors.”⁵³ The conclusion was that NCBI found that “Obese employees take significantly more short- and long-term sickness absences than workers of a healthy weight. There is growing evidence to support employers becoming more involved in

⁵² Alberto Colombi, *Obesity in the Workplace: Impact on Cardiovascular Disease, Cost, and Utilization of Care*. *American Health & Drug Benefits* 4, no. 5 (September 2011): 271-277.

⁵³ U.S. National Library of Medicine National Institutes of Health, “Obesity and Sickness Absence: Results from the CHAP Study” *U.S. National Library of Medicine National Institutes of Health* <http://www.ncbi.nlm.nih.gov/pubmed/clipboard>. (Accessed January 23, 2012).

tackling obesity.”⁵⁴ Obesity affects the workplace and as a Christian our workplace is where one can uphold a good testimony for God.

Extensive advertising can be done on different levels. The main thing is to make the program as public as one can and to use whatever means possible. Saturate your area by using whatever means and methods to get the word out. This means posting flyers on bulletin boards in local shops, newspapers, school papers, newsletters, community centers or convenience stores. On the notice, it would behoove the organization to put all contact and web information including phone numbers, directions and a map.

8. The eighth step is for the pastor to plant the seeds for small steps to life during the sermon series and to challenge the congregation to implement some changes in their lives right away. As the Pastor teaches the series, he should continually praise and celebrate with the people for drinking more water or eating a vegetable for first time. After completing the series this excitement and momentum should help launch a new mission in the church to continuing what God is doing within the hearts of the people. The local church should have the healthiest, most engaged workforce for Jesus Christ allowing for full productive lives working in the Holy Spirit.

9. The ninth step is the pastor’s chance to launch the main competition that will run for 12 weeks (Chapter 4). During this time, the seed for joining a 12 week competition should be planted so that the congregation can be focused on their next step in their improved health and wellness journey.

10. The tenth step is to survey the participants in order to see how effective the interest of the program is and the interest in continuing it. A church needs to find out

⁵⁴ Ibid.

what program will function best within their walls. This step is very important because this is where the senior pastor will focus on the assimilation of the program. The best way to do this is to have a team leader meeting and engage in a round table recorded discussion of how the church can go to the next level. Listen to every praise and problem without discussion or defending any comment. The goal is to get all information out in a safe environment without any dissention. This will make the program soar with excellence. CBC went as far as walking through each week with comments, questions and considerations for the next campaign. A survey continually builds teamwork within the program and a voice for the participants and leaders. Most people want a voice in the decisions, but they do not necessarily want to make the decisions. A survey will accomplish this goal. It will also give the pastor the ability to create a rapport for later with his people and will help make a great competition.

11. The eleventh step is to make the decision to keep going or to stop after just having the sermon-based health and wellness series. The Pastor needs to analyze the data and potential program to determine whether to birth a health and wellness ministry through small groups or to use the program solely as a stand-alone campaign as an evangelistic and informational tool. The key here is to listen to the people when getting feedback. “Listening is a learned skill and effective listening is an active, not passive process.”⁵⁵ Both are good to accomplish. Pastors are to teach on the whole counsel of God and teach about health. If a shepherd’s sheep are eating the wrong things in the fields then they are going to die, and the shepherd will lose his flock because of lack of watching.

⁵⁵ Madelyn Burley-Allen, *Listening, The Forgotten Skill* (New York, NY: John Wiley & Sons, Inc., 1995), 3.

THE CHURCHES ATTITUDE TOWARDS HEALTH

1. The church needs to refine its attitude towards health. The Bible says, “For as he thinks in his heart, so is he.” (Proverbs 23:7). The pastor’s attitude with the church is so important. What are some unhealthy attitudes towards the body? Number one, people can reject their body. This is a big one for believers today, and the reason people struggle so much in this area is because of the culture around believers which paints a picture of a body that no one can attain. Society today lives in a Photoshop world, and people compare themselves to images that do not really exist and reject their God-given body. People live lives of comparing and perfecting. For women it is a whole lot harder. This constant pressure is on everyone to look a certain way. Culture and society has told people how they are supposed to look, and this high-pressured environment has a tendency to make people and believers reject their body. The pastor needs to communicate openly to his congregation that all people are beautiful, and that God has placed a variety of people in the world. He has taken time and much thought into the people that are ministered to in a local church. The Bible says that those that compare themselves among themselves are not wise. Christians need to stop the comparison game (1 Corinthians 10:12). The truth is that everyone is different. It is the pastor’s job to help people understand how God views them.

2. Secondly, there are those that think they can perfect his or her body. This crowd is always at the gym. They are referred to as “gym rats” or particular “food Nazis”. For these people it is all about perfecting and being that perfect person. This is not a good approach either.

Lots of people are known to neglect their body. That is what Pastor Reynolds did from the time he was 22 years old until the time he was 48 years old. People in general might not want to sweat and or work-out. This can be tied to many things like too busy of schedule, a mobile office, not liking sports in general. The list of neglect can be very long. However, people can start small by not burning the calories they have taken in all the way to eating disorders and just plainly giving up on the purpose for their life. As a wellness Church, the healthy attitude approach towards one's body is to maximize the body.

A person begins to maximize their body when they see the magnificence of it. Psalm 139 tells believers, "I will praise you for I am fearfully and wonderfully made. Marvelous are your works." The wonderfully amazing part is awesome. A believer needs to say, "You know what, I am going to maximize my body. I am going to get the most I can out of the body that God gave to me." That is a good attitude for the Church to have.

3. Thirdly, a Church has to renew its mind. Ephesians 4:22-24 tells believers that they need to put off the former conduct ...and we have to put on the new man. The Bible says to, "Be renewed (*ἀνανεώω*) in the spirit of your mind." If believers are going to live a life that is honoring to God, if they are going to have a healthy lifestyle, they must begin by renewing their minds. Any sin that is committed always begins first in the mind. There has never been any sin that was not started in the mind first. A person's mind is saying, "I hate that person, and I am not going to forgive them. I am going to be bitter towards them," and the story flows. That is what people are naturally thinking. Obese people are thinking, "Oh, man, a candy bar would just taste so good right now." People have to renew their minds in Christ, and one of the ways this is done is by reading

the Bible. Believers should never neglect the importance of reading the Bible because the Word of God can change one's thinking. The church body can be successful in reading the Bible. In Joshua 1:8, it tells people that they are to meditate on God's Word. If this step is done, then success will follow. This is the only time the word "success" is used in the KJV Bible.

The church also has to remember the benefits given from God. Believers have to keep in mind the price for a healthy lifestyle. The Bible says in Galatians 6:7-9, "Be not deceived, God is not mocked. For whatever a man sows, that he will also reap." This is the most powerful law in the world, a law that cannot be avoided, but rather should be embraced. Whatever one sows, that will be reaped. When it comes to health, do not be afraid of the benefits; rather embrace them, because it is awesome when the right choice starts sowing the right things in one's life and church. People should also respect this law, because if one sows the wrong things, this is what they are going to reap. The Bible goes on to say, if one sows to the flesh, they are going to reap corruption. The best part of this verse is "He that sows to the Spirit". What does one do when they allow the Holy Spirit to lead them and direct them? They will reap everlasting life. A believer should not grow weary while doing well. The Bible says this, "For in the season we shall reap if we do not lose heart."

One of the great benefits of the creation of a health and wellness ministry is that it teaches people to lower the pain caused in one's life. Sin always takes someone on a painful downward spiral. When sin comes into one's life, it controls their lives, and it puts a person on a dangerous and destructive path. Christians need to understand that the pain of sin will always add stress to a person's life but through that pain is the

opportunity to grow. When a church has a health and wellness ministry that promotes lifestyle change, if pain is decreased or eased, pleasure increases. If people decrease their pain of sin of gluttony, they automatically increase their pleasure in God.

CHAPTER 4
THE METHODOLOGY FOR SUSTAINING A HEALTH AND WELLNESS
MINISTRY

The sustainability of a health and wellness ministry requires a considerable amount of leadership training and leadership tasking. After the decision is made to keep the health ministry flourishing, there are steps to take into consideration for the program to be successful. Once the program is running the sustainment will go beyond benefitting the parishioners to the community. The preventative weight loss program will become a consistent bridge to lead people into a growing relationship with Jesus Christ. Clishia Taylor writes, “Prevention and wellness focuses on helping people understand how various systems, such as the cardiovascular ,endocrine, muscular or respiratory system, impact a person health”¹ This section will show how CBC structures and sustains a preventative weight loss competition, so that it can sustain and maintain an impact in the Church and in the community.

CBC has been challenged with the following question from the media and from members, “Can individuals lose weight without being believers, without God? Can they lose weight without a competition?” The answer is yes; however, CBC suggests that people do best at achieving their weight loss goals when they first commit their weight problem to God, ask for His help on a daily basis and join a group of like-minded people in a team competition setting. CBC is all about the encouraging environment that is

¹ Clisha Taylor, “Implementing Prevention and Wellness Workshops for Individual Education and Community Outreach” (D.Min. diss., Assemblies of God Theological Seminary, 2011), 58.

conducive to losing weight. Joseph Myers writes in his book *Belong*, “Community emerges from the environment. One change in the environment can change the harmony and health of the community. One person can create an environment for health and healing.”² CBC believes in setting up healthy environments in order to prosper the mission. The Bible says to rejoice with those who rejoice, and weep with those who weep. It also says to be of the same mind towards one another. (Romans 12:15-16). Losing to Live Weight Loss competitions are all about this verse. CBC has discovered that most people do well when they are part of a team competition. Participants are encouraged by others to take those steps that will help them lose weight. CBC also believes that a competition involving a team is an essential key factor to weight loss. People need a connection and a community to share their weight loss successes and failures.

WHAT TO DO BEFORE THE COMPETITION

There are twelve steps that CBC uses in order to have an effective and sustaining health and wellness program. CBC has refined these methods and tools over time, and feels that this plan works best. The rudiment is that it is all about doing church as a team. A local church should follow these steps closely for outstanding success.

1. The pastor must know their mission and purpose for having a health and wellness ministry. A health and wellness program can show people how to lose weight and keep it off through what Steve Reynolds calls a “Bod4God” lifestyle.

² Joseph R. Myers, *The Search To Belong* (Grand Rapid, MI: Zondervan, 2003), 84.

2. The leader is to seek approval from the leadership. Pastor Reynolds suggests that if a layperson is the leader of the program, they will have to inform the pastor and key leaders in the Church on what the health program is going to do and why they are doing it. This will ensure that it is joined with the vision of the Church. In his book, *Doing Church as a Team*, Wayne Cordeiro stressed that, “Building teams does not begin with a certain kind of technique, it begins with a certain kind of heart-an-unselfish, authentic heart, desiring only God’s best. Such a heart constantly asks how can I include others? It anticipates the joy of sharing experiences, struggles and victories, realizing that, like the body, we work best in teams-the way God designed us to function.”³ CBC has had pastoral involvement on all levels. A budgetary and logistical approval process must be navigated and this is why a senior leader should be involved. Pastoral leadership must share and champion this type of ministry in order to accomplish the best results. The leader of the program must keep the pastoral leadership team informed. The reality is that the program will cost the church money in terms of dollars for advertising, purchasing the participant kits, coffee, snacks or lunches and other expenses that might be foreseen to champion the cause of this ministry. The leader must also keep in mind how the ministry plans to fund the program (for example, through offerings, registration fees, 5k race or fundraisers). This program can easily pull money away from the general fund of the church if the leadership is not careful.

3. Step three is to establish the location of the health and wellness program. The entire competition takes 12 weeks. Participants meet once a week for 90 minutes. During the first 30 minutes, everyone meets together to hear overall results of the teams and

³ Wayne Cordeiro, *Doing Church As A Team* (Ventura, CA; Regal Publishers, 2004) 173-74.

listen to a speaker talk about a health and wellness subject. During the remaining 60 minutes, participants break up into teams for discussion and reflection. A leader will need a place large enough for all participants to meet together such as an auditorium, multipurpose room or fellowship hall. Smaller rooms will be needed for individual teams to meet in privacy and for the scale for weekly weigh-ins.

4. Determine the overall Church schedule for the program. The groups at CBC meet on Sunday nights from 6:00 to 7:30 pm; however, leaders can make the decision to meet any time that works best for the Church, community and culture. One must keep in mind that the total time needed for a weekly meeting is 90 minutes, which includes 30 minutes for the total group rally time and 60 minutes for the small-group time. The clock must be watched closely so that the program can run efficiently.

5. Recruit and assign the leaders that will lead a group. The leader of the ministry will need a director, team captains and administrative support to do the weigh-ins and other activities during the sessions. Finding the right small group leaders is challenging and must be carefully thought through. A leader has to think long and hard and pray about who these people should be as they will be crucial to the success of the program. These leaders need to be able to educate the participants on preventative principles on health. These people may include local doctors, nutritionists, physical coaches, personal trainers or others in the leader's congregation with certain areas of expertise. They also need to be able to encourage the participants through worship and devotional times. These people may include those who have themselves lost weight and know how long and difficult the process can be. The leadership and pastor also need to think about how

to equip the participants. It is also helpful to find people who can help train the participants with regard to eating healthy and exercising.

6. Organize the registration process. CBC has all participants fill out a Losing to Live registration form, and a preventative waiver form (see Appendix) saying they understand that this is a preventative program on health offered by CBC and that the Church is not liable for methods a person may do to themselves and they will not hold the Church liable for their actions. CBC stresses that people are to see their doctor and nutritionist for check up's on a scheduled basis in order to monitor their progress. The weight loss competition is always run as a preventive program.

7. Implement a health and wellness promotion strategy. This promotion should target the Church and the community. CBC offers promotional videos and other materials included in the *Bod4God DVD* series that CBC provides both on the web and by hard copy found at losingtolive.com.

8. Host an orientation meeting. CBC launches the orientation meeting two to three weeks before the first competition for any potential participants. The goal of this meeting is to explain how it works and then register participants for the upcoming 12-week competition. The leaders distribute the "Losing to Live Fact Sheet" (see Appendix) and show the orientation video presentation by leader Steve Reynolds, both of which are part of the *Bod4God DVD* series.

9. Order the leader participant kits. Each participant should obtain an official "Losing to Live Participant Kit" which contains the book *Bod4God: The Four Keys to Weight Loss*. Each participant will need a book to do the Victory Guide exercises and other exercises that are crucial elements to success in the program. In addition, included

in the kit is an official Losing to Live T-shirt and a refrigerator magnet with the four keys to weight loss on it.

10. Determine and build the weight loss teams. After each participant has been registered in the program, the administrative leader then divides the enrollees into teams of 6 to 12 people. Each team should be balanced out between those who need to lose a lot of weight and those who need to lose less weight. It should also be balanced between the normal Church crowd and people who do not regularly attend the Church. It is the leader's job to make these environments safe for everyone. For example, do not place an individual over 300 pounds in a 300 lbs. group. The same applies to those who have lost 20 pounds together, but rather mix up the groups so that they can mingle with one another, believers with unbelievers and members with non-members. It is essential to create balanced groups so that people can relate to one another. The reality is "Sometimes seekers are just one ask away from making the biggest decision of their lives."⁴ CBC Believes in the life changing Gospel, which is threaded within and throughout its programs. The people within the groups already have something in common, and that is weight loss. CBC tells leaders of programs to not worry if they only have one or two teams the first round of competitions. As these first teams enjoy success, others will notice and join the program in the Church. CBC has found that this program is contagious.

11. Set up the individual weigh-in procedure. The church will need a good-quality scale (the best is a doctor's scale, if possible) and a private place for the weigh-ins to take place. However, setting up the scale in a classroom is often ideal. This is how CBC does

⁴ Gary Poole, *Seeker Small Groups* (Grand Rapids, MI: Zondervan, 2003), 219.

this part of the process. They have participants come in, one at a time to weigh in in order to respect their privacy. There are set times on Saturday and Sunday mornings and evenings. This is done for the convenience of the participants. The church may want to schedule several weigh-in times. The weight-loss competition is based on the percentage of weight loss, not the amount of weight loss. Most groups and churches use a Microsoft Office Excel spreadsheet to do their calculations (A basic progress report can be found in the appendix).

12. Set up how a leader will communicate with participants. The best way to do this is to gather all email addresses and phone numbers from all participants at the time of registration in the program. Remember, always have on your forms name, best phone number and email address so that one can contact people later on. This makes for enjoyable follow-up. For best success, the director and the group leaders need to be in contact with the participants on a weekly basis. This program is built on a lot of encouragement, so it is vital that people get it during the week to keep them motivated and connected to the program and to their goal.

WHAT TO DO DURING THE COMPETITION

This section will explain to a church how to do the rally meeting time of the competition. Again, CBC has refined and continues to work on and perfect the process as the ministry grows.

1. Conduct the weekly weigh-ins at the church location. As stated prior, this is a schedule of times that the participants can weigh in on the church campus. CBC uses

Saturday Mornings 9:00 a.m.-12 p.m. and Sunday's 8:15-12:30p.m. and 4:45-6p.m.

These times works best in conjunction with a Sunday morning church service or leader weekly rally time. Ideally, the Pastor must use this ministry as a vehicle in order to get people into a church service so they can experience the church. In the author's experience, the truth is that once unbelievers find out that your program is not weird, they will most likely come into a service to hear the pastor if he is the face of the ministry. As these program participants come in for their weekly weigh in's, record the participant's weight each week without "any" comments. Whether they have lost or gained weight, this is their story to tell. Say nothing to the participant or anyone else. All the leaders should give is encouragement because that is what they need whether the individual gained or lost weight.

2. Conduct the weekly rally time together. At the rally, announce the individual team's total weight loss. The author's church uses music that is upbeat and has a winning feel to appeal to people's emotions and excitement. All individuals will also be competing to be one of the top 10 losers of the 12-week competition. The pastor or leader must list the incentives and rewards to the people who make it this far. The pastor or leader should also line up the special speakers for each rally. It is best to have an "expert" speak about exercise, nutrition or attitude. This programming helps the church in the community and protects the church from the pastor or leader acting like the expert. CBC runs only a preventative program and they certified and degreed professionals lead in these medical, nutritional and physical therapeutic areas, while the pastor focuses on what the Bible says. These individuals can come either from the congregation or from outside the church. One could also show a DVD or video from the internet. To get the best

effect, one needs to have excellent live speakers and let the congregation know about the topics they will be covering in order to help them learn and apply particular health truths.

3. Conduct weekly small groups. Small group interactions are indispensable to the program. This is where life change is going to happen. Also, all accountability will take place in these groups. The weight loss competitions should act as a discipleship process. Capital has seen a lot of what Larry Crabb discusses in his book, *Sticky Church*. CBC uses five areas in this process of small groups, the “Word of God, Worship, Witness, Warmth and Works (action).”⁵ Every group on campus displays these words in their DNA. The Losing to Live small groups should meet following the weekly rally time. Most participants will connect best with the program in their small group teams. Each team should choose a team name based on a fruit or vegetable to be used as a rally cry. In these meetings, the participants should go over the information in the book *Bod4God*, chapter by chapter, specifically discuss the weekly Victory Guide assignments (found at the end of each chapter in *Bod4God*), share ideas on what works and what does not work for each person, cheer each other’s successes (encouragement) and lastly, pray with each other. Each group has its own feel and vibe, but encouragement should be the essential element of each group.

4. Conduct a “Victory Celebration”. CBC uses this term, “Victory” strategically so that people can experience some type of victory. The truth is that if they have not lost any weight, something is wrong. The program works and has been tested over six years. The author personally lost 45 lbs. and for the most part has kept it all off. Although the

⁵ Larry Crabb, *Sticky Church* (Grand Rapids, MI: Zondervan, 2008), 102-3.

weekly rally time is a kind of celebration, one may want to have a significant final rally celebratory event to make it end on a positive note.

During this last-week celebration, the weight loss leader will change the order of the meeting by having the small group time first and the rally time last since this is the last time that the small groups will meet. (CBC has the small groups meet first to go over the material in week 12 in *Bod4God* and to gear up for the victory rally).

During the Victory Celebration, the leader should announce the overall weight loss for the groups and the various teams during the celebration and recognize the individual biggest loser(s). CBC gives each participant a certificate of participation and a before and after photo of each participant. The leader should decide if the Pastor would like to give out prizes. A grand celebration food time is also encouraged; however, any food for this event should be healthy and nutritious. If a pastor has individuals who have had unusual success, like losing a mass amount of weight or a miracle of healing, the pastor may want to call in the media to do a story on this individual. The leader will want to rejoice over what God has helped the Church accomplish together. The main goal is to make sure that everyone leaves feeling like a winner. The pastor should be present, say how proud he is of the Church, and announce the next competition. This will prod the Church into a sustaining of the program and will guarantee a strong start to the next semester.

HEALTHY EATING AND EXERCISE IN THE CHURCH

The key factors in sustaining a health program are found in both eating and exercise. Lynne Gerber writes, “Health is considered a proper motivation for weight loss, but only when it is qualified by the desire to serve God and to do God’s work.”⁶ The above steps show the function of sustaining a health and wellness program, but this part shows the fuel for sustaining the program. “Exercise is the fountain of youth,”⁷ says fitness expert Michele Stanton. Most people hate to exercise. In America, believers have adopted a philosophy of increasing our pleasure. It is a fact that a person’s quality of life suffers when he or she is obese or overweight. Obese adults have more annual admissions to the hospital, more outpatient physician visits, higher prescription drug costs, and a worse health-related quality of life than individuals with normal weight.⁸ Certain medical conditions such as obstructive sleep apnea, back pain, joint pain, diabetes and hypertension are clearly related to elevated body mass indices. Obese individuals are also more easily fatigued. Not only are these conditions more prevalent in obese and overweight individuals, but also they are often more serious and difficult to manage medically, requiring more medications and more interventions.⁹ In addition, heart disease in obese individuals carries a higher mortality rate. A study conducted in 2002 indicates

⁶ Lynne Gerber, “My Body is a Testimony: Appearance, Health, and Sin in an Evangelical weight Loss Program” *Social Compass*, 2009 (accessed January 23, 2013).

⁷ Michele Stanton, *Prevention’s Firm Up in 3 Weeks: Trim and Tone Leader Trouble Zones for Leader Best Body Ever* (New York: Rodale Books, 2004), p. 6.

⁸ Ibid.

⁹ Ibid.

that the health risks of obesity are greater than smoking or heavy drinking.¹⁰ Is this pleasure really worth it? Society has become a “me” place. It is narcissist in nature and very much hedonistic in behavior.

An obese way of life is contrary to God’s Word. In 2 Timothy 2:3, Paul tells us, “Leader therefore must endure hardship as a good soldier of Jesus Christ.” Endure the hardship? Believers are commanded to be followers of Jesus; this will mean hardship and endurance. Christians have to get this false thinking out of their minds and redirect their thinking that food is not provided for their comfort and pleasure. God gives food for fuel, not fun. This pleasure has led to obesity and gluttony. It is obvious that the times have changed. Gallup Polls reported, “The majority of the adult population in every U.S. state can be classified as overweight or obese, based on Americans' self-reported height and weight. This means millions of people are at a high risk for developing -- if they haven't already -- costly and deadly chronic illnesses such as diabetes and high blood pressure.”¹¹ America has become a sitting culture. People simply do not move anymore. We have become a drive-thru, convenience-based society. People lay in bed wake up, sit in their car, then sit in their offices, then sit in their car and back in bed just to repeat the process again. As they are sitting, people continue to keep eating like football players and bodybuilders. This is what resulted in Pastor Reynolds getting up over 330lbs. CBC hears

¹⁰ R. Sturm, “The Effects of Obesity, Smoking, and Problem Drinking on Chronic Medical Problems and Health Care Costs” *Health Affairs*, 2002, vol. 21, no. 2, pp. 245-253.

¹¹ Elizabeth Mendes and Kyley McGeeney, *In U.S., Majority Overweight or Obese in All 50 States*, <http://www.gallup.com/poll/156707/majority-overweight-obese-states.aspx>, August 16, 2012. (accessed June 18, 2012).

the same story over and over and it all comes down to sitting too much, bad food choices and minimum movement.

People spend much of their time sitting behind a computer and/or a cell phone. People sit for hours in their cars while commuting to work or going to school. It is certainly common here in the D.C. Metropolitan area, where the author lives. So what has all this sitting done to us as a society? Well, as Dr. James Levine of the Mayo Clinic has noted, “Researchers have linked sitting for prolonged periods with a number of health problems and premature death from cardiovascular disease.”¹² For many of us, “sitting has become the new smoking.”¹³ Who would have thought that while we were making our lives easier and more convenient we were actually contributing to the downfall of our health?

America is in bondage to their current physical condition. The Church needs to step up and make a difference by bringing about positive change to unhealthy and overweight people. This is why the authors’ Church and Pastor have dedicated their life and ministry to helping Americans start moving and eating healthy. This is a large challenge for the Church and its leaders, and one that can only be accomplished with Jesus’ help. Jesus is our Creator and the Bible is our guide to healthy living.

¹² James A. Levine, MD, PhD, “What Are the Risks of Sitting Too Much?” *The Mayo Clinic*. Mayoclinic.com <http://www.mayoclinic.com/health/sitting/AN02082>. (accessed January 25, 2013).

¹³ Daryl Laws, “For Many of Us, Sitting Has Become the New ‘Smoking.’” *The Times News*, January 2, 2012. <http://www.thetimesnews.com/articles/body-51071-fitness-work.html> .(accessed January 23, 2013).

A BELIEVER SHOULD WANT TO BE LIKE CHRIST

Was Jesus active? If so then what did Jesus do when it came to being physically active? Not much is written about Jesus' early years at home with Mary and Joseph.

However, His earthly father, Joseph, was most likely a carpenter and more than likely Jesus also took up the trade. Most people never read that Jesus went looking for a way to exercise. However, as a carpenter, He more than likely had to lift heavy pieces of wood. He had to saw them into boards without power tools and pound pegs into holes He had drilled by hand without the use of nail gun. Just imagine the strength He would have developed in his arms over the years. It was a movement-driven society. It is remarkably different from America today.¹⁴

Jesus was always on the move and continually moving in and out of his workplace, particularly after He began His ministry. Hence, His whole life was exercise!

Jesus, along with His disciples, must have been in superb physical condition. They never had time to get out of shape. Just living their hard lives of manual labor and walking everywhere would have kept them conditioned. They did not have to determine to exercise. Much of the ministry years of Jesus' life were a training camp for His disciples, to get them ready for the future ministry they would have.¹⁵

Obese people have a tough time getting started on a journey of health. A study from the Johns Hopkins University Arthritis Center reports that a person who is 10 pounds overweight may increase the force on his or her knees and hips by 30 to 60 pounds with each step.”¹⁶ This leads to more injuries, more rapid joint deterioration and

¹⁴ Steve Reynolds, *Get off the Couch 6 Motivators to Health* (Ventura, CA; Regal Publishers), 161-62.

¹⁵ Ibid.

¹⁶ D.A. Katz, C.A. McHomey and R.L. Atkinson, “Impact of Obesity on Health-Related Quality of Life in Patients with Chronic Illness,” *Journal of General Internal Medicine*, November 2000, vol. 15, no. 11, pp. 789-796. (accessed September 12, 2012).

arthritis, which, in turn, leads to more joint pain, stiffness and swelling that often requires complex orthopedic treatments (including medications, injections and surgeries). The outcomes of these orthopedic procedures are often not suitable, with higher risks of complications in obese individuals than in their non-obese counterparts. Chronic back pain is also associated with increased weight. Maintaining an ideal BMI and exercising regularly are the only proven modalities to slow the progression of joint arthritis.”¹⁷

In Matthew 16:24-25, Jesus said to His disciples, "If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for my sake will find it." This passage of Scripture is repeated six times in the Bible, which indicates it is particularly powerful (see Matthew 10:39; 16:25-26; Mark 8:35-36; Luke 9:24-25; 17:33; John 12:24-26). The concept of losing one's life is a leading theme of Jesus' teaching. He wanted people to get true life. How? by denying themselves, taking up their cross, and following Him.

Incorporating this scripture into one's life is important. These are the guidelines for losing weight and having a life in Christ. In the same way, if the leader or pastor wants to change the Church's physical condition, have health and a long life, he needs to stand up, commit to doing something today in his leadership, and give encouragement so that others can take back their life. There is strength in the local Church when its congregation comes together for a single purpose. This also rings true with a group of people who have goals that are similar to the leader's own, and these individuals will help one succeed.

¹⁷ Ibid.

In 1 Corinthians 9:24 and 27, Paul writes, “Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. . . . I discipline my body and bring it into subjection, lest, when I have preached to others, I should become disqualified.” A believer must help the people keep their eyes fixed on the prize of Jesus Christ. It is all about living with the end in mind.

MOVEMENT MATTERS

The leader of the health and wellness ministry and his Church must be disciplined in their food choices, but should also start being disciplined with their body too. Consistent time in the gym could be viewed as a requirement by having to make time to get to the gym. All gym workout sessions should be viewed as the same way views a doctor’s appointment. The author reminds himself that if he does not go to this appointment three to four times a week, he will be in the doctor’s office with unpleasant news. The Church cannot avoid this obesity issue any longer! Paul’s words echo in 1 Corinthians 9:27 where he states that all need to discipline their body and bring it into subjection. This means that believers cannot give up on exercise. Most people think they need a degree in exercise before they can step into a gym. All a person needs is a basic orientation class to the fitness basics, and in return they will have enough knowledge to start on a treadmill.

Maybe this might be so new to the Pastor that they never considered any exercise at all. If this is the case, start walking. It is a free exercise, and it can be done alone, with a friend, a child, a spouse or a Church body. CBC has a Sunday 4:45 pm walking club before their 6 pm weight loss competition program where people can show up and walk

or run the CBC 5K route together. After the walk, people are sweaty, but motivated and ready to learn. People start to realize that they can put on some earphones, being mindful of traffic, and listen to some good inspirational music, a speech or a sermon while they exercise and get in shape. One can even learn a new language! It's the health and wellness ministry's job to show people that they can take the dog on the walk and kill two birds with one stone or carry weights or use hiking poles to exercise the upper part of the body. People can join a walking club at the local mall or just walk there in inclement weather. The objective is to get people moving in order to improve their health.

Participants should begin an exercise regimen with realistic expectations when taking baby steps on this journey. It is important to push ourselves as far as one thinks their body can handle it. As each day arrives, increase the amount of steps taken each day. Some people "find a pedometer works well to help them keep track of their steps and help them reach a goal of 10,000 steps a day. Pedometers are not expensive and can be an extremely cheap source to setting and reaching goals."¹⁸

Even though walking may seem like a simple exercise, the author finds that when people are walking, they are working out. There are so many walking events in the community to plug into in order to it build strong motivation and confidence. These are significant events to keep motivated; however, one must constantly set newer and bigger goals.

There is a popular gym saying, "Sweat is fat crying." One can do this by starting to work out and sweating so that the body can burn and shed fat. The release of cellulite

¹⁸ Steve Reynolds, *Get off the Couch: 6 Motivators to Health* (Ventura, CA; Regal Publishers), 168.

has enormous benefits. Here are just seven benefits of regular physical activity as reported by the Mayo Clinic:

1. It controls weight.
2. It combats health conditions and diseases.
3. It improves mood.
4. It boosts energy.
5. It promotes better sleep.
6. It puts the spark back into a person's sex life.
7. It can be fun!

As a general goal, most experts recommend at least 30 minutes of specific activity each day. However, to lose weight, a person may need to exercise more.¹⁹

The Bible says in Isaiah 40:31, "But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." The Pastor has to keep moving and has to make the Church move. God will give the Pastor and his Church the strength and ability to take care of his body and theirs.

¹⁹ The Mayo Clinic, "Exercise: 7 Benefits of Regular Physical Activity," *mayoclinic.com*
<http://www.mayoclinic.com/health/exercise/HQ01676/NSECTIONGROUP=2>.

THE CHURCH IS A STRONG TEAM TOGETHER

The church is the only thing that Jesus said He would build. The local church is the light of the world because it has born again believers in it. However, the Church also has a team of people to gather with so that a Christian can become stronger in their walk on many levels. The Bible says in Hebrews 10:25 to not forsake the assembly of one another. Elmer Towns gives a small hint of why one needs a team when fighting a besetting sin. He writes,

When you are a victim of a besetting sin, you do not clench your fist in the face of God and transgress His purpose; you are helpless and broken before Christ because of your sin. A besetting sin makes you a slave and takes away your will. You cry out, "I can't help myself!" As one person said, "I am forced to play a game where I will always lose, and I can't quit playing. I hate the game...I hate playing...I hate my life."²⁰

This could not be any clearer than in the area of obesity and gluttony. The author has spoken to hundreds of people and listened to their heart and heard the stories of many who just hate life. They hate themselves because of gluttony. They are waiting to hear from the Church for answers and waiting for a team of people to come around them and help them through this besetting sin and the temptation that is literally killing them one bite at a time.

Biblically, why do people need a team? What is the value in it? What will it do for them? Well, the Bible answers these questions in Ecclesiastes 4:9-12, which says:

Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up. Again, if two lie down together, they will

²⁰ Elmer Towns, *Fasting for Spiritual Breakthrough* (Ventura, CA: Regal Publishers, 1996), 30.

keep warm; but how can one be warm alone? Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.²¹

This is an essential Biblical principle, and one that will have a massive impact on a believers' life. It is the principle that two are better than one. Two can withstand the enemy; so, if the individual wants to be a strong leader, they must find a ministry partner to act as the third cord of a strand. CBC believes that people were never meant to experience life alone, and this is why the Church encourages getting in a small group of people where their name is known and their needs are met. In the beginning, God made a healthy Adam and placed him in the Garden of Eden to live; however, he was alone. Later on, the Bible says that God spoke for the first time that something was not good: "It is not good that man should be alone" (Genesis 2:18). It was always part of God's plan for a person to have a community of support for help and support. People were never meant to be alone so this is why a team is so important because it's God ordained.

Teamwork is mentioned throughout the Bible, where it is used as a model for successful Christian living. One of the reasons why God created the institution of marriage and why Christ taught so much about the Body of believers is because teams are needed to promote the Gospel. Each person plays an integral role and is needed for the whole body to function (see 1 Corinthians 12:12-17). The Early Church used teams for discipleship and in the spreading of the Gospel. Teams were the way Christ intended the Church to operate. Larry Crabb states, the reality is that, "Christians have long believed that the central difficulty in human existence is separation from God (we are under his judgment from ourselves, we can't face what's true about us, either the extent of our sin

or the depth of our pain), and from others (we demand from others rather than give to them).”²²

CBC has connected the human body (Biology) with the Gospel (Theology) and theologically has shown people why they are and were created. It is to glorify God. Again, in the early Church, there were to be teams of Christ-like people, each working together to use their God-given strengths and abilities to fulfill the Great Commission of reaching the entire world with the Gospel. God’s plan has always involved teamwork. Why? Because teamwork produces success, support and strength, Christians are to have a mindset that fosters these ingredients and the Church will stronger together.

CHURCH TEAMWORK PRODUCES SUCCESS TOGETHER

When believers read about having a “good reward of their labor” in Ecclesiastes 4:9, it is emphasizing the mutual success that comes through teamwork. Teaming up with people who share a perspective of God’s goals will help a person experience health success in life. With every team there is always an opposition. That opposition is Satan. His Goal is to isolate and terminate people. Why does Satan want to isolate people? Because he knows that if he can keep that individual alone instead of with people who will push him or her to make positive changes in their life, he can keep them in bondage. He can keep them from winning. *Experience Life Magazine* did an article on the group effort as they gave reasons to work out in groups, “Partnering with one or more persons

²² Larry Osbourn, *Connecting: Healing for Ourselves and Our Relationships* (Nashville, TN, Nelson Publishers, 2005), 44.

also acts as a safety net; if one person bails, and there are others who will still show up.”²³ Remember if one is alone, woe to him who falls. Satan has a divide-and-conquer strategy because he knows there is strength in numbers.

If a believer is going to experience the reward of a better body and a better lifestyle, they have to be part of a team. They have to come to the point where they are willing to say, “You know what? I need help.” In the beginning, it might be only one trusted friend to whom a person can turn, but it is important to go to somebody and admit the need for help.

CHURCH TEAMWORK PROVIDES SUPPORT TOGETHER

Having a Christ-health-focused centrality will provide a group with a mutual supported team. Ecclesiastes 4:10 says, “For if they fall, one will lift up his companion. But woe to him who is alone when he falls. For he has no one to help him up.” What a sad statement this is. Even more, that “he has no one to help him up.” When believers do life alone, there will not be anybody there to help them when they fall. There will not be anybody there to support them. That is why people need a team. When a person gives in to temptation or slips back into those bad habits, the people on their team will be right there waiting to help get them back on track, and they will be an encouragement to keep pressing forward.

²³ Gina Demillo Wagner, “The Group Effort”, *Experience Life Magazine*, July/August 2012, 70.

CHURCH TEAMWORK BUILDS STRENGTH TOGETHER

Finally, having a team builds mutual strength. We see this in Ecclesiastes 4:12 where it says, “Two can withstand him, and a threefold cord is not quickly broken.” Two is devoted, for sure, but when a person adds that third person, he is even stronger. It is not easy to break a threefold (three-strand) cord. A team of 5 to 10 people means that one will have more people praying for the Church, more people speaking wisdom into the Pastor’s life, more people providing leadership with wise counsel, and more people encouraging the entire body to move forward. *Health Magazine* quoted from *The Obesity Journal* on teaming up to slim down, they highlighted that “Fighting off fat in team based weight loss competitions can help shed pounds- and the more motivating you find your team, the more you’ll lose.”²⁴ Life change always happens through a team of people. Together, they will be stronger.

Now, it seems obvious that there are many benefits of joining a team. So what keeps people from doing it? Why is it so difficult for them? It is the prideful attitude that they can do it alone. There is only one person behind pride, and that is Satan. He is boastfully proud and a liar (John 8:44). He rebelled against God when he said, “I will ascend to heaven. I will exalt my throne above the stars of God. . . I will be like the Most High” (Isaiah 14:13-14). “I will. . . I will . . . I will. . .” The local church members and visitors make these types of statements. They to say, “I will eat whatever and where ever I want.” The author has even heard within a narcissistic society, “This is my body and I’ll do what I want with it.” This spirit is contrary to God’s will and plan for people’s lives.

²⁴ Health Magazine, “Team up to Slim Down”, June 2012, 20.

This spirit of rebellion and pride is what led Satan to fall from the position of being a glorious angel in heaven to becoming God's adversary. Satan wants to plant that same spirit in people in order to isolate them from God.

Proverbs 16:18 says, "Pride goes before destruction, and a haughty spirit before a fall." Satan wants to seek, kill and destroy people, and he is not playing games. He's not a little red man with horns and a pitchfork. He is gray and undiscerning in appearance and looks good on the outside. He wants to destroy Pastors especially, and the tool he is going to use is pride with the plate. This will keep the person from building a circle of support. He does not want a team of people around leaders and Pastors who will help keep the Church focused on honoring God with their temple. A believer has to be aware of pride and notice it when it surfaces. They cannot do this alone and have to start thinking about getting an accountability team of people around them in order to soar ahead and not grow weary in the task of fighting obesity.

A great example of a team is found in the life of Moses. The Bible calls him a mighty man, who had to learn this team lesson the hard way. Moses had to come to the realization that he needed a team, just like everyone. Moreover, it took a respectable "face to face", "Heart to heart", "man-to-man" talk with his father-in-law, Jethro, to set him straight.

THE POWER OF TOGETHER

The Bible tells of a powerful lesson found in the life of Moses. Moses had to go through life and learn a necessary life lesson on the value of a team specifically in the area of his leadership. Moses was trying to deal with all the problems of the children of Israel alone. However, he needed to recognize that he had a control problem and needed support. Jethro, his father in law, told Moses to select a team of men who could help him; however, they could not be lazy men (see Exodus 18:21). Only particular men were fit for the job Moses needed done. They were to be men of ability, men of godliness, men of God's Word, men of honor. The Bible gives a great example of what to look for in another person in order to flourish. These are the types of teammates people need. At the author's Church, an example of these types of men would be our Pastor's prayer partners or the leadership of the men's ministry. Men who have the ability to help the main leader, who loves God, who is grounded in God's Word, who have integrity and honor and finally, who want what God wants. The best part of this story is that things improved for Moses once he listened to Jethro's suggestions and followed his Spirit led advice. People need a team around them because the losing-weight-and-getting-healthy journey is tough. Moses had to personally commit to a healthy change and how he lived his life. He had to set new goals for his health so he would not wear out from stress and fatigue. He had to learn to enjoy the journey of life with God and learn that not everything had to be done by him. Once he became teachable and gathered the right people around him, it was obvious that his stress level had to decrease. Pastors and leaders have to get the right

people around them so that they can flourish. We have to listen and learn from our mighty man Moses.

The bottom line is that teamwork works. Steve Gladden, small group's pastor at Saddleback Church, told the author in a conversation that "more people lost weight in groups than those who did it alone."²⁵ Saddleback is currently the top mass movement in a weight loss program in the country, mainly because of the Rick Warren's status and the size of his Church. Having 250,000 people in small groups is no small task, and Steve Gladden and his team have done a phenomenal job helping Rick Warren achieve this monster goal.

If a pastor or person wants to lose weight, they have to join a Godly team, a team that is preferably a competing team. In a recent study conducted as part of the 2009 Shape Up Rhode Island campaign, a group of 3,300 overweight or obese participants with a BMI of 31.2 or greater was placed into teams of 5 to 11 members. The participants were told that they would be competing as a team in three areas: weight loss, physical activity, and the number of steps they took each day as measured by a pedometer. Interestingly, team members recorded their weight and activity via an online tracking system, and they received feedback online from other members about their personal and team goals. It was a kind of virtual competition.²⁶

Researchers found that those who shed at least 5 percent of their initial body weight during the competition were likely to be on the same teams. Furthermore, those

²⁵ Personal Conversation with author on Facebook.

²⁶ Vitamedica, *Teamwork Works for Weight loss*, <http://www.vitamedica.com/teamwork-works-for-weight-loss>, February 26th, 2012.

who had a higher level of social influence with their teammates increased their weight loss by 20 percent, with team captains losing more weight than other participants did. The study also revealed that couples who attempted to lose weight together did better than when one of them tried to go it alone.

“People around us affect our health behaviors,” said Tricia Leahey, a lead researcher on this health study. “It could be quite beneficial if a bunch of friends that choose to lose weight make healthy food choices together, and hold each other accountable to those choices.” She adds, “We know that obesity can be socially contagious, but now we know that social networks play a significant role in weight loss as well, particularly team-based weight-loss competitions. . . . Being surrounded by others with similar healthy goals all working to achieve the same thing can really help our weight-loss efforts.”²⁷

Research shows that who one hangs out with is what they become. This also applies to gaining weight around friends who like to eat. The study coauthored by researchers from Harvard Medical School and the University of California at San Diego revealed that a person’s chances of becoming obese increase by 57 percent if a friend

²⁷ Denise Mann, “Want to Lose Weight? Try Teamwork,” *WebMD*, February 17, 2012, <http://www.webmd.com/diet/news/20120217/want-to-lose-weight-try-teamwork>; “Weight Loss Can Be Contagious, Study Suggests,” The Miriam Hospital, February 14, 2012, <http://www.miriamhospital.org/wtn/Page.asp?PageID=WTN000161>.

becomes obese, by 40 percent if a sibling became obese, and by 37 percent if a spouse became obese.²⁸

The leading cause appears to be environmental pressure also known as peer pressure. “If a person’s overweight friends think fat is beautiful, that person may begin to think the same thing in order not to be left out. On the other hand, if thin is in with a person’s friends, they may adopt that attitude. From there, it is a short step to choosing food and exercise habits that will enable them to soon look like the rest of the crowd, whether that means eating more food to look like their plus-sized friends or less food to look like their thin ones.”²⁹

A common purpose is what bonds people to a common goal. In this case, it is to shed unwanted pounds and get active again. This is why the CBC team competition concept is so valuable and has worked for CBC and Steve Reynolds. A team becomes one’s friends who share innermost thoughts. This is where the accountability comes in. A team will share the wins and the loses and how to get back up after a failure.

Another recent study published in the journal *Obesity* shows that overweight people, when compared to people of normal weight, are more likely to have overweight romantic partners (25 percent vs. 14 percent) and overweight best friends (24 percent vs. 14 percent). However, as researcher Tricia M. Leahey notes, “If their friends expect that they will eat healthy and exercise, this social pressure will likely lead them to eat healthy

²⁸ Laura Blue, “Obesity Is ‘Socially Contagious,’ Study Finds,” *TIME*, July 25, 2007. <http://www.time.com/time/health/article/0,8599,1646997,00.html>. (accessed January 25, 2012).

²⁹ Steve Reynolds, *Get off the Couch: 6 Motivators to Health* (Ventura, CA; Regal Publishers), 209-10.

foods and engage in physical activity. . . . Having more people in the social network trying to lose weight is associated with increased motivation for weight loss.”³⁰ If the person is trying to lose weight or get leaner, then they must surround themselves with people who want to eat healthy and exercise on a regular basis.

As stated previously, people in general and especially co-workers can seriously trash one’s weight-loss efforts. Americans have retirement parties, birthday parties, company promotions and whatever else people can celebrate, and it all centers on food. Do not forget the holiday season, October to January 1st. Hundreds of calories later, people will find themselves heavier and sorry for saying yes to those parties of overindulging gluttony.

Steve Reynolds, says that, “Teams of competitors can be tremendously helpful in losing weight; the opposite can also be true. Colleagues who do not want to face the fact they are being successful can sabotage their weight-loss efforts.”³¹ In fact, in a study conducted by the Medical Weight loss Clinic, 1 in 5 participants said business lunches are where they feel the most pressure to overeat.³²

³⁰ Tricia M Lehey, Cited in Brian Dalek, “Leader Friends Can Make Leader Fat,” *Men’s Health*, June 13, 2011. <http://blogs.menshealth.com/health-headlines/friends-and-dieting/2011/06/13>.

³¹ Steve Reynolds, *Get off the Couch: 6 Motivators to Health* (Ventura, CA; Regal Publishers), 210.

³² Sue Shellenbarger, “Colleagues Who Can Make Leader Fat,” *The Wall Street Journal*, March 15, 2012. <http://online.wsj.com/article/SB10001424052702303717304577279402522090464.html>. (accessed April 16, 2012)

People and environments do have an effect on weight gain. Teams create affirmation and acceptance. People have to learn how to negotiate the negativity and this means having those difficult conversations at work and help people understand that a new plan for living a healthier and better life has come to town. A person has to come up with a line that pushes back at the food pushers, such as this one that Becky Hand, a registered dietitian with the weight-loss and fitness website Spark People, coach's people to say: "I've had your food in the past and it is always delicious. I'm sorry, but at this time in my life, eating those extra whatever isn't benefiting my health."³³

When people avoid the unhealthy choices, they will refuse to submit to the negative peer pressure. This is not easy, but extremely necessary. A person will be wiser and better at the choices in order to make changes in their own lives. An inverse relation between weight and socioeconomic status exists in affluent Western societies. Several studies have shown that obese or overweight workers in such nations are paid 1.4 to 4.5 percent less for the same job and work than their thinner counterparts. Furthermore, obesity and being overweight have been shown to have a potentially harmful effect on employment opportunities, income levels and social and public relationships.³⁴

³³ Ibid.

³⁴ Sirpa Sarlio-Lähteenkorva, Karri Silventoinen and Eero Lahelma, "Relative Weight and Income at Different Levels of Socioeconomic Status," *American Journal of Public Health*, March 2004, vol. 94, no. 3, pp. 468–472.

BUILDING A HEALTH PREVENTATIVE TEAM IN THE LOCAL CHURCH

Once the leader of the health and wellness ministry or program has asked God to be on their team and dealt with the negative people in their life, they will have to start surrounding themselves with positive people who are going to help them win. As the late, motivational speaker James Rohn once said, “You are the average of the five people you spend the most time with.” People are, in essence, whom they hang out with, so one had better start looking at who these people are. Proverbs 13:20 states, “He who walks with wise men will be wise, but the companion of fools will be destroyed. “ If a person walks with wise people, they will be wise; but if they hang out with foolish people, they are going down.” It is time to decide with whom and who an individual is going to walk through life with. This will challenge a person to choose wise people for their weight loss team.

Pastor Reynolds took this verse in Proverbs to heart and he became determined to start creating a preventative health team. The author was a key player on that team, in encouragement and research that eventually led to the creative research on elements in both books, *Bod4God: The Four Keys to Weight Loss* and *Get off the Couch: 6 Motivators for Health*, Both published by Regal Publishers. After thinking a lot about how he would go about doing this, the author has identified four areas that helped his Pastor the most in his health and wellness success. Reynolds needed help in the following: He needed to be educated in health and wellness and in eating and exercise. He needed encouragement to make better choices. He needed to be equipped for the journey. He needed to identify people who could join his team and help him in all areas of his life. This meant spiritually, physically, socially, physiologically and mentally. With

regard to his team it was essential to draft the right people, people who would educate, encourage and equip him to be a spiritually, physically, socially and mentally healthy leader the Church needed.

An individual struggling with obesity needs to keep the faith and keep living with the end of their life in mind. A significant life has everything to do with a relationship with God. Remember that people are made by God and for God. A person's body was created to glorify Him and to do His service. Without faith, nothing a person does in this life matters. As the writer of Hebrews 11:6 says, "But without faith it is impossible to please Him." Pastors and leaders have to forge faith and fitness together, so they can have the strength ahead for the journey and accomplish all God has a Pastor to do.

The second thing pastors and leaders have to do in order to lead others in health is begin with the end in mind. Leaders have to picture the home run victory ahead. Leaders are generally going to look better, feel better and generally be healthier. Most influential leaders envision having a better quality of life and being able to do more. One must pray and ask God for help when writing goals and planning. They must pray for strength and determination to achieve them.

The final strategy is to stay in Spirit control and keep off the weight. A leader must have complete discipline. Remember, Paul said, "But I discipline my body and bring it into subjection, lest, when I have preached to others, I should become disqualified" (1 Corinthians 9:27). Leaders have to keep the body in subjection in order to keep an upward focus. A person needs to be led and guided by the Holy Spirit. In Galatians 5:16, Paul says, "I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh." If a person is Spirit-controlled, the person will not want to give in to those

food desires. *Experience Magazine*, wrote, “Losing weight is an impressive achievement, but the journey does not end there. Here, is how to sustain and maintain yourself with a new mind for healthy living. They suggest being patient with the new “you” because weight loss triggers all types of emotional and physical changes, avoid triggers, the old habits are waiting, focus on protein and fiber, eat intuitively, and muscle up at the gym... Do these things and a healthy lifestyle will become the new norm?”³⁵ Believers will not want to be anywhere other than where God wants them to be. There is also power when the Spirit controls a person’s life. The Bible says in 1 John 4:4, “You are of God, little children, and have overcome them because He who is in you is greater than he who is in the world.” Believers are over comers when they are Spirit-controlled, and Satan has no power over them. Pastors and people can be victorious. So now it is the leader’s turn to go out there and win and be victorious and change lives, one pound at a time. The Bible says in Isaiah 40:31, “But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

³⁵ Gina DeMillo Wagner “And Keep it off”, *Experience Life* May 2012, 56-61.

APPENDIX A

CBC DESIGNED: MY PROGRESS REPORT

In order to know what progress you are making, you need a place to record where you began and whether you are losing or gaining weight. Please fill out the information requested below. Each week for 12 weeks, record your progress. It's important, so be faithful to record your progress.

Name: _____ Start Date: _____ End Date: _____

My Starting Weight: _____ My Final Weight: _____

Goal Weight: _____

My Starting Measurements:

Neck: _____

Arm (Bicep): _____ Chest: _____

Waist: _____ Hips: _____

Thighs: _____ Calf: _____

My Ending Measurements:

Neck: _____ Arm (Bicep): _____

Chest: _____ Waist: _____

Hips: _____ Thighs: _____

Calf: _____ My Weight Loss: _____

APPENDIX B

THE TOP FIVE HEALTH NUMBERS TO KNOW

Here is a quick list of the five most important health numbers you should know.

1. Waist Size

My Waist Size is: _____ My Waist Size should be between

2. Weight and Body Measurement Index (BMI)

My BMI is: _____ My BMI should be between:

3. Cholesterol (Both Good and Bad)

My Doctors report have shown: _____

4. Blood Pressure

My resting heart rate is _____ My Blood Pressure is:

5. Fasting Blood Sugar

My fasting blood sugar is: _____

APPENDIX C

LEADERS JOB DESCRIPTIONS AND PRIVACY COVENANT

(Job Description CBC USES for Losing To Live)

- Meet with Senior Pastor once a week on average.
- Work in L2L office once a week—one to two hours per week.
- Use of church computer; access to L2L records.
- Work at home on L2L (one/two hours per week)

L2L Registration

- May edit registration forms as needed.
- Assist with registration onsite.
- Assign latecomers to teams. (Crystal does all early and day of assignments)
- Introduce to team leader(s).

Organize

- Special teams (Emotional Eating, Wednesday night team)
- Team Leader meetings/trainings

Weigh In Team

- Organize—put together a team.
- Set up schedule.
- Train. *See attachment*
- Send email ‘friendly’ weekly reminders of upcoming weekend shifts. (to entire team)

Email communications during competitions

For Senior Pastor with Leaders for variety of purposes:

- Confirm that they will serve in upcoming competition
- Share important info
- Encouragement
- Reminders
- Invite to meetings/trainings

With participants to:

- Encouragement
- Reminders
- Informational

With participants who have missed a session.

- Encourage to make the next meeting(s)

With Sound Media team

- Victory Celebration details

Certificates

Prepare (fill in names & print) for perfect attendance.

Team Leader Substitute

Available to sub when Leader is sick or out of town.

Agenda's

Prepare for leader meetings/trainings.

Prepare for Victory Celebration/other meetings.

Surveys/Evaluations of L2L competition

- Prepare survey questions.
- Distribute survey at end of competition (did a mid-survey once.)
- Complete survey analysis.
- Share survey results w/Senior Pastor, leaders (as directed by Senior Pastor)
- Communicate with people who have indicated they would like to volunteer.

Weigh In Team members must,

- Keep confidences confidential!
- Weight is confidential
- Be Committed to schedule
- Record accurate weight.

Weigh-In Offerings:

Saturdays

9:00 to 10:15 a.m. (use scale in L2L Office)

Sundays

1 volunteer: 9:00 to 10:15 a.m. (use scale in L2L Office. We advertise weigh in is till 10:00am.)

1 volunteer: 4:30 to 5:50 p.m. (set up scales in rooms off of stage)

1 volunteer: 5:15 to 5:50 p.m. (set up scales in rooms off of stage)

5:50 move both scales back to L2L Office

1 volunteer 7:40 to 8:10 p.m. (in L2L office)

Arrive a few minutes early. Be ready to go at start time.

- Get out weigh in sheet.
- You will need, (all should be in or on L2L desk)
- Pen
- Sticky note pad
- Calculator

Ensure Privacy.

1. Participant weighs in. Offer encouragement! Not commenting on weight loss or gain but the importance of sticking with it and coming each week—whether weight gain or loss.
2. Fill in weigh in sheet—print your initials next to weight. (in case there are questions).
3. Give participant her/his weight written on sticky, may include weight lost.
4. End on time.
5. End of shift return weigh in sheet to safekeeping (top file drawer).

Shifts

If you find that you must miss a shift if at all possible please find someone to swap with. Let L2L Administrator know.

Yes, I will keep confidences & weights

Signature

Date

Advertised Job Description

Job Purpose:

Encourage participants to,

- Look to God for their help and strength.
- Attend every week.
- Do their reading and homework questions.
- Make small simple changes in their lifestyles so that they will lose weight and feel healthier.
- Exercise regularly.
- Make it a habit to learn more about health and wellness.
- Develop their own Lifestyle Plan

Duties of Leader/Facilitator:

- Pray for team members.
- Model BOD4GOD behavior.
- Be on time for Losing To Live.
- Do the reading and homework questions one week in advance.
- Memorize the scripture verses.
- Take attendance.
- Update contact information of participants as needed.
- Reinforce rules of confidentiality and conversation.
- Follow approved class time format.
- Contact team members during the week via email or phone call to encourage.
- Turn in attendance at end of evening.
- Attend leader training or meetings.

Skills/Qualifications:

Believer—committed to Jesus Christ as Lord and Savior.

Able to handle the Word of God as an approved workman.

Heart to encourage others to: health, wellness, weight loss, and trust in God.

Able to encourage team members to talk/share during team meetings.

Able to listen more and talk less!

**APPENDIX D
RAW DATA**

| THREE SESSIONS CBC | LBS LOST | | FOUR CHURCHES | LBS LOST |
|--------------------------------------|-----------------|--|---|-----------------|
| TOTAL CBC 30 Participants | 595.6 | | TOTAL 5 CHURCHES 50 Participants | 1515.4 |
| AVERAGE | 19.8 | | AVERAGE | 30.3 |
| MEDIAN | 18.2 | | MEDIAN | 26.8 |
| MALES | 8 | | MALES | 27 |
| FEMALE | 22 | | FEMALES | 23 |
| | | | CHURCH MEMBERS | 41 |
| | | | NON-MEMBERS | 9 |
| | | | WHITE | 37 |
| | | | BLACK | 13 |
| | | | HISPANIC/OTHER | 0 |
| | | | | |
| MEN CBC | 191.2 | | MEN 5 CHURCHES | 830.8 |
| AVERAGE | 23.9 | | AVERAGE | 30.7 |
| MEDIAN | 25.9 | | MEDIAN | 24.6 |
| | | | | |
| WOMEN CBC | 404.4 | | WOMEN 5 CHURCHES | 684.6 |
| AVERAGE | 18.4 | | AVERAGE | 29.7 |
| MEDIAN | 16.6 | | MEDIAN | 26.8 |
| | | | | |
| | | | CHURCH MEMBERS | 1219.1 |
| | | | AVERAGE | 29.7 |
| | | | MEDIAN | 26.6 |
| | | | | |
| | | | NON-MEMBERS | 296.3 |
| | | | AVERAGE | 32.9 |
| | | | MEDIAN | 35 |
| | | | | |
| | | | WHITE | 925 |
| | | | AVERAGE | 31.9 |

29.65

29.92

29.08

| | | | | |
|--|--|--|----------------|-------------|
| | | | MEDIAN | 26.8 |
| | | | | |
| | | | BLACK | 352 |
| | | | AVERAGE | 27 |
| | | | MEDIAN | 20.9 |

APPENDIX E
MARKETING MATERIALS

LOGO:



6 X 11 INCHES DIRECT MAIL FOR A L2L COMPETITION FRONT/ BACK

WEIGHT LOSS COMPETITION

Losing to Live

START LOSING...START LIVING

Don't try to lose weight all by yourself. Join a team of losers at Capital Baptist Church.


Who will be the Biggest Loser?

This competition offers you an opportunity to lose weight in a fun and supportive environment.

Starting Sunday Night, September 26th

Register by calling 703.992.8677 or online at capitalbaptist.org

Sept. 18th Free Conference and Health Fair



Losing to Live WEEKLY TEAM MEETINGS ON SUNDAY NIGHTS FROM 6:00-7:30PM FOR TEN WEEKS STARTING SEPTEMBER 26TH

START LOSING...START LIVING

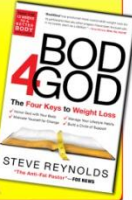
FREE CONFERENCE AND HEALTH FAIR SATURDAY, SEPTEMBER 18TH 9AM-3PM

SPEAKERS INCLUDE: PASTOR STEVE REYNOLDS, DOCTORS, NUTRITIONISTS, FITNESS INSTRUCTORS AND PERSONAL SUCCESS STORIES. THERE WILL BE SCREENINGS, COOKING DEMONSTRATIONS, NUTRITIONAL PROGRAMS AND LOTS OF HEALTH INFORMATION.


COMPETITION PARTICIPANTS RECEIVE AN OFFICIAL LOSING TO LIVE WEIGHT LOSS KIT WHICH INCLUDES:

- ✓ BOD4GOD BOOK BY PASTOR STEVE REYNOLDS
- ✓ SMALL SIMPLE CHANGES TO WEIGHT LOSS AND WEIGHT MANAGEMENT BY RICH KAY
- ✓ AN OFFICIAL LOSING TO LIVE T-SHIRT
- ✓ MAGNET FOR FRIDGE

ONLY \$50



“I’VE LOST MORE THAN 100 POUNDS AND HELPED HUNDREDS OF PEOPLE LOSE THOUSANDS OF POUNDS. COME AND DISCOVER THE KEYS THAT OPENED UP DOORS FOR ME TO HAVE A BETTER BODY. YOU WILL LEARN HOW YOU CAN DO THE SAME THING.” PASTOR STEVE REYNOLDS



JUST 1/2 MILE INSIDE THE CAPITAL BELTWAY (I-495) AT EXIT 51


REGISTER BY CALLING 703.992.8677 OR ONLINE AT CAPITALBAPTIST.ORG

CAPITAL BAPTIST CHURCH
For People Like You
3504 GALLOWS ROAD
ANNANDALE, VA 22003

NON-PROFIT ORG
U.S. POSTAGE
PAID
MERRIFIELD, VA
PERMIT NO. 2188

BLACK AND WHITE 5K COMMUNITY FULL PAGE RACE ADVERTISEMENT.

Losing to Live 5K RUN/WALK



8:30 am - All children can participate in a non-competitive free 1K fun run. Special K-6th grade program during the 5K race.

Saturday, June 19th @ 9:00 AM

This Race Includes Transponder Timing

Entry Fee:
\$20 before 6/14,
\$25 after

Includes: T-Shirt,
brunch, prizes for
top 3 men/women
overall & 10 year
age groups.

Mail:
Capital Baptist Church
3504 Gallows Rd.
Annandale, VA 22003

Fax:
703-560-3677

Web:
capitalbaptist.org

Phone:
703-560-3109 x111

Race Location:
A USATF certified
course on residential
streets in Annandale.

Race begins at:
Capital Baptist Church
3504 Gallows Rd.
Annandale, VA 22003
(1/2 Mile inside the I-495
Capital Beltway—exit 51)

Packet pickup and late registration at: Metro Run & Walk 7261 Commerce St.
Springfield, VA 22150 (703.913.0313) from 4 to 7pm on Friday, June 18th or on "Race
Day" at Capital Baptist Church on June 19th between 7:15 a.m. - 8:45 a.m.



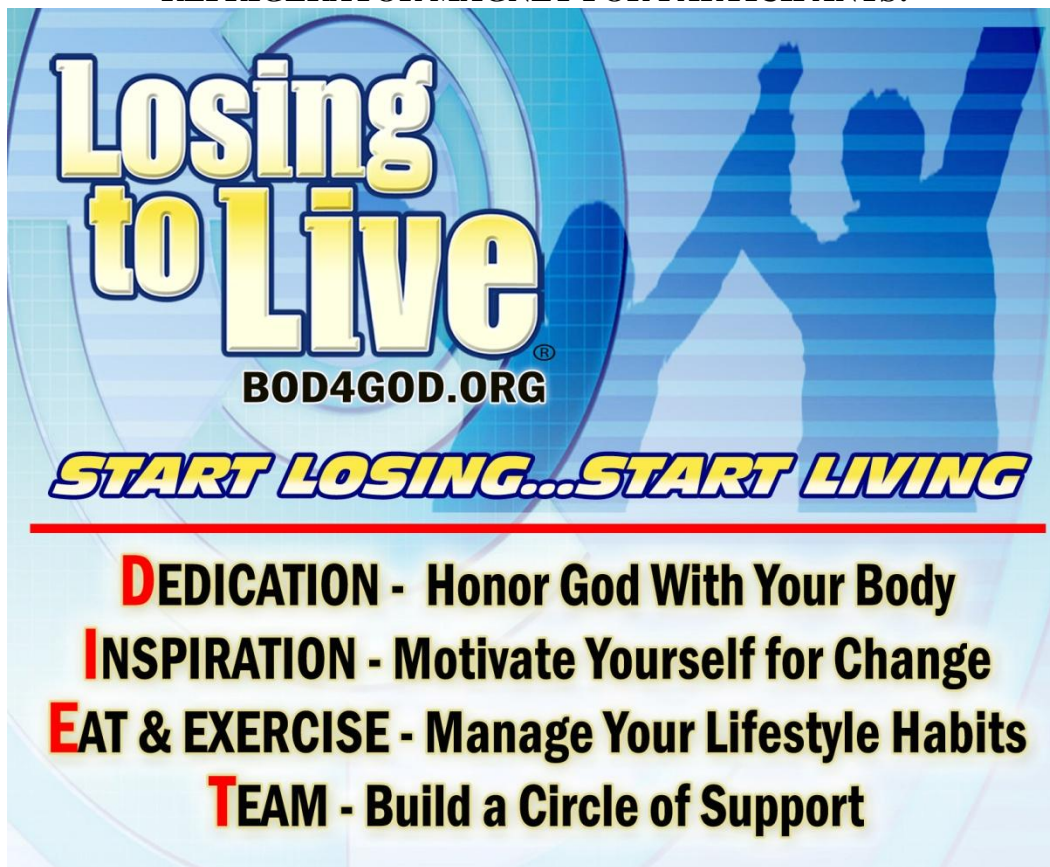
Packet
Pickup

| | | | | | |
|--|--------------|-------------------------------|-------|--|--|
| First Name | | Last Name | | Paid/Office Use | |
| Street Address | | City | State | Zip | |
| Birthdate | Race Day Age | Gender () Male () Female | | T-Shirt Size () S () M () L () XL () Other | |
| Waiver- Please read and sign. If under 18, parent or guardian must sign. | | | | | |
| <p>I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including but not limited to contact with other participants, effects of the weather including high heat and/or humidity, traffic, and the condition of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Capital Baptist Church, RacePacket, Inc., PVA, USATF, and any other sponsors and their representatives and successors from all claims or liabilities of any kind arising out of my participating in the event even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, or any other record of this event for any legitimate purpose.</p> | | | | | |
| Signature | | | Date | | |

ROAD BANNER EXAMPLE: 4 X 11 feet



REFRIGERATOR MAGNET FOR PARTICIPANTS:



BIBLIOGRAPHY

- Ahima, Rexford S. "Digging Deeper into Obesity", *The Journal of Clinical Investigation* 121, no. 6 (June 2011): 2076-2079 (accessed March 13, 2012).
- Banks, Adelle M. "Faith in Action: Churches Say 'Let's Move'." *Jet* 119, no. 2 (January 17, 2011): 38. *MAS Ultra - School Edition*, EBSCOhost (accessed March 13, 2012).
- Barber, Wayne , Eddie Rasnake, and Richard Shepherd, *Life Principles for Worship from the Tabernacle: a Bible Study*. (Chattanooga, TN: AMG Publishers, 2001).
- Blue, Laura, "Obesity Is 'Socially Contagious,' Study Finds," *TIME*, July 25, 2007. <http://www.time.com/time/health/article/0,8599,1646997,00.html>.
- Burley-Allen, Madelyn. *Listening: the Forgotten Skill*. New York: Wiley, 1995.
- Chandler, Matthew. *The Explicit Gospel*. Wheaton, IL Life Way Christian Resources, 2012.
- Chrysostom, John. *Homilies on Hebrews*, Fredrick Gardiner, NPNF Vol 14. Philip Schaff (Peabody, MA: Hendrickson, 1995).
- Colbert, Don. *Eat This and Live*. Lake Mary, FL: Siloam, 2009.
- _____ . And Kyle. *Get Fit and Live*. Lake Mary, FL.: Siloam, 2010.
- Colbert, Don. *Reversing Diabetes*. Lake Mary, FL: Strang Communications, 2012.
- Colombi, Alberto, M., and G., Craig Wood. "Obesity in the Workplace: Impact on Cardiovascular Disease, Cost, and Utilization of Care." *American Health & Drug Benefits* 4, no. 5 (September 2011): 271-277. (accessed March 13, 2012).
- Cordeiro, Wayne. *Doing Church as a Team*. Ventura, CA: Regal, 2005.
- Crabb, Larry. *Sticky Church*. Grand Rapids, MI: Zondervan, 2008.
- Dalek, Brian, "Leader Friends Can Make Leader Fat," *Men's Health*, June 13, 2011. <http://blogs.menshealth.com/health-headlines/friends-and-dieting/2011/06/13>.
- Eaker, J. Ron. *Healthy Habits for a Fit Family*. Grand Rapids, MI: Revell, 2011.
- Eckman, David. *Sex, Food, & God*. Eugene, OR: Harvest House, 2006.
- Erickson, Millard J. *Christian Theology*. 2nd ed. Grand Rapids, MI: Baker Academic, 2007.

“Fat of the Land”. *Sojourners Magazine* 41, no 5 (May 2012): 26-27.

Ferraro, Ken, “*Study Finds Faithful Less Likely to Pass the Plate*”. Perdue University News, August 24, 2006.
<http://www.purdue.edu/uns/html4ever/2006/060824.Ferraro.obesity.html>

First Place For Health, “Frequently Asked Questions”.
http://www.firstplace4health.com/get_started/faqs.html.

Fitzpatrick, Elyse. *Uncommon Vessels: a Program for Developing Godly Eating Habits*. Stanley, NC: Timeless Texts, 2004.

Floyd H Chilton, et al. "Effect of a Multifaceted, Church-based Wellness Program on Metabolic Syndrome in 41 Overweight or Obese congregants", *Preventing Chronic Disease* 7, no. 4 (July 2010): A81. (accessed March 13, 2012).

Fuhrman, Joel. *Eat to Live: the Revolutionary Formula for Fast and Sustained Weight Loss*: Little, Brown and Company, 2005.

Gillum, Gary P. “Envy: The Seven Deadly Sins Gluttony: The Seven Deadly Sins”, *Library Journal*. September 15, 2003, 62. (accessed January 19,2013).

Gerber, Lynee. “My Body is a Testimony: Appearance, Health, and Sin in an Evangelical weight Loss Program” *Social Compass*, 2009 (accessed January 23, 2013).

Goldstein, Jonathan and Ken Garfield, Getting Fit: A New Plan Helps Stressed Clergy Move toward Wholeness, *Duke Divinity School. Divinity Journal*. (2007).<http://divinity.duke.edu/publications/2007.09/features/feature1/2.htm> (accessed January 15, 2013).

Grossman, Cathy Linn, “*Study: Young Adults Firm in Faith, More Likely Fat by 50,*” USA Today.com,
<http://content.usatoday.com/communities/Religion/post/2011/03/obese-fat-religious-young-adults/1#.UB7mRvZIRcQ> (accessed February 25, 2012).

Haggai, John Edmund. *The Influential Leader: 12 Steps to Igniting Visionary Decision Making*. Eugene, OR: Harvest House Publishers, 2009.

Hamilton, James M., and E. Ray Clendenen. *God's Indwelling Presence: The Holy Spirit in the Old & New Testaments*. Nashville, TN: B & H Academic, 2006.

Heath, Vicki. *Don't Quit, Get Fit: Overcoming the 4 Fitness Killers: No Time, No Motivation, No Results, No Stamina*. Ventura, CA: Regal, 2012.

Health Magazine, “Team up to Slim Down.”, June 2012.

- Hendricks, Howard G., and William D. Hendricks. *Living by the Book: the Art and Science of Reading the Bible*. Chicago, IL: Moody, 2007.
- Houts, Ken. *You Are a Miracle--Waiting to Happen!* Shippensburg, PA.: Destiny Image Publishers, 1996.
- Katz , D.A., C.A. McHomey and R.L. Atkinson, "Impact of Obesity on Health-Related Quality of Life in Patients with Chronic Illness," *Journal of General Internal Medicine*, November 2000, vol. 15, no. 11, pp. 789-796.
- Kennedy, Nancy B. *How We Did It: Weight Loss Choices That Will Work for You*. Abilene, TX: Leafwood Publishers, 2011.
- Kumar, Anugrah "Rick Warren Invites Churches to Join Weight Loss Program" Christianpost.com, <http://www.christianpost.com/news/rick-warren-invites-Churches-to-join-weight-loss-program-68726/#kLU4izfPjDLOuR56.99>.
- Laws, Daryl, "For Many of Us, Sitting Has Become the New 'Smoking.'" *The Times News*, January 2, 2012. <http://www.thetimesnews.com/articles/body-51071-fitness-work.html>.
- Lea, Thomas, *Holman New Testament Commentary*. (Nashville, TN.: Holman Reference, 1999).
- Lehey, Tricia M. Cited in Brian Dalek, "Leader Friends Can Make Leader Fat," *Men's Health*, June 13, 2011. <http://blogs.menshealth.com/health-headlines/friends-and-dieting/2011/06/13>.
- Levine, James A., MD, PhD, "What Are the Risks of Sitting Too Much?" The Mayo Clinic. <http://www.mayoclinic.com/health/sitting/AN02082>.
- Lewis, Carole. *Live Life Right Here, Right Now: Make Every Day Your Best Day Ever*. Ventura, CA: Regal, 2012.
- _____. *Walking in Grace* (Ventura, CA: Gospel Light, 2010).
- Mann, Denise, "Want to Lose Weight? Try Teamwork," WebMD, February 17, 2012, <http://www.webmd.com/diet/news/20120217/want-to-lose-weight-try-teamwork>;
- MacAther, John *Ashamed of the Gospel: When The Church Becomes Like The World* (Wheaton, IL, Crossway Books.1993).
- _____. *The Beatitudes: the Only Way to Happiness*. Chicago, IL: Moody, 1998.

_____. *The MacArthur New Testament Commentary* (Nashville, TN: Thomas Nelson, 2007).

_____. *The MacArthur Topical Bible: a Comprehensive Guide to Every Major Topic Found in the Bible* (Nashville, TN: Thomas Nelson, 2010).

Matthews, Victor H. *Manners and Customs in the Bible*. Peabody, MA: Hendrickson, 1991.

Mayo Clinic, "Exercise: 7 Benefits of Regular Physical Activity," *The Mayo Clinic*.
<http://www.mayoclinic.com/health/exercise/HQ01676/NSECTIONGROUP=2>.

McCoy, Shannon Kay. "Overcoming Gluttony: Eating to the Glory of God" D Min. diss., The Masters Counseling, Masters Seminary, 2009). (accessed January 19, 2013).

Merriam Webster Online. Accessed September 24, 2012. <http://www.merriam-webster.com/dictionary/Gluttony>.

Mendes, Elizabeth and McGeeney, Kyley. "In U.S., Majority Overweight or Obese in All 50 States" August 16, 2012. <http://www.gallup.com/poll/156707/majority-overweight-obese-states.aspx>.

Mehemet, Oz and Roizen, Michael. "Develop a Memorable Memory: Learning the Healthy Ingredients to a Healthier Brain" *Success Magazine*, May 2011.

Mehemet, Oz and Roizen, Michael. "Prevention with a Pill?" *Success Magazine*, October 2010.

Mittelberg, Mark *Becoming a Contagious Church: Increasing Your Church's Evangelistic Temperature*. Rev. ed. Grand Rapids, MI: Zondervan, 2007.

Mittelberg, Mark, Lee Strobel, and Bill Hybels. *Becoming a Contagious Christian: Participant's Guide: Communicating Your Faith in a Style That Fits You*. Rev. ed. Barrington, IL: Zondervan, 2007.

Miller, Kyle. "Virginia Pastor Says Christians Can Glorify God By Getting A "Bod4God", *NBC.com* February 1, 2012.
http://todayhealth.today.com/_news/2012/01/31/10272975-bod4god-how-faith-can-help-fitness?lite (accessed January 30, 2012).

Motivated to Wellness. First Place 4 Health Bible Study Series. Ventura, CA: Gospel Light, 2012.

Murrow, David. *Why Men Hate Going to Church*. Nashville: Thomas Nelson, 2005.

- Myers, Joseph R. *The Search to Belong: Rethinking Intimacy, Community, and Small Groups*. Grand Rapids, Michigan: Zondervan, 2003.
- Nickelaid, Elizabeth, “*Christian Weight Loss Programs.*”, <http://www.livestrong.com/article/120805-christian-weight-loss-programs>, April 26, 2011.
- Osbourn, Larry. *Connecting: Healing Ourselves and Our Relationships* Nashville, Tenn.: Thomas Nelson, 2006.
- Olson, Jeffery, “Once a Deadly Sin: A Reassessment of the Sin of Gluttony” (D.Min. diss., Western Seminary, 2000). (accessed January 19, 2013).
- Oxford Dictionary, Gluttony. (Oxford University Press, 2013. Oxford Reference Online. Oxford University Press.) <http://oxforddictionaries.com/definition/english/gluttony?q=GLUTTONY> (accessed January 23, 2013).
- Parlette, Nancy. *The Busy Mom’s 10 Minute Guide to Healthy Happy Family*. Ellicott City, MD: Perfect Publishing, 2011.
- Peterson, Eugene H. *Eat This Book: a Conversation in the Art of Spiritual Reading*. Grand Rapids, MI: Eerdmans, 2009.
- Pfeiffer, Charles F. *Wycliffe Bible Dictionary* (Chicago: Hendrickson Publishers, 1988).
- Piper, John. *Don't Waste Your Life (Group Study Edition)*. Wheaton, IL: Crossway Books, 2007.
- Poole, Garry. *Seeker Small Groups: Engaging Spiritual Seekers in Life-Changing Discussions*. Grand Rapids, MI: Zondervan, 2003.
- Pritchard, Marietta. “Gluttony: A Lifetime Supply Of Sausage,” *Commonweal*; (Dec 19, 2003). (accessed January 19, 2013).
- Prose, Francine. *Gluttony* (New York: Oxford University Press, 2003).
- Reiland, Dan. *Shoulder to Shoulder*. Nashville, TN :Thomas Nelson Publishers, 1997.
- Reynolds, Steve. *Bod4God Four Keys to a Better Body*. Enumclaw, WA: Wine Press Publishing, 2007.
- Reynolds, Steve. *Bod4God: Four Keys to Weight Loss*. Ventura, CA: Regal Publishers, 2009.

- Reynolds, Steve. *Get off the Couch: 6 Motivators for Health*. Ventura, CA: Regal Publishers. 2012
- Reynolds, Steve. *Bod4God*, DVD. Lynchburg, VA: Innovative Faith Resources, 2011.
- Ryder, Gina E., “Is Church Making You Fat? Research Suggests the Religious Are More Likely to Put on Pounds”, *Christianpost.com*, <http://global.christianpost.com/news/is-Church-making-you-fat-research-suggests-the-religious-are-more-likely-to-put-on-pounds-59527/#HXzITpDW1TwB8pQm.99> (accessed March 20, 2012)
- Salmon, Jacqueline L, “*Pastor Calls flock away from the fridge,*” The Washington Post Posted, Friday, January 26, 2007. <http://www.washingtonpost.com/wp-dyn/content/article/2007/01/21/AR2007012101250.html>. (accessed August 9, 2012)
- Searcy, Nelson, and Kerrick Thomas. *Activate: an Entirely New Approach to Small Groups*. Ventura, CA: Regal, 2008.
- Searcy, Nelson, Hatley, Jason and Henson, Jennifer Dykes. *Engage: A Guide to Creating Life Transforming Worship Services*. Grand Rapids, MI: Baker Books, 2011.
- Sarachik, Justin, “Eight Most Obese Cities in America”, *Christianpost.com*, December 2, 2011. <http://global.christianpost.com/news/eight-most-obese-cities-in-america-63728>.
- Sarlio-Lähteenkorva, Sirpa, Karri Silventoinen and Eero Lahelma, “Relative Weight and Income at Different Levels of Socioeconomic Status,” *American Journal of Public Health*, March 2004, vol. 94, no. 3, pp. 468–472.
- Seidi, Jonathan M., “Do you go to Church? You’re more likely to be Fat” *The Blaze.com*, <http://www.theblaze.com/stories/do-you-go-to-Church-youre-more-likely-to-be-fat/> (accessed February 25, 2012).
- Scazzero, Peter, and Warren Bird. *The Emotionally Healthy Church: A Strategy for Discipleship That Actually Changes Lives*. Grand Rapids, MN: Zondervan, 2003.
- Shellenbarger, Sue, “Colleagues Who Can Make Leader Fat,” *The Wall Street Journal*, March 15, 2012. <http://online.wsj.com/article/SB10001424052702303717304577279402522090464.html>.
- Sobal, Kim K.H., Wethington, J, E., “*Religion and Body Weight.*” *International Journal of Obesity*, 2003

- Sorgen, Carol, "Get Spiritual to Lose Weight?" *WebMD*, February 25, 2012.
<http://www.webmd.com/diet/features/get-spiritual-to-lose-weight>.
- Stanley, Dr. Charles F. *Living the Extraordinary Life: Nine Principles to Discover It*. Nashville, TN: Thomas Nelson, 2008.
- Stanton, Michele, *Prevention's Firm Up in 3 Weeks: Trim and Tone Leader Trouble Zones for Leader Best Body Ever* New York: Rodale Books, 2004.
- Stoddard, Alexandra. *Making Choices: the Joy of a Courageous Life*. New York: William Morrow, 1994.
- Stoll, Scott, "Fat in Church", *Fox News* January 04, 2013. (accessed January 16, 2013).
- Sturm, R., "The Effects of Obesity, Smoking, and Problem Drinking on Chronic Medical Problems and Health Care Costs" *Health Affairs*, 2002, vol. 21, no. 2, pp. 245-253.
- Sullivan, Dana. "Losing weight saved our lives." *Woman's Day* 74, no. 9 (June 2011): 114. (Accessed March 13, 2012).
- Sun, Erin, "Firm Faith, Fat Body? Study Finds High Rate of Obesity among Religions," *ChristianPost.com*. <http://www.christianpost.com/news/firm-faith-fat-body-study-finds-high-rate-of-obesity-among-religious-49568> (accessed February 25, 2012).
- Swenson, Richard *Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives*. Colorado Springs, CO: NavPress, 2004.
- Talecich, Tim. "Being Bob Harper" *The Costco Connection*, June 2012.
- Taylor, Clisha. "Implementing Prevention and Wellness Workshops for Individual Education and Community Outreach" (D.Min. diss., Assemblies of God Theological Seminary, 2011), 58.
- Tenney, Tommy. *The God Chasers: My Soul Follows Hard After Thee*. Shippensburg, PA: Destiny Image Publishers, 1999.
- The Daniel Plan, "What is it" <http://www.danielplan.com/whatistheplan>.(accessed November 24, 2012)
- The Genesis Health Project, "Designing and Pilot Testing a Church-Based Community Program to Reduce Obesity Among African Americans." *ABNF Journal*, Winter, 2010. <http://www.readperiodicals.com/201001/2041267851.html>.
- Towns, Elmer L. *Fasting for Spiritual Breakthrough*. Ventura, CA: Regal, 1996.

- Tozer, Aiden W. *The Pursuit of God*. Camp Hill, PA: Christian Publications, 1982.
- Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF), <http://healthyamericans.org/reports/obesity2011/Obesity2011Report.pdf>. (accessed May 16, 2012)
- Urban Christian News, "*Virginia Pastor Says Christians Can Glorify God by Getting a 'Bod4God'*" <http://urbanchristiannews.com/ucn/2012/02/virginia-pastor-says-christians-can-glorify-god-by-getting-a-bod4god.html#more> (accessed February 25, 2012).
- U.S. Department of Health and Human Services. Centers for Disease Control. National Center for Health Statistics. "*Adult Obesity in the United States.*" Hyattsville, MD, Newsletter Vital Signs August 2010, PDF <http://www.cdc.gov/vitalsigns/adultobesity/> (accessed August 9, 2012).
- _____. "*Adult Obesity Facts.*" Hyattsville, MD, Center for Disease and Control: <http://www.cdc.gov/obesity/adult/defining.html>. (accessed September 7, 2012)
- _____. "*Childhood Obesity Facts in the United States*". Hyattsville, MD, <http://www.cdc.gov/healthyyouth/obesity/facts/html> (accessed August 4, 2012).
- _____. "*Obesity in the United States.*" Hyattsville, MD, 2002. <http://www.cdc.gov/obesity/data/trends/html> (accessed March 20, 2012).
- U.S. National Library of Medicine National Institutes of Health, "Obesity and Sickness Absence: Results from the CHAP Study" *U.S. National Library of Medicine National Institutes of Health* <http://www.ncbi.nlm.nih.gov/pubmed/clipboard>. (Accessed January 23, 2012).
- Vitamedica, "Teamwork Works for Weight loss." February 26th, 2012. <http://www.vitamedica.com/teamwork-works-for-weight-loss>.
- Vetere, Joseph. *The Genesis Diet*. Lake Mary, FL.: Siloam, 2012.
- Wagner, Gina Demillo. "The Group Effort." *Experience Life Magazine*, July/August, 2012.
- _____. "And Keep It Off." *Experience Life Magazine*, May, 2012
- Warren, Rick. *The Purpose-Driven Life: What On Earth Am I Here For?* Grand Rapids, MI: Zondervan, 2002.
- WebMD, "Emotional Eating and Weight Loss." <http://www.webmd.com/diet/emotional-eating>.

WebMD. "Weight Loss Can Be Contagious, Study Suggests," The Miriam Hospital, February 14, 2012, <http://www.miriamhospital.org/wtn/Page.asp?PageID=WTN000161>.

Weber, Joel, and Mike Zimmerman. *The Men's Health Big Book of Food & Nutrition: Your Completely Delicious Guide to Eating Well, Looking Great, and Staying Lean for Life!* New York: Rodale Books, 2011.

Wein, DebraHernandez, Courtney. "Top Ten Wellness Program Mistakes." *Benefits Magazine* 48, no. 10 (October 2011): 34. (accessed March 13, 2012).

Wells,Bob, "Which Way to Clergy Health?" *Fat and Faithful*, May 17, 2012 <http://fit4faith.org/2012/05/17/fat-and-faithful>. (accessed June 1, 2012).

White, James Emery. *A Mind for God*. Downers Grove, IL.: InterVarsity Publisher Books, 2006.

Wood, Leon J. *The Holy Spirit in the Old Testament*. Grand Rapids, MI: Wipf & Stock, 1998.

VITA

Gary J. Moritz

PERSONAL

Born: January 24, 1974

EDUCATIONAL

Masters of Divinity, Liberty University, 2008

Masters of Religion, Liberty University, 2004

Bachelors of Music Education, Potsdam College, Crane School of Music, 1997-1998

Associates to Applied Science, Music, Nassau Community College 1994-1996

MINISTERIAL

Licensed: June 5, 2002, CBC, Annandale, Virginia

Ordained: January 20, 2007, Teaching Pastor, CBC

EMPLOYMENT

1998-2002 United States Marine Corps

2000-Present Worship Leader, CBC, Annandale, Virginia, VA

2002-Present Executive /Teaching Pastor, CBC, Annandale, VA

PROFESSIONAL SOCIETIES

Outreach to Asia Nationals, Board of Directors, Winchester, VA 2004-Present

Bridging the World, Board of Directors, Winchester, VA, 2004-Present

PUBLISHED ACKNOWLEDGMENTS

Get Off the Couch 6 Motivators to Health by Steve Reynolds 2012, Regal Publishers

Bod4God Four Keys to Weight Loss by Steve Reynolds 2009, Regal Publishers

The Journey Prayer Bible, Elmer Towns, 2011, Destiny Image

Church Executive Magazine, November, 2012

June 5, 2012

Gary Moritz

IRB Exemption 1343.060512:

Creating and Sustaining a Health and Wellness Ministry within a Local Church

Dear Gary,

We are pleased to inform you that your above study has been approved by the Liberty IRB. This approval is extended to you for one year. If data collection proceeds past one year, or if you make changes in the methodology as it pertains to human subjects, you must submit an appropriate update form to the IRB. The forms for these cases were attached to your approval email.

Thank you for your cooperation with the IRB and we wish you well with your research project.

Sincerely,

Fernando Garzon, Psy.D.

Professor, IRB Chair

Counseling

(434) 592-4054

Liberty University | Training Champions for Christ since 1971