

CLEAN HEARTING

21-DAY FAITH THEN FITNESS CHALLENGE

For 21 Days we'll practice inside-out wellness. You'll learn more than how to just train hard and eat clean because what's in your heart is more important than what's on your plate. This is a challenge to get better; to have your heart searched and ministered to by the One who knows you best and loves you most. Lay aside your calorie counters and pick up what counts most - God's Word doing its good work in your heart so you can live out love with your body. Inside our hearts is where the real work happens. If we put in the effort to clean up our hearts, our bodies will fall in line with God's best.

KEY POINTS:

We desire to be clean and pure because we are made in the image of His cleanliness and purity.

Clean eating belongs to God. Just as much as clean thinking, clean speaking, clean living is the will of God. God desires for us to be clean because clean is who He is. And if we are honest, clean is who we are not.

God's grace strengthens us more than clean eating ever can.

We do not look for quick fixes, nor are we bound by scales and weights. We are on the freedom train with our minds set on heavenly things.

We delight in discipline because it shapes us to look more like Christ.

Though there is no one-size-fits-all eating plan, we can find Godly-discipline in our eating habits with the 4 S's- Sufficiency, Steady, Slow Down, and Satisfied.

SCRIPTURE:

"The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart." -1 Samuel 16:7

"Do not be carried away by all kinds of strange teachings. It is good for our hearts to be strengthened by grace, not by eating ceremonial foods, which is of no benefit to those who do so." -Hebrews 13:9

'I have the right to do anything,' you say—but not everything is beneficial. 'I have the right to do anything'—but I will not be mastered by anything. -1 Corinthians 6:12

"Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food." - Genesis 1:29

"Who can say, 'I have kept my heart pure; I am clean and without sin?'" - Proverbs 20:9

"Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded." - James 4:6:7

QUOTES:

"Any desire we have to be "clean" is from Him. To desire a clean heart is to desire a heart after God's own heart." (Alisa Keeton)

If we have traded God for an idol, we are not left to ourselves, away from his compassion or help. We can trade back. This is called repentance—turning from a dead idol to follow the God who not only has life in himself but more than enough to share with you. (Jackie Hill Perry, Holier Than Thou)

"I want you to know that finding God's grace laced through the seasons of your heart....begins with RESTING in who HE is, builds by REHEARSING the truth He says about you, blossoms as

we RESPOND in faith to those truths and is sustained by REMEMBERING His provision" (Ruth Chou Simons, GraceLaced: Discovering Timeless Truths Through Seasons of the Heart)

Without a heart transformed by the grace of Christ, we just continue to manage external and internal darkness. (Matt Chandler)

SONG SUGGESTIONS:

God, Turn it Around by Jon Reddick

The Beauty Between by Kings Kaleidoscope and Andy Mineo

What Freedom Feels Like by Cody Carnes

Sweet Ever After by Ellie Holcomb

Together by For King & Country and Kirk Franklin

Clean by Natalie Grant

RESOURCES:

[Forgiveness Training](#)

RevWell TV:

[Alisa's RevX Intervals "Be Clean"](#)

[Checking the soil of your heart on a walk or jog](#)

[Jerry's Cardio Intervals "Delighting in the Discipline of God's Word"](#)

Rev Blog Posts:

[4 Tips to Run with Jesus by Becky Crenshaw](#)

[Quit Counting Calories for Good by Talancia Pea](#)

Podcasts:

[#245 How Clean Eating Fights The Dopamine Dopes](#)

[#251 Living Free And Clean Eating](#)

