



Stop Obsessing. Stop Neglecting. Live Free In Your Body

Alisa Keeton

Introduction: Alisa is the founder of Revelation Wellness. She fell in love with fitness at the age of fourteen during her first aerobic class. Several years later, someone suggested she would be good at bodybuilding and fitness competitions, so she competed for three years. At her last competition, she walked off the stage and witnessed a fellow competitor kneeling over a cooler desperately shoving food in her mouth. This marked Alisa. She realized that fitness competitions were not the best place for her, as someone who has the tendency to obsess. Jesus found her and pulled her out of an obsessive pattern about her body and what she thought it could be good for. Alisa went on to train people as a certified fitness professional, but she began to notice that people would tend to either neglect or obsess about their bodies and progress. There had to be more.

Body neglect:

- Starts strong and committed and then tapers off.
- Stuck in the cycle of shame.

Body obsession:

- If a little is good, more is better.
- Where do you draw the line?
- Takes a good thing and makes it a God thing.
- "If I do this...I will be that."

Why does this happen?

- We have free will and desires and can choose where we are going.
- We want control so things won't go wrong.
- **Patterns of obsessing and neglect are learned behaviors in order to protect us from further pain and disappointment and loss.**
- Trauma, both large and small, changes the organizational structure of our brains to think in the fight, flight, freeze mode. But we can retrain our brains!

The obsession and neglect cycle is a war of wills between the way and the work:

- The will: there is a destination and a goal that you want to get to. There is a God who made you and gave you a body who has a will and desire for you too! Our desires are far too weak and flimsy. Your body is a uniquely designed work of art for a will and a way and a work, created by God.
- Desire is the will, the way is the destination, the work is how I get there.



Proverbs 14:12 “There is a way that seems right to a man, but its end is the way of death.”

Psalms 145:17 “The Lord is righteous in all His ways and kind in all His works.”

- Righteous: God’s way of thinking, feeling and choosing. He has a right way for us to think and feel and choose when it comes to our bodies.
- Kind: In the day to day, all the little things that build up to where we are going.
- God has a will and a way and a work and we battle with that because we don’t always trust that His way is right and His works are kind.
- Have you ever been on a kindness diet? Or a workout that was called the kindness program? Kindness doesn’t berate you or beat you down. It fits you like a glove. The works of God will fit you like a glove as you go the way that He is leading you.

John 14:6 Jesus says, “I am the Way, the Truth and the Life. No one comes to the Father except through me.”

- C.S. Lewis said, “You don’t have a soul, you are a soul who has a body.” That soul is at war with God because we don’t believe that His ways are better than ours and that His works are kind because we have suffered pain or loss or disappointment. We can learn to resynthesize this and learn that things aren’t happening to us but for us. The reason a muscle gets stronger is because there is tension. A tree grows because there is tension...sun, rain, wind, etc.
- There is a will and a way and a work for our lives, but it cannot be self-defined.
- We need to know true alignment. Jesus is true alignment. He is the way, the truth, and the life for your body, health, and wellbeing.
- Ask yourself: “What would my body look like if it contained life?”

Matthew 11:28-29 Jesus says, “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.”

A well-working body without the input of God is like a smartphone with no charger. Connection to the correct power source is needed for it to work.

- This is how we get out of the obsessing and neglecting patterns - connecting with God.
- This body was made to be a meeting place with the God who created you.
- As believers, we are His dwelling place.
- What are you plugging into?



New things are learned, so new things can be taught!

- We must renew our minds: Romans 12:1-2
- Neurogenesis is when our body produces new brain cells. Neuroplasticity means we can change our brains. When we move our bodies, we partner with the renewal process by producing new brain cells. Exercise distresses us. Then we partner that with the Word of God and His presence and that's when we find freedom.

Mini Workshop (as led by Alisa):

- 2 mins of a rinse (shake, destress)
- 1 min of stillness
- 2 mins of a worship song

To end the cycle of obsession and neglect, ask yourself these three questions w/ the Lord:

- What do I desire for my body?
- Where am I headed?
- How do I want to get there?

This is doable! There is a way out of neglect and obsession and it is one that leads to LIFE.

“You can’t give your God your heart and keep your body to yourself.” Elisabeth Elliot

“Peace isn’t the absence of chaos, it’s the presence of a Reconciler.” Alisa Keeton

The harvest is plenty, but the Workers are few...join us!

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We reshape brains, renew minds and then the body gets to show up to the party!