



# Fit to Serve

*Stephanie Dean*

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## **Fit to Serve** Stephanie Dean

Serving God in a sluggish, unfit, improperly nourished temple? Most Christians would love to do more for God--be His feet for His work in the world--but sometimes our physical "temples" hold us back. Excess weight and food that fattens us and clogs our arteries but doesn't fuel keeps us from being all God intends for us to be. Often the result is sluggishness, ill health, and inertia. We simply don't feel like being on mission for Him, so we take the path of least resistance and stay home. The goal of Fit to Serve is to build up the church so it can fulfill its purpose in the world. This six-week Bible study by Christian health expert and dietitian Stephanie Dean focuses on helping each individual member of the Body of Christ to function at optimum capacity, which means each person strives to be spiritually and physically fit to serve. This interactive study combines spiritual disciplines such as prayer, worship, and Bible study with nutrition and exercise tips leading to physical wellness. Daily Bible studies help participants develop more in-depth spiritual lives, while daily "health bites" contributed by nutrition and exercise specialists help people examine their food choices and set goals, such as additional walking times and push-ups each day, for themselves. At group sessions members share about what God taught them during their weekly study and share the journey toward being healthier people. A leader guide provides help for conducting group meetings.

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