

Day #1

Deciding to Do a Thing

Nehemiah 4:9-15

Nevertheless we made our prayer unto our God, and set a watch against them day and night, because of them. And Judah said, The strength of the bearers of burdens is decayed, and there is much rubbish; so that we are not able to build the wall. And our adversaries said, They shall not know, neither see, till we come in the midst among them, and slay them, and cause work to cease. And it came to pass, that when the Jews which dwelt by them came, they said unto us ten times, From all places whence ye shall return unto us they will be upon you. Therefore set I in the lower places behind the wall, and on the higher places, I even set the people after their families with their swords, their spears, and their bows. And I looked, and rose up, and said unto the nobles, and to the rulers, and to the rest of the people, Be not ye afraid of them: remember the Lord, which is great and terrible, and fight for your brethren, your sons, and your daughters, your wives, and your houses. And it came to pass, when our enemies heard that it was known unto us, and God had brought their counsel to nought, that we returned all of us to the wall, every one unto his work.

In these verses Nehemiah and his people are rebuilding the wall around Jerusalem for their protection. As they are building, they are also having to keep on the look-out for the enemy. To the workers, this massive wall project combined with the fear of attack was starting to seem like an unattainable task. Nehemiah had to remind his men that God was in control. He reminded them of their calling, their goal, and God's protection. Once they could adjust their focus from fear and fatigue, they could see the task, goal, and the power of God that was surrounding them all along. Then they could get back to work and get the job done.

Today I decided to wake up and do a thing. I'm up 17 pounds from the last time I stepped on the scale. I knew I would be up a little and that is why I have avoided said scale, but 17!! I'm discouraged, embarrassed, and overwhelmed. Not only have I let my weight not be a priority, but I've also let

my bible study and prayer life fall by the wayside. I also feel defeated in my role as mom, wife, and daycare teacher. I can feel myself shutting down in so many ways right now and I can't go on this way. God didn't create me to be weak and overwhelmed. So this morning, I'm making the decision to take steps out of the funk that I'm in. I'm not focusing on weight loss goals just yet. Today, I'm admitting the discouragement that I feel. I'm admitting that I'm overwhelmed with all the roles in my life and I'm turning to God and His word for strength to be able to do a thing today and hopefully I will wake up ready to do a thing again tomorrow. I'm taking this one day at a time and focusing on my role in this project and God's strength instead of the overwhelming task at hand.

I need accountability, I need encouragement and I need company so I'm bringing you along for the ride. I'm making a choice to make better choices...as a Christian, as a woman with a weight problem, as a mom, as a wife, as a daycare provider, as all the ladies that make up me. They are all needing a little work right now. So here I go!

Dear Lord,

I'm struggling with me today. Please meet me and my new friend where we are in the broken mess that we've created for ourselves. Please pick us up, dust us off, and take us by the hand as we start this journey. Please lead, guide, and direct us to be the people you created us to be and not what we think the rest of the world thinks we should be. Please help us to fight this battle with your strength because our own has never gotten us very far. Please help us to always know you are with us.

In Jesus Name,
Amen

How I did

Day	Date	Weight	7:30	Walk 20	Devotion	Water 60	Sleep 8
Monday	5-8	239.2	✓	<input type="checkbox"/>	✓	✓	<input type="checkbox"/>
Breakfast	✓	Ham and cheese omelet with salsa					
Lunch	✓	Turkey and mustard on whole grain, apple					
Snack	✓	Banana					
Dinner	✓	Grilled Chicken, Salad, Peas, Steamed Veggies					
Snack	<input type="checkbox"/>						
How did I deal with stress?		I didn't have much stress today!					
How can I improve?		I started this day on only 6 hours of sleep. Tonight, I plan to move bedtime up a bit.					

How did you do?

Day	Date	Weight	7:30	Walk 20	Devotion	Water 60	Sleep 8
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breakfast	<input type="checkbox"/>						
Lunch	<input type="checkbox"/>						
Snack	<input type="checkbox"/>						
Dinner	<input type="checkbox"/>						
Snack	<input type="checkbox"/>						
How did I deal with stress?							
How can I improve?							