

Faith-Fueled Fat Loss – Week 2

Stewardship Over Striving

 **Proverbs 31:17 – “She sets about her work vigorously; her arms are strong for her tasks.”**

Focus of the Week:

This week is about shifting your mindset from striving to stewardship. Instead of chasing control or perfection, you'll learn what it means to faithfully care for your body as an act of worship and preparation for God's calling.

Weekly Habits:

- Daily Bible Reading (see plan)
- Protein with every meal
- Two to three strength workouts + daily movement
- Hydration habit (water first each morning)
- One act of rest (intentional Sabbath moment)

What You'll Gain This Week:

- A deeper understanding of how biblical stewardship differs from striving.
- Confidence to treat health habits as worship instead of punishment.
- A foundation for building strength and energy for your God-given purpose.

Before you begin...

- Where am I currently striving in my health?
- What would stewardship look like for me this week?

Week 2 Bible Reading Plan – Stewardship Over Striving

This week, root your health journey in God's Word.

Each passage reminds you that your body is His temple and your strength comes from Him.

Read one passage per day and take a few moments to journal or pray through what God is showing you.

Day 1: Proverbs 31:17 – Strength for her tasks

Day 2: Matthew 25:14–30 – Parable of the talents (faithful stewardship)

Day 3: 1 Peter 4:10 – Faithful stewards of God's grace

Day 4: Colossians 3:23 – Work as unto the Lord

Day 5: Hebrews 12:11 – Discipline produces a harvest of righteousness

Day 6: 1 Corinthians 9:24–27 – Running the race with purpose

Day 7: Galatians 6:9 – Do not grow weary in doing good

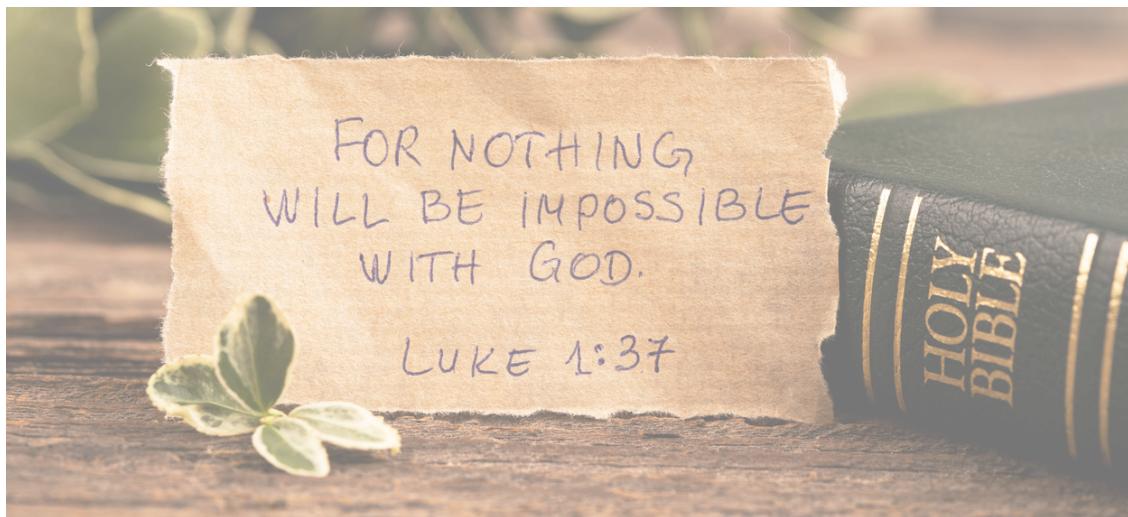
Reflection Notes:

- What truth stood out most from these readings?
- How does stewardship change the way I view food, exercise, and rest?
- Where is God asking me to release striving and practice faithfulness?

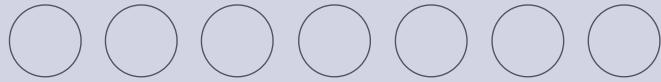
Use this tracker to build the five foundational habits for faith-fueled fat loss. Each small step you take this week is an act of worship and stewardship of your body. Check off your progress daily and celebrate consistency, not perfection.

Habits to Track Each Day:

1. Bible Reading – complete daily passage.
2. Protein with every meal.
3. Strength training or purposeful movement (2–3x strength, daily walking/stretching).
4. Water first each morning.
5. One act of rest (pause, Sabbath, unplug, breathe).



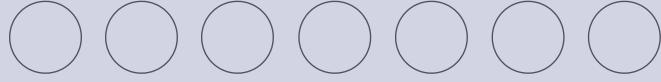
Bible Reading



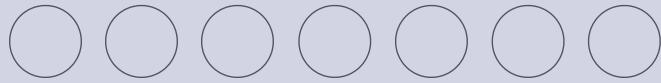
Protein Every Meal



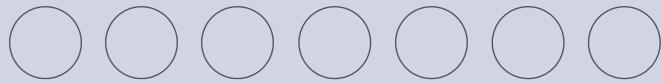
Workout



Water First



One Act of Rest



Weekly Reflection:

- What went well this week?
- Where did I notice myself striving instead of stewarding?
- How did God meet me in my health this week?

Protein Quick Start Guide

Why Protein Matters

- Builds and repairs lean muscle (which raises metabolism).
- Balances blood sugar for steady energy.
- Keeps you full and reduces cravings.
- Supports hormones and fat loss.

How Much Protein Do I Need?

- 👉 Goal: 20–30 grams at each meal
- 👉 Think: one palm-sized portion (meat, fish, beans, tofu) or 2–3 eggs

Tips for Success

- Add protein to the meals you're already eating (ex: pair eggs with toast, chicken with salad, beans with rice).
- Prep protein ahead: cook once, eat twice.
- Keep quick options handy (boiled eggs, yogurt, jerky).
- Ask yourself at every meal: Where's the protein?

Anchor Verse

“So whether you eat or drink or whatever you do, do it all for the glory of God.” – 1 Corinthians 10:31

Protein Food Lists

Animal-Based Proteins

- Eggs
- Chicken breast, thighs
- Turkey (ground, deli, slices)
- Beef (lean ground, steak)
- Pork (loin, chops)
- Fish (salmon, tuna, cod, tilapia)
- Shrimp & seafood
- Greek yogurt
- Cottage cheese
- Cheese (string, shredded, sliced)
- Whey/casein protein powder

Plant-Based Proteins

- Lentils
- Chickpeas (hummus, roasted)
- Black beans, kidney beans, pinto beans
- Edamame
- Quinoa
- Tofu, tempeh
- Nut butters (peanut, almond, cashew)
- Nuts (almonds, walnuts, pistachios)
- Seeds (pumpkin, chia, hemp, sunflower)
- Plant-based protein powders

Grab-and-Go Protein Snacks

- Boiled eggs
- String cheese / Babybel
- Jerky (beef, turkey, chicken)
- Protein bars
- Roasted chickpeas
- Greek yogurt cups
- Cottage cheese cups

Why Add Low-Impact Cardio?

- Boosts recovery between strength workouts
- Lowers stress + supports hormone health
- Improves endurance + circulation
- Burns extra calories without breaking down muscle

Low-Impact Cardio Options

Choose activities that you actually enjoy! Aim for 10–30 minutes most days.

- Walking (outdoors or treadmill)
- Cycling (outdoor or stationary)
- Swimming or water aerobics
- Rowing machine (steady pace)
- Dancing with kids / at home
- Hiking (light/moderate trails)
- Elliptical at steady pace
- Rebounding (mini trampoline)
- Chasing kids at the park 😊

 **Tip: Keep intensity at a level where you can still carry on a conversation.**

Sample Weekly Training Schedule

(Adjust based on your season of life — this is just a framework!)

Monday – Strength Training (Faithful 15) + optional 15-min walk
Tuesday – 20–30 min low-impact cardio
Wednesday – Strength Training (Faithful 15) + light stretching
Thursday – 20–30 min low-impact cardio
Friday – Strength Training (Faithful 15)
Saturday – Family activity: walk, bike ride, hike
Sunday – Rest / Sabbath

Faith Anchor

“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” – 1 Timothy 4:8

-

Strength Training Log

Week of: _____

Exercise	Muscle Group	Weight	Reps	Notes
EX. Squat	Lower Body	10	12	<i>Felt strong, go heavier next week</i>

*Every rep is a chance to grow stronger in body and spirit.
Steward your strength well.*