



Faith-Fueled Fat Loss – Week 4 Mindset & Metabolism Reset

Romans 12:2 — “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

Focus of the Week:

This week is all about renewal—renewing your thoughts, your metabolism, and your habits from the inside out. We’re not chasing willpower or fads. We’re learning how to fuel in a way that supports hormone health, energy, and long-term fat loss—without idolizing the scale or obsessing over results.

You’ll begin dismantling the lies you’ve believed about food, fitness, and your worth—and replacing them with biblical truth and sustainable strategies that honor your body as God’s temple.



Weekly Habits:

- ✓ Daily Bible Reading (see Week 4 plan)
- ✓ Protein with every meal
- ✓ Nourish with fiber-rich whole foods
- ✓ Strength training + movement (3 workouts this week)
- ✓ Renew your mind with truth (truth journal + declarations)

What You’ll Gain This Week:

- A faith-filled foundation for nutrition and metabolism support
- Tools to break free from fear-based food thinking
- Confidence to eat, move, and rest without guilt
- A renewed mind rooted in God’s Word—not diet culture lies

Before you begin...

-  What food or fitness beliefs might God be asking you to surrender this week?
-  Where do I need my mind to be renewed—according to His truth?



Week 4 Bible Reading Plan – Renew Your Mind, Reset Your Metabolism

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

Each passage reminds you that your thoughts shape your beliefs, your habits, and your health. Read one passage per day and take time to journal or pray through what God is revealing to you.

Day 1: Romans 12:2 — Renew your mind, not conformed to the world

Day 2: 2 Corinthians 10:4–5 — Take every thought captive

Day 3: Philippians 4:8 — Think on what is true, lovely, and pure

Day 4: Ephesians 4:22–24 — Put off the old self, renew your mind

Day 5: Proverbs 23:7 — As a man thinks, so is he

Day 6: Isaiah 55:8–9 — God's thoughts are higher than ours

Day 7: Colossians 3:1–2 — Set your mind on things above

Reflection Notes

- What verse stood out most to me this week?
- How is God inviting me to renew my thinking around food, my body, or results?
- What is one lie I've believed about my health that God is replacing with truth?

Use this tracker to stay rooted in truth and aligned with the key habits for metabolic and spiritual renewal. These are not boxes to check for perfection—they are small, consistent steps of obedience and worship.

Habits to Track Each Day:

1. 📖 Bible Reading — Complete today's verse from your Bible reading plan
2. 🍴 Protein Every Meal — Prioritize steady energy + strength-building meals
3. 💪 Workout or Walk — Choose from your YouTube library: strength or movement
4. 💧 Water First — Begin your day with hydration
5. 🧠 Mindset Truth — Say a truth aloud each morning (e.g., "I am not what I weigh. I am who God says I am.")



Bible Reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Protein Every Meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workout or Walk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water First	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mindset Truth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Reflection:

What was the biggest mental lie I fought this week?

Where did I see God renewing my mindset and bringing peace?

How did aligning with truth impact my motivation and momentum?

Faith-Fueled Fat Loss – Week 4

Lesson 2: Fueling Fat Loss Without Fear

Carbs · Cravings · Christ

Reflection Questions

1. What food or nutrition “rule” from diet culture have I believed or followed out of fear?
2. When I feel a craving rise up, what do I typically reach for—physically, emotionally, or spiritually?
3. What would it look like to respond to cravings instead of reacting to them?
4. How can I invite God into the way I fuel my body this week?

Truth Check

Write this in your own words:

“Food is a gift, not a god. I don’t fuel out of fear—I fuel with faith.”



🛑 Fear vs. Fuel Inventory

Put a ✓ next to any foods or thoughts where you notice fear or legalism showing up.

Foods I've feared or restricted (check all that apply):

- ☐ Bread / carbs
- ☐ Fruit
- ☐ Pasta / rice / potatoes
- ☐ Sugar
- ☐ Eating past a certain time
- ☐ Eating without tracking
- ☐ Other: _____

Now write 1 truth that can help you renew your mind:

👉 **“Because I am not ruled by food, I can _____.”**

🙏 Prayer Prompt

Lord, renew my mind. Help me release fear and control around food. Teach me to fuel my body in a way that honors You and strengthens me for what You've called me to do. I surrender my cravings, my diet history, and my body image into Your hands. Lead me in truth, not trends. Amen.

✝️ Anchor Verse

“So whether you eat or drink or whatever you do, do it all for the glory of God.”

— 1 Corinthians 10:31



Fueling Fat Loss Without Fear

“All things are lawful,” but not all things are helpful... I will not be dominated by anything.

— 1 Corinthians 6:12

Use this list to expand your view of God-given, health-supportive foods — especially those that diet culture may have told you to fear or restrict. These are not rules or a “perfect plan.” This is freedom. These are tools for building energy, hormone support, and peace of mind — without guilt.

✅ Healthy, Whole-Food Carbs (Fuel, Not Fear)

- Sweet potatoes
- Potatoes (all kinds)
- Brown rice, wild rice, jasmine rice
- Quinoa
- Oats
- Lentils
- Chickpeas / beans
- Squash (butternut, acorn, spaghetti)
- Bananas
- Berries
- Apples, pears, grapes
- Whole grain bread
- Ezekiel or sprouted bread
- Sourdough bread
- Whole grain or legume-based pasta
- Popcorn (air-popped)
- Tortillas (sprouted, whole wheat, cassava)
- Homemade baked goods made with whole ingredients

💬 Use these to support energy, movement, hormones, and brain clarity — especially around workouts and during the afternoon slump.



Food Freedom List

💧 Mineral-Rich Craving Helpers

Instead of fearing cravings, respond with nourishment.

Salted bone broth

Olives

Pickles

Lemon water or adrenal cocktails

Sea salt + potassium-rich fruit
(banana, orange, cantaloupe)

Dark chocolate (with magnesium!)

💬 Your body isn't misbehaving — it's communicating.

🧠 Foods That Help Reset Mindset + Blood Sugar

**When your brain feels foggy,
you're anxious, or you're
"snacky," try combining:**

Protein + fiber-rich carb + fat

e.g., Greek yogurt + berries + flax

e.g., Eggs + sweet potato +
avocado

e.g., Chicken + rice + olive oil +
spinach

💬 Balance leads to clarity.
Balance leads to peace.

💡 Things You Don't Have to Fear Anymore

Carbs

Fruit

Gluten (unless medically necessary)

Eating after 7pm

Occasional treats

Eating more on workout days

Nourishing your body even if you didn't "earn it"

Taking rest days

Not tracking your food

Saying yes to enjoyment without shame

✅ **Reminder:**

You are not what you eat.

You are not what you weigh.

You are who God says you are — and He created you to be strong, nourished,
and free.



Weekly Strength Focus – Mindset & Metabolism

Why This Week Matters:

This week is all about training your body and renewing your thinking around fitness and fat loss. You're not exercising to earn food or punish yourself — you're moving to support your hormones, build metabolically active muscle, and walk in freedom.

You are learning to train with wisdom, not obsession — because your metabolism responds best to consistency, nourishment, and rest—not burnout.

Focus Areas:

- Prioritize strength training (muscle = metabolism)
- Listen to your body — avoid extremes
- Choose consistency over intensity
- Pair movement with truth — no more shame-based workouts

Use this guide to track your workouts, note progress, and record how you feel each session.

Form Reminder

- Exhale on the work, inhale on the release
- Keep core braced and spine long
- Move with control, not momentum
- Quality reps > fast reps

Reflection Prompt

- How did I move in obedience, not obsession, this week?
- Did I rest when needed or push from a place of fear?
- What truth did I anchor to during movement?

Faith Connection

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God—what is good and acceptable and perfect.”

— Romans 12:2

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>

What was my motivation for moving this week — fear or freedom?

Did I listen to my body and rest when needed?

Did I try to “earn” or “burn off” food — or did I steward movement with peace?

What progress did I experience physically or spiritually?