40 Days on the Mountain

A complete reset of
Mind, Body, and
Spirit

Sherry Chestnut Kidd

40 DAYS ON THE MOUNTIAN
A 40-Day Program for Self-Discipline, Spiritual Growth, Focus, and Productivity
Sherry Chestnut Kidd
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1

WHY

Why did I create 40 Days On The Mountain?
First, I was inspired by Frank Viola's Mental Reset Mode. You can find it on his website frankvila.org. I greatly appreciate Frank's Reset, but it's more geared toward men and didn't address all of the things that I needed to address as a woman, so I did my own thing.

I did this as an experiment on myself first and eventually decided to write it down to share with other women. It's the result of what helped me physically, mentally, and spiritually.

There are so many things hindering, obstructing, draining, and attacking Christian women. Our society is in such turmoil that you can almost feel it in the air, even if you abstain from TV and social media.

As modern women, we are so busy helping everyone else that we often get left behind. There is a balance, and often our roles as wife, mother, homeschooler, business owner, etc., are demanding and time-consuming, but where is that line with always giving and never caring for ourselves?

My hope with 40 Days on the Mountain is that you'll grow closer to the Lord and learn to rest in Him. I'm not one of the Holier Than Thou types, so I don't want to throw a bunch of Bible verses at you and tell you to be warmed and fed, and then life will be great. These 40 days will be about the *Spirit*, but they will also be about the *physical* and *mental*. Sometimes it's hard to do what is best for our physical body in this world of instant and easy satisfaction. Still, when you can walk in the Fruit of the Spirit in self-discipline, you will reap the rewards physically, mentally, and spiritually.

2

THE MOUNTIAN

Forty days seem like a long time to focus on ourselves. It is, but it also isn't. It's about 5 ½ weeks or 4 sets of 10 days each. You definitely need to be committed to see results, but I don't want it to take control of your life and suck the joy out of your day. Use the time to seek the face of God and let Him lead and guide you. He knows what your responsibilities are and what REALLY needs to be done or can be left for later. He also knows what your weaknesses are as well as your strengths. That's the beauty of having a loving Father who cares more about us than we could ever know.

Let's get started! Have you ever wondered why Moses was on that Mountain? I mean, it's not every day older men decide to go climb a mountain, right? We read in Exodus 19 that God told Moses to consecrate the people, and in 3 days, He would come down in their sight. Different versions use different adjectives to describe the incident, but basically, it was a big deal, and the people got scared, so God told Moses to go up and down Mount Sanai a few times, bring a few different people with him, and then finally, in chapter 24 to come up to get the tablets of stone that contained the Law and the commandments.

So what does this mean to and for us? Why did it take 40 days? What is so great about 40 that Moses spent 40 days on that Mountain twice, Jesus spent 40 days in the wilderness, the flood lasted 40 days, and the children of Israel wandered in the wilderness for 40 years?

The number 40 is significant in the Talmud. In general, it takes 40 days for an embryo to form in the womb and 40 days for a new spiritual entity to come into being. The Talmud says that "one does not come to fully comprehend the knowledge of his teacher until 40 years [of study]." Since a day "up on high" is certainly equal to a year down below, Moses learned Torah from G-d atop the Mountain for 40 days so that he could fully comprehend the Torah.
Tzemach Tzedek, Ohr HaTorah, Devorim, vol. 1 p. 18

It's not always possible for us to head up a mountain for time alone with the Lord so He can renew us. If you have 40 days away from responsibilities to sit at His feet, I'm sincerely happy for you, but for the rest of us, we need to do what we can with what we've got. Most of us will have to do what Moses did when God told him to go do this or that, then go get this person or that person. This was several trips up and down that mountain. It was nothing like the image we often covet after in our heads of just going up there, sitting at the foot of God, while He talks about how wonderful we are, and we just soak it all in. If we're really honest, we're imagining massages by the angels, no crying children, no phone calls, no house to clean, and the list

continues. Much like Moses, we will likely get to the top of the mountain and have God tell us to go wash those dishes or go deal with that neighbor needing help for the 100th time this week. Trust the process that all of this IS bringing you closer to who God created you to be.

I encourage you not to look at the Mountain but look at the face of the Lord. That's where our strength comes from in our daily battle. That's where the victory is! Don’t let the Mountain distract you from His Face.

3

AN IMPORTANT DISCLAIMER

I'm not a doctor or dietician, but I have researched and tried all kinds of things to heal my body and look like I did when I was in the Marine Corps. The experts don't always agree, but one thing I have seen consistent progress for myself and in other people's lives is with the Carnivore Diet. What you eat is between you and the Lord and whoever does the grocery shopping in your house.

We often read Genesis 1:29 and think we should be eating nothing but herbs and fruit. Somehow, along the way, we have added vegetables in there even though that was never mentioned. How many times have you heard "eat your vegetables"? As if a vegetable holds the nutrients man needs to sustain life. This is usually where we stop reading about what to eat so we miss out on Genesis 9 when God told Noah to eat meat.

I suggest that you do some research on the Carnivore Diet or possibly the Ketogenic Diet. At the very least, try one of these for 40 days and see how you feel.

The most important thing, no matter what food focus you choose, is to eliminate sugar and processed foods during your time on the Mountain. If at all possible, get the sugar, candy, and processed food out of your house. If this isn't possible, the Lord will be there to call on for extra support and self-control. Some spouses wouldn't dream of eliminating junk food from the home, and that's ok, the Lord already knows about this. You will be fine. It's another opportunity to seek His face.

This is the point in any program where the coach, author, or trainer tells you to see your doctor before beginning the program. Some doctors will agree with radical steps to gain control of your life. Other doctors aren't fond of such things. I'm not saying to ignore your doctor, but always seek the Lord about what's right for you.

There are so many things that play into health. Every one of us is an individual and created uniquely. What is good for me may not be good for you. Various health conditions respond differently to different things. Depending on your overall health and body weight, you may need to modify the diet plan to suit your specific needs. However, if you're in good health and can shed some extra pounds, I encourage you to do the full program. But again, only with a doctor's approval.

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BEFORE YOU BEGIN

40 Days on the Mountain is 40 days of purely focused attention on the accomplishment of specific goals. To benefit from your 40 Days on the Mountain, you should set a few goals that you can complete in 40 days. These are realistic goals, not the goals we usually make for ourselves that only a small army could realistically accomplish in a year.

Here are a few examples:

- Write a book
- Clean out a closet
- Organize that closet
- Learn a language
- Start a business
- Read a book(s)
- Start a workout routine
- Learn an instrument
- Learn a skill (painting, welding, drawing, sewing)
- Read the Bible (yes, you can realistically read the whole New Testament in 40 days)
- Lose 20 lbs (you may want/need to lose more, but let's start here and see what happens in 40 days)

After you have thought about your goals, write them down. Are there certain ones that are pulling at your heart? Are there things that NEED to be done because of a deadline? Ask the Lord what He wants you to set as your priorities. I suggest that you think about each goal or priority and why you want this. What will it do for you in your life? How does it feel if you accomplish this goal? How will it change things for you and those around you? This process can help you in your journey because if you're spending time, effort, and energy pursuing the wrong goals or a goal that isn't the destination you are seeking, it becomes just that, a waste of time, effort, and energy.

I would also encourage you to be very specific in your goals. It's one thing to say I want to clean out the closet, but quite another when you say I want to clean out the closet and put the pants together, hang all the shirts, eliminate everything that doesn't fit, keep the shoes accessible but in order, have everything hanging on color-coded hangers, and have my scarves hanging on hooks.

The more specific you are about the details, the easier it will be to know when you reach your goals or if you need to course-correct along the way.

5

THE BASIC PROGRAM

As followers of Christ, we are encouraged to have self-control, but our society very much encourages the opposite of that. The Bible sets a very different standard.

For God has not given us a spirit of timidity, but of power and love and self-discipline. 2 Timothy 1:7

Better a patient person than a warrior, one with self-control than one who takes a city. Proverbs 16:32

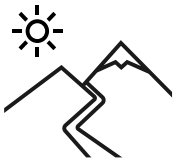
Like a city that is broken into and without a wall is a man without restraint over his spirit. Proverbs 25:28

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. Galatians 5:22-23

I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified. 1 Corinthians 9:27

In the last verse (1 Corinthians 9:27), Paul says that he disciplines his body and makes it his slave. This is what you're doing in 40 Days On The Mountain.
There is much science showing the mind and body connection. It is as if science is now proving what Paul knew as common knowledge many years ago.
In your 40 Days On The Mountain, you will learn discipline, self-control, and the art of delayed gratification. Unfortunately, this is something that many modern people – including modern-day Christians – know little about.

The purpose of 40 Days is to reset your mind to live a life of discipline and self-control. The principle of sacrifice, which is talked about throughout the Bible, is giving up something to achieve or receive something better.



Think of The Mountain as a boot camp for learning how to sacrifice.

While you are on The Mountain, you are sacrificing certain pleasures like eating and drinking whatever you want, whenever you want, to receive a greater gain in the end, which is walking in the Holy of Holies every day.

The Mountain is the path to self-control, fixating on Christ, and walking boldly in your daily life by changing destructive habits, eliminating the voices in the wind, and discerning distractions. In other words, we will be focusing on three distinct areas while on The Mountain: Mind, Body, and Spirit.

For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline.
2 Timothy 1:7

Now may the God of peace Himself sanctify you entirely, and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.
1 Thessalonians 5:23

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THE MENTAL

During your time on The Mountain, you will eat only one meal a day. This isn't traditional Intermittent Fasting, where you have a "feeding window" where you can eat whenever you want during that time.

It's literally one meal a day.

In theory, that sounds easy, but it sometimes isn't. It's not that your body can't do it, but it's about what goes on in the mind that keeps people from fasting. You will not die if you go hungry for a few hours or even days, regardless of what your mind (and sometimes friends and family) is telling you. We should always be wise in our time of fasting, but the majority of people in the US could fast a lot more than they do and be much healthier for it.

Some people can finish their meal in 30 minutes or less. Some people may take longer. The important thing is to eat each day's meal in one sitting. You can eat as much as you want of the allowed foods at this meal, and I encourage you to eat until satisfied, and don't worry about how much food or how many calories it is. It's not uncommon for a woman to eat a pound of hamburger at a sitting or even a huge steak. The point is to eat until you are full.

If you are getting enough animal fats, you won't be nearly as hungry throughout the day. It may take a few days or even a few weeks to adjust and even break the habit of snacking and being hungry between meals, but it will happen if you stick with it. **Remember, this is more of a mental game than a physical one.**

Use the hunger to remind you of the goals you have set. Seek His face during this time. I don't want it to sound super spiritual and not in touch with reality because hunger is hunger, and it's not fun to experience, especially if it's chocolate you are "hungry" for! If you know me at all, you'll know that chocolate makes my world go round. The point is to ask the Lord to help you walk through this temptation. Look into His face, and the things of earth will grow strangely dim, even hunger and food cravings.

Most food addictions and bad eating habits are related to self-discipline. This is something I could write a book about because sugar is a serious addiction and is very much encouraged in our society. It's sickening and heartbreaking that people

refuse to acknowledge it as an addictive substance no different than crack, LSD, or any other legal or illegal drug.
I honestly believe this is one of the enemy's biggest tools against the body of Christ today. We love to gather together over our glorious buffets in the fellowship hall, but how much of that food is building healthy bodies for service to our King? We often excuse the garbage food by saying, "All things in moderation." But where does it say that in the Bible? Where does it say a little sin is ok as long as you don't go too far? I'm not saying that eating sugar is a sin, necessarily, but anything that causes us to take our eyes off of Christ is sin. Just reading what scientists have seen in what sugar does to our minds and thinking ability should be enough to cause us to rethink the ability of sugar to control us.

If you are addicted to sugar, know that you aren't alone. Know that I deal with it daily, as well as many, many other people. The wonderful thing is that our Father knows all about it and ALWAYS provides a way of escape. That escape isn't always a ride in a limousine, but sometimes feels more like a hike across broken glass barefoot. Just keep your eyes on Him, and you can and will overcome!

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THE PHYSICAL

The next part of our journey is our body. Since we, at least most of us, won't be actually climbing a mountain for our 40-day adventure, we need to consider what activity we will give our bodies. Because I don't know each and every one of you individually, I'll make general suggestions and share what has/is working for me personally. This is an area that you will need to take to the Lord for exact directions for you. I encourage you not to sell yourself short and be willing to push yourself beyond what you think you can do.

Eating only one meal a day causes your body to do all kinds of things that affect you mentally and physically, which, I believe, affects you spiritually.
If you follow the program, you will experience the following:

- Fat in your body is being used for fuel
- Reduced inflammation
- Your bad cells will be replaced with new ones
- Your body will process stress more easily
- Blood pressure will be improved
- Better concentration
- Better sleep
- Clearer skin

Each of these things has a lot of science behind it, so if you are interested, do some research.

First, I recommend taking a daily walk. This can be as simple as walking around the block, getting on a treadmill set to mountain climb, even walking in place in the living room. Whatever and however it works for you, just do it. This will not only help you get outside of yourself and your daily habits and routines, but will also help you focus on the Lord. You can walk alone or with family and friends. Whatever works for you. Even those of us with debilitating diseases can walk around the house. The thing is to walk daily! You can set a goal for a step count or distance in a certain amount of time. Whatever will motivate you and help you get a walk in.

The next thing I'll recommend is strength training. I'm not suggesting you go to the gym and pump iron. There are so many studies proving that there are better and

easier ways to build muscle and strength that it truly boggles my mind to see so many people still doing that.

I personally use a system called the X3 Bar. It was developed by Dr John Jaquesh. He has also written a book called *Weightlifting Is A Waste Of Time: So Is Cardio and There's a Better Way to Have the Body You Want*. This program is what has helped me be able to build muscle despite a fibromyalgia diagnosis. Traditional weightlifting wore me out, and I can't stay consistent with it, but with the X3 program, I can do my workout in about 15 minutes a day, four to six days a week, without problems.

You do have to buy the bar and bands, and they aren't cheap, but it's cheaper than a gym membership, and you can do it at home in your jammies. I will say that the bands sold by other companies don't even begin to compare, so I don't recommend any of them. I'll provide a link that will get you $50 off your order for those who are interested. https://prz.io/BJkmA6jhr

I'm sure there are some who aren't interested in the X3 program, and that is fine. The other option I recommend is using your own body weight to build muscle. There are programs out there for this that you can buy, but there are also plenty of free ones on YouTube. Do a search and see what looks interesting to you. If you aren't interested, you won't be motivated to continue.

I would also like to recommend yoga. There are many Christians who refuse to stretch and move their body in a class called yoga. This is another area that I would encourage you to seek truth, not someone else's opinion that they developed based on something they saw on TV, YouTube, or who knows where. Remember that God created everything for our good and His glory, so if something is being used by the enemy that's not how God intended it to be. Seek out a Christian yoga teacher and see how this form of movement can draw you closer to the Lord through movement, self-control, and holistic wellness. (Yes, I do teach Christian Yoga that helps you connect with God through Christ while bringing your body into subjection.)

I will throw this out there. If you are interested in losing weight, don't try to do a lot of cardio work, thinking it will help. Some cardio can be beneficial, but not in the way we have been told all these years. This is also addressed in Dr John's book. There are a lot of people starting to research and understand this concept, so if you are a curious mind like me, have fun researching this subject too!

8

THE SPIRITUAL

The next subject we will cover is the spirit. Now that we've laid down the rules to get the flesh out of the way, let's talk about the spirit.

In general, this is the part of man that connects and communicates with God. It is through the spirit that we receive joy, comfort, and peace of God's presence.

This may seem overly simplistic to some, but if we want His peace, joy, guidance, etc., we need to spend time communicating with Him. It makes me think of the garbage in, garbage out saying, although this time it's goodness in, goodness out.

How many times do we defeat ourselves in an area before we even attempt the project because we get lost in our own thoughts? I have found that the easiest way to change my thinking is with His Word. When we are reading or listening to the Word, it has a way of penetrating our being. It can literally change our thoughts about ourselves and the world around us.

I've provided a list or chart of a way to read through the New Testament in 40 days. It's not a perfect chart, but it's a guide for you to use during your time on The Mountain. If you already have a guide or chart that you follow, feel free to continue what you're doing, but I would encourage you to do both. It is a huge commitment, but commitment to change is what brings change.

The thing is to spend time reading or listening, or both, to the Word. Let it wash you, bask in the glory of His beautiful words. Because you will be reading such huge chunks of scripture in one sitting, it will help you see things differently if you don't already do this. When I started doing this years ago, it was like the puzzle pieces started fitting together. Instead of looking at passages with a magnifying glass in deep study, I could now look from the eyes of an eagle flying above. I'm still all for using the magnifying glass, but I also like to read a whole book of the Bible in one or two sittings because it is so exciting to see the whole story!

Here is a simplified version of the reading chart. I want to caution you about reading just to check off a box. If you have a busy life, this is very easy to do. Instead, set a time limit for how long you'll read. If you aren't able to concentrate on what you're reading for an hour, set your timer for 30 minutes or even 15 minutes. That way, you can know that when the timer dings, you can go do whatever you want to do, but for the next 15 minutes, all you have to do is read. Sometimes you may read the same sentence several times; this is ok! Sometimes you may need to read out loud to yourself. This is a good time to read to your children, no matter how old they are.

This is not the time to go deep into word study. Just read to enjoy the story.

Matthew 1-9		Acts 1-7		Philippians 1-4		1 Peter 1-5	
Matthew 10-19		Acts 8- 15		Colossians 1-4		2 Peter 1-3	
Matthew 20-28		Acts 16- 22		1 Thessalonians 1-5		1 John 1-5	
Mark 1-8		Acts 23- 28		2 Thessalonians 1-3		2 & 3 John	
Mark 9-16		Romans 1-8		1 Timothy 1-6		Jude 1	
Luke 1-7		Romans 9-16		2 Timothy 1-4		Revelation 1-5	
Luke 8-15		1 Corinthians 1-16		Titus 1-3 Philemon 1		Revelation 6-8	
Luke 16-24		2 Corinthians 1-13		Hebrews 1-6		Revelation 9-11	
John 1-10		Galatians 1-6		Hebrews 7-13		Revelation 12- 17	
John 11-21		Ephesians 1-6		James 1-5		Revelation 18-22	

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WHAT IS THE BENEFIT OF EATING LIKE THIS AND WHAT DO I EAT

Eating one meal a day helps with the following:

1. Learning self-control and self-discipline.
2. Breaking an addiction with food.
3. Breaking the habit of eating out of boredom or comfort rather than sustenance.
4. Allowing the body to burn fat for energy.
5. Weight loss.
6. Increased mental clarity.
7. Increased energy (especially after your body detoxes and gets used to the new lifestyle).
8. More time to complete your projects (since you're only eating once a day).
9. A more even, stable mood and less anxiety.

Fasting and intermittent fasting help with the spirit and physical health. It may seem hard at first, but it will get easier. Just remember that whatever you put into something is what you will get out of it. If you approach The Mountain with the intent to see the face of God, you will, and the flesh will fight, but it will take its place in the peace and rest of our Father.

There are many studies done on fasting, and it's another area that I would encourage you to look into if you would like to learn more about the science behind this Biblical practice.

The Permissible List

Here are the foods that you can eat while on The Mountain.

If you can afford grass-fed, hormone-free, fresh, etc., go for it, but DON'T let it get you down if you can't. The most important thing is to only eat the best quality you can afford of these things.

- Beef of any kind, along with the fat. That's what will help you feel full. (My favorite food is hamburger! No bun, nothing but salt.)
- Chicken
- Fish
- Seafood
- Any other kind of meat (lamb, pork chops, ox tail, kielbasa, etc.) Just watch out for the ingredients in bacon, kielbasa, and sausages.
- Eggs

• Cheese (of any kind except American) – (I recommend using cheese sparingly)
• Butter – You can eat butter raw, all by itself. I never would have even considered this before I started the Carnivore way of life, but now it's like candy to me and really helps me feel full, like a dessert after the meal.
• Milk or Cream or Products made with them (I recommend using these sparingly.)
• Salt- I recommend Redman's Sea Salt but anything other than table salt is fine.

The Forbidden List

Here are the foods you should avoid while on the Mountain.
• Fruit
• Pizza
• Pasta (any kind)
• Fast foods of any kind (if you must eat out, order just the burger patties without anything else).
• Sugar, stevia, Splenda, and honey
• Alcohol (of any kind). The exception is if you regularly use wine at the Lord's Supper, in which case a sip is all you need.
• Juices (any kind).
• Soda, both regular and low or sugar-free.
• Kombucha
• Chips (any kind)
• Yogurt (with sugar and fruit)
• Nuts
• Candy
• Chocolate
• Cake
• Vegetables, yes, even salads
• Potatoes
• Bread (any kind).
• Rice (any kind).
• Beans (any kind).
• Tomatoes

Permissible Drinks

• Water (It is possible to drink straight water and live a happy, contented life).
• Vitamins and minerals are all allowed during the 40 Days, including in liquid form. Protein shakes or drinks are **NOT** allowed.

Permissible Condiments

• Salt (I reccomend Redmonds but any Sea Salt is fine).

Portion Size

The simple rule of portion size for your one meal is to eat until you're full.

If you've finished your meal and you can't move, you've eaten too much. If you've finished your meal and an hour later you're still hungry, you haven't eaten enough. If you don't hit the mark one day, adjust the next. This can take a few days or even a few weeks to relearn what true hunger is.

WHEN TO EAT

This will be different for everyone, but I highly recommend that you eat with the family during the main meal of the day. This allows you to spend time with the family but keeps you from looking at them like a rabid dog ready to attack. I personally like to eat the evening meal or between noon and 4 PM.
The time basically depends on whether you are having lunch or dinner with family or friends, or if you are hungry.

REMEMBER: There are no snacks on The Mountain.
You are only eating one meal a day, so you are fasting for 23+ hours every day.
You may drink as much water as you want at any time of the day.
It can help if you drink water whenever you are thirsty or hungry.

10

THE REST OF THE STORY FOR THE MOUNTAIN

While the eating plan is critical for The Mountain, it's not the only change you will need to make during the 40 days.
Here are the other recommendations for the program:

• You will work as much as you can to complete your projects

The time of day and even the amount of time will depend on your circumstances. If you are working outside the home for someone else, you might not have as much time to work on writing a book as someone who is at home all day with no children. Use common sense for this one, but the basic thing is not to waste time. The energy boost and mental clarity will help you focus on your work for long periods of time.

• You will read affirmations every morning and evening

This has been life-changing for me. I have provided my own personal list to give you some ideas, but if they don't feel right to you, feel free to write your own. If you choose to write your own, they don't have to include scripture. They can just be short sentences that state something positive about you that you want your mind and body to acknowledge. You can print these out or write them on post-it notes and place them all over the house to remind you throughout the day.

Affirmations
I am the daughter of the King of Kings! 1 Peter 2:9
I am strong and courageous! Deuteronomy 31:6
I extend love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Galatians 5:22
God is intentional with my life; all things are working for my good. Romans 8:28
I have a future filled with hope and prosperity. Jeremiah 29:11
I have purpose, I am fulfilled, I am unashamed. Matthew 5:13-16
I unashamedly live for God, not man. Philippians 1:20
I am faithful to the Lord, and because of that will abound with blessings. Proverbs 28: 20
I am successful and prosperous.
I release the world's standard of success and embrace God's plan for success.
I receive the blessing of the Lord to grant my desires and make my plans succeed.
No weapon that is formed against me will prosper, and every tongue that accuses me in judgment I will condemn. Isiah 54:17
I will put on the full armor of God every day and raise a shield of protection. Ephesians 6:10-18
I am and attract love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control: against such things there is no law or limit. Galatians 5:22
I am tenacious, persistent, and I always finish what I start!
God calls me His Creative Healer who boldly proclaims truth!

• You will exercise at least 4 times a week

As I mentioned earlier in the ebook, I recommend the X3 Bar, but the important thing is to do something. You can lift weights, walk, stretch, do pushups, pull-ups, pretty much anything that you enjoy that is movement. If you aren't part of a gym or have no idea what to do, search YouTube for something that sounds good to you, like yoga, chi gong, calisthenics, or whatever. You can pick the exercises, but it's important you incorporate an exercise workout at least four times a week during your time on The Mountain.

• You will not smoke cigarettes, marijuana, or use any other mind-altering drug

The exception is the medication you received from your doctor for physical and/or mental illnesses and conditions. This is not a time or place to debate the use of any of these things, even marijuana for health issues. Just abstain from them during the 40 Days.

• You will keep a daily journal of each of the 40 days

In the journal, you will write the following things:

1. What you eat that day.
2. What time you eat (no need to record when you drink water unless you just like to).
3. Each week, record your weight and waistline measurement. You can include other measurements if you would like, but these seem to be the easiest to do and keep track of.
4. Your energy levels throughout the day.
5. Your mood that day.
6. What you achieved that day.
7. Anything else that you think is important to note about your day. This could be spiritual, physical, or mental. It's your journal, have fun with it and be real. Nobody else needs to see it, so I encourage you not to hold back on anything.

This is an exercise in self-discovery. You are looking for connections between mood, energy, weight, food, exercise, and spirit. You usually won't see these connections unless you journal your daily experience.

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WHEN YOU FINISH – DAY 41

If you successfully followed 40 Days On The Mountain, I applaud you! Good job! You've learned self-discipline and sacrifice on a whole new level, and hopefully, you've been able to accomplish your goals.

Now it's time to adjust your diet and life rhythms.

Warning! Don't make the mistake of getting hooked on sugar again.
I highly recommend that you stay away from junk foods except for very rare occasions. I also encourage you to continue to eat a high-protein, high-fat diet. That is, if you saw good results while on the Mountain.

You may want to do some more research on the Ketogenic Diet and the Carnivore Diet. Be very careful listening to those who say we should only eat plants. This is coming from someone who did that for several years. If you feel the need, do a little research on plant-based diets and what it does to the body physically and mentally. At the end of the day, what you eat is up to you and possibly your doctor.
Also, investigate Intermittent Fasting, as more research is revealing its benefits. What you eat and how often you eat is really up to you (and your doctor).

If addictions have been broken during these 40 Days, guard yourself against those specific temptations. Stay clear of where the triggers are. If you used to smoke cigarettes, be aware of the triggers that caused you to smoke in the first place and avoid them. The same with alcohol addiction.

Your goal is not to relapse and lose the gains you've made, something that's quite easy to do. This requires immense vigilance. Know that you can always go back for another 40 Days On The Mountain whenever you feel you need another transformation.

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YOUR RESULTS

Please let me know how you did On The Mountain. I love to rejoice in your success. You can email me Sherry@createdwhole.com

Be proud of yourself! This isn't an easy thing to do. Granted, most of us didn't actually climb a mountain for our 40 Day retreat, but the tasks you've accomplished are just as significant.

My deepest desire is that this journey has drawn you closer to the face of God and you are now shining with His love. You are the daughter (or son) of the Most High God.

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THERE'S MORE

There are several more ebooks in the making. If you would like to hear more from Sherry you can go to her website and join the email list www.createdwhole.com

About the Author

SHERRY CHESTNUT KIDD

Sherry is first and foremost a follower of Christ, United States Marine Corps Veteran, mother of 12, grandma of 22 and even a great grandma of 2. She loves growing things and even though she sold her farm in Missouri to marry a city boy in Milwaukee she kept growing and had more plants than should be legal on a small city lot. She and her husband have recently relocated to Florida due to health issues and are thoroughly enjoying the sunshine.

Sherry is a health and wellness coach who focuses on who we are in Christ by learning who God calls you, and loves to see people, especially women, be able to in their true identity. She offers several different coaching programs as well as energy work. The beauty of her work is that she can do it all over the phone and wifi so is able to help people all over the world.