

Healthy Living with God at the Centre

7 DAY JOURNEY FOR YOUR BODY, SPIRIT & SOUL



FITFISH

"Commit to the Lord whatever
you do, and he will establish
your plans."

Proverbs 16:3

01

DOES GOD CARE ABOUT YOUR HEALTH?

God cares about every area of life. He wants us to have an abundant life:

John 10:10 '10 The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.'

We live life to the fullest when we are serving out our purpose in Him:

Ephesians 2:10: "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do"

·**Jeremiah 29:11:** 'For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.'

By looking after our body, spirit, and soul, we put ourselves in the best position for God to work through us, as our bodies are the home of God:

·**1 Corinthians 6: 19-20** 'Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honour God with your bodies.'

He uses us as part of the body of Christ to serve out His purpose:

·**1 Corinthians 12:27** 'Now you are the body of Christ, and each one of you is a part of it'

DOES GOD CARE ABOUT YOUR HEALTH?

01

DOES GOD CARE ABOUT YOUR HEALTH?

God is not a killjoy; He knows the pressure that our bodies, spirit and soul will face in life (tiredness, stress, ageing, illness, injury, etc) and He wants us to help ourselves as best as we can so that He can do the rest.

It can be harder to hear from God when we are tired, stressed, and worn down.

It can be hard to value ourselves as God does when we feel rubbish about ourselves, and it can also be harder to love others.

We want to be vibrant, energetic and passionate to run our best race so that Jesus can do what He wants through us

1 Corinthians 9:24-27 'Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore, I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.'

We can do anything we want with our body, spirit and soul, but not everything is recommended

1 Corinthians 10: 23 'I have the right to do anything,' you say—but not everything is beneficial. "I have the right to do anything"—but not everything is constructive.'

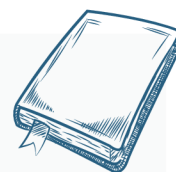
God would like us to make wise choices about what suits our body, spirit, and soul so that we can live our best life.

DOES GOD CARE ABOUT YOUR HEALTH?

01

DOES GOD CARE ABOUT YOUR HEALTH?

REFLECT



- *Which verses above stood out to you the most?*
- *Do you believe God cares about your physical health as well as your spiritual health?*
- *Have you been trying to improve your health on your own, rather than inviting God into the journey?*
- *What would it look like to put God at the centre of your health today?*

NOTES

DOES GOD CARE ABOUT YOUR HEALTH?

01



HOW CAN YOU LIVE THIS OUT TODAY?

Write one small action God is prompting you to take today.

TAKEAWAY:

God cares about your body,
spirit, soul.

DOES GOD CARE ABOUT YOUR HEALTH?

02

RULES OR WISDOM?

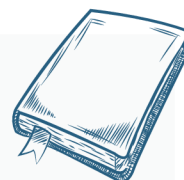
BIBLE READING

📖 *James 1:5*

📖 *James 3:17*

📖 *Proverbs 3:5–6*

📖 *1 Corinthians 10:23*



NOTES

REFLECT



So often, we've lived under rules when it comes to food, our bodies and our health.

Rules that feel restrictive.

Rules that feel heavy.

Rules that often leave us stuck in cycles of "on the wagon" and "off the wagon."

Maybe you say things like:

"I should be doing better."

"I must stick to this."

"I've failed again."

"I'll start properly next week."

Rules feel clear.

They promise certainty.

They remove decision-making.

But they don't build maturity.

They create a cycle of:

Pride when you stick to them.

Shame when you don't.

And when you have no rules, you can feel like a fish out of water.

But God doesn't lead us through rigid rules like that.

He leads us with wisdom.

REFLECT



Wisdom that helps us make choices that truly nourish us, in body, spirit and soul, so that we can live out His purpose for us on earth.

Internal wisdom sounds different.

It pauses.

It reflects.

It asks questions.

Instead of asking,

"Is this allowed?"

It asks,

"What do I need right now?"

"Is this building the life I want?"

"Will this help me feel strong tomorrow?"

"Is this restoring me or draining me?"

We have freedom.

But freedom guided by wisdom leads to peace.

The question shifts from:

"Is this allowed?"

To:

"Is this beneficial?"

"Is this constructive?"

"Is this shaping the person I want to become?"

Rules say,

"Just tell me what to do."

Wisdom says,

"Lord, teach me how to think."

REFLECT



- *Which food or health rules have you been living under?*
- *Have those rules brought you peace, or have they left you feeling trapped?*
- *What might change if you asked God for wisdom instead of another rule?*

NOTES



HOW CAN YOU LIVE THIS OUT TODAY?

Write one small action God is prompting you to take today.

TAKEAWAY:

God invites us to live in wisdom
and wants to teach us

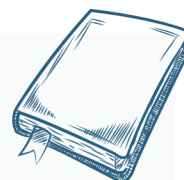
03

HEALTHY OR JUST SMALLER?

BIBLE READING

📖 *3 John 1:2*

📖 *1 Corinthians 10:31*



NOTES

HEALTHY OR JUST SMALLER?

03

HEALTHY OR JUST SMALLER?

REFLECT



Can I ask you something?

Is your goal to be a certain weight...

Or is it to be healthy?

So many of us have spent years chasing a number on the scales.

We've tied our success, confidence, mood and even our worth to whether that number goes down. I used to go to Weight Watchers and remember the disappointment when I gained 1/2lb when I thought I'd lost! (even after removing my watch, hair bobble and wearing my lightest clothes!)

But the scales can only tell you one thing: your gravitational pull on the earth in that moment! They're only relevant if people pick you up as you walk along the street!

They can't tell you:

- if you have more energy
- if your mind feels calmer
- if you're sleeping better
- if you're thinking about food less
- if you're stronger
- if you're healing your relationship with food
- if you're finally feeling free

One of the biggest mindset shifts in this journey is learning to ask:

"Am I making this decision for health... or just to weigh less?"

Because those are not always the same thing.

HEALTHY OR JUST SMALLER?

03

HEALTHY OR JUST SMALLER?



REFLECT

Sometimes dieting makes us do strange things.

Have you ever eaten in secret, skipped meals, or exercised to burn calories? (I used to (over 20 years ago now!!))

But health?

Health looks different.

Going for a walk because it clears your head, not to burn calories.

Eating nourishing meals because you care for your body.

Enjoying dessert without guilt.

Stopping when you're full.

Resting when you're tired.

What if healthy eating was never really about weight loss?

What if it was about **health**?

I don't eat vegetables because I expect them to magically make me slimmer tomorrow!

I eat them because they're good for my body.

I drink water because my body needs it.

I eat fruit because it's packed with goodness.

The weight-loss industry has taught us to see food as a tool for shrinking ourselves.

But God created food to nourish us.

To be enjoyed.

To fuel us for the work He's called us to do.

HEALTHY OR JUST SMALLER?

03

HEALTHY OR JUST SMALLER?

REFLECT



We know that Jesus feasted and fasted. We also know that God created food to be enjoyed. After all, He didn't have to create hundreds of different foods. He could have given us just one or two, or no food at all, and some other way of giving us energy!

Instead, He filled creation with an amazing variety of colours, flavours and textures. I don't think that was an accident.

Healthy eating isn't punishment.
It's stewardship.

And strangely enough, when you start thinking like that, healthy choices become easier.

Because they're no longer dependent on the scales.

They're simply acts of care.

A bit like brushing your teeth.

You don't brush your teeth because you expect dramatic overnight results (although that would be great!)

You do it because it's part of looking after yourself.

Healthy eating can be like that, too.

Not dieting.
Not restriction.
Just stewardship.

And remembering that food is for nutrition, replenishment, energy and enjoyment!

REFLECT



- *What has been your main goal in the past: weight loss or health?*
- *Have you ever made unhealthy choices in the hope of losing weight?*
- *How would your decisions change if your goal was to honour God by caring for the body He has given you?*

NOTES

HEALTHY OR JUST SMALLER?

03



HEALTHY OR JUST SMALLER?

HOW CAN YOU LIVE THIS OUT TODAY?

Write one small action God is prompting you to take today.

TAKEAWAY:

Healthy choices are acts of stewardship, not punishment.

04

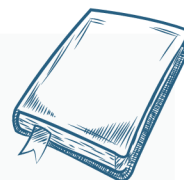
LOOKING AFTER YOURSELF IS NOT SELFISH

BIBLE READING

 *Mark 12:30-31*

 *Colossians 3:12*

 *Psalms 23:1-3*



NOTES

LOOKING AFTER YOURSELF IS NOT SELFISH

04

REFLECT



There's one sentence I hear over and over again.

"I just don't have time."

Sometimes it's from those considering joining Fitfish.
But sometimes it's from people who are leaving too.

They tell me they simply don't have time.
And every time I read those emails, a little part of my heart breaks for them.

Not because they've cancelled.

But because I know why they joined in the first place.
They wanted more energy.
They wanted to lose weight.
They wanted to grow closer to God.
They wanted to feel healthier.
They wanted to break free from years of dieting.

Life has simply become so full that they've squeezed themselves out.
And I completely understand that.

I've had seasons where I could have said exactly the same.

When life gets busy, what tends to disappear first?
Exercise.
Time with God.
A proper lunch.
Going to bed at a sensible time.
Meeting a friend.
Doing something that fills our cup.

LOOKING AFTER YOURSELF IS NOT SELFISH

04

LOOKING AFTER YOURSELF IS NOT SELFISH

REFLECT



It's almost as if we've decided that looking after ourselves is optional. Something we'll get round to one day.

But we always make time.
The question is simply what we make time for.

One of my favourite sayings that often gets shared at our Fitfish retreats is:

"If you don't make time to be healthy now, you'll have to make time to be ill later."

Our health isn't optional.
It's one of the greatest gifts God has entrusted to us.

That isn't meant to make us feel guilty.
It's simply a reminder that every choice is taking us somewhere.

LOOKING AFTER YOURSELF IS NOT SELFISH

04

REFLECT



- *Do I ever feel guilty for taking time to look after myself?*
- *What have I believed about self-care that might not be true?*
- *How does knowing that I am one of God's chosen people, holy and dearly loved, change the way I think about caring for myself?*
- *How might looking after my body, spirit and soul help me love and serve others more wholeheartedly?*

NOTES

LOOKING AFTER YOURSELF IS NOT SELFISH

04



HOW CAN YOU LIVE THIS OUT TODAY?

Write one small action God is prompting you to take today.

TAKEAWAY:

Looking after yourself isn't selfish. It's essential for serving God and others

LOOKING AFTER YOURSELF IS NOT SELFISH

05

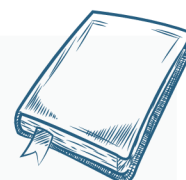
MOVEMENT IS A GIFT

BIBLE READING

📖 *Matthew 11:28–30*

📖 *Psalms 147:10–11*

📖 *Psalms 16:11*



NOTES



REFLECT

I had a little revelation recently.

For ages, I made myself go swimming once a week.

Now, before you think that's a good thing, let me explain.

Because of my background in competitive swimming, I had a very fixed idea about what swimming should look like.

It should be hard.

It should be fast.

It should leave me out of breath.

It should involve lengths, timings, effort and pushing myself.

So every week I'd think,

"I really should go swimming."

And I'd go (mostly!)

But if I'm honest...

I didn't particularly look forward to it.

Then one day, I changed the rules.

Instead of treating swimming as training, I decided to treat it as a source of enjoyment.

Now I go to the pool and swim whichever stroke I feel like.

I don't count lengths.

I don't care how fast I'm going.

I don't even care if I stop halfway through and float for a bit.

I just move.



REFLECT

And do you know what happened?

I started looking forward to it.

The funny thing is, I'm still getting many of the same benefits.

I'm moving my body.

I'm using my muscles.

I'm improving my fitness.

I'm reducing stress.

But now I'm enjoying it too.

And it made me wonder how many of us are doing the same thing with exercise.

Maybe you've decided walking "doesn't count" unless it's three miles.

Maybe you've convinced yourself that gardening isn't proper exercise.

Maybe you think a workout only matters if you're dripping in sweat afterwards.

Maybe you've turned movement into another thing you have to achieve.

What if movement didn't have to be hard to be worthwhile?

What if a gentle walk with a friend counted?

What if dancing in the kitchen counted?

What if stretching while the kettle boils counted?

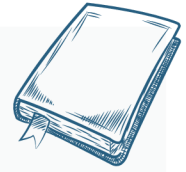
What if playing with grandchildren counted?

What if swimming slowly counted?

Movement isn't a punishment for having a body.

It's a gift because you have one.

REFLECT



- *How do you currently think about exercise?*
- *Have you made movement feel like something you have to do rather than something you get to do?*
- *Which forms of movement do you genuinely enjoy?*
- *How could you make movement feel lighter this week?*

NOTES



HOW CAN YOU LIVE THIS OUT TODAY?

Write one small action God is prompting you to take today.

TAKEAWAY:

Movement isn't a punishment for having a body. It's a gift because you have one.

06

REST IS WISDOM

BIBLE READING

 *Genesis 2:2-3* *Psalms 23:1-3* *Mark 6:31*

NOTES

REFLECT



I think many of us believe that rest is something we have to earn.

If I've worked hard enough...
If I've helped enough people...
If I've been productive enough...
Then I'm allowed to stop.

But where did we get that idea?

Because it certainly wasn't from God.

Before sin entered the world...
Before there was exhaustion...
Before there were endless to-do lists...
God built rest into creation.

He didn't wait until everything fell apart before introducing it.
He wove it into the rhythm of life.
And Jesus did the same.

He regularly withdrew to quiet places.
He stopped.
He rested.
He spent time with His Father.
He shared meals.
He spent time with friends.

He wasn't in a constant hurry, despite having the biggest mission in history, and he left the Earth with many needs left unaddressed.

REFLECT



Yet somehow we've convinced ourselves that stopping is lazy.

That sitting down is wasting time.

That resting is something we need to earn.

But perhaps rest isn't a reward.

Perhaps it's wisdom.

When we're constantly tired, we're far more likely to make choices we'll later regret.

We're more likely to comfort eat.

To skip movement.

To lose patience.

To neglect time with God.

Rest doesn't just refresh our bodies.

It refreshes our minds and our souls too.

I've discovered that rest looks different in different seasons.

Sometimes it's drawing or painting.

Sometimes it's jogging or walking in the woods.

Sometimes it's reading my Bible without looking at the clock.

Sometimes it's going for a cuppa with friends even though I have no time.

Rest isn't always doing nothing.

Sometimes it's simply doing something that restores your body, spirit or soul.

REFLECT



- *What does rest look like in this season of your life?*
- *Have you been treating rest as something you have to earn?*
- *What activities genuinely restore your body, spirit or soul?*
- *Are you making space for those things regularly?*

NOTES

HOW CAN YOU LIVE THIS OUT TODAY?

Write one small action God is prompting you to take today.



TAKEAWAY:

Rest isn't something you earn. It's one of God's gifts.

07

LIVING LIFE TO THE FULL

BIBLE READING

-  John 10:10
-  Hebrews 12:1-2
-  Psalm 16:11



NOTES



REFLECT

As we've journeyed through these Bible reflections together, I hope one thing has become clear.

Healthy living isn't about following a set of rules.
It isn't about being the perfect weight.
It isn't about getting everything right.

It's about putting God at the centre of your health journey.
It's about making wise choices that care for your body, spirit and soul.
It's about becoming the person God created you to be.

Jesus said,
"I have come that they may have life, and have it to the full."

I believe healthy living plays a part in that full life.

When we're nourishing our bodies...
Spending time with God...
Moving in ways we enjoy...
Resting well...
We're better equipped to do what He's called us to do.

There will still be difficult days.
Days when life feels busy.
Days when healthy choices don't come easily.
Days when you slip back into old habits.

Don't let one choice convince you you've failed.

One of my favourite sayings is:
'Fail forwards.'
Every choice teaches us something.
Every setback is an opportunity to learn.

REFLECT



Instead of asking,
"Why did I do that?"

Try asking,
"What can I learn from this?"

Then keep moving forwards.

I also love using the analogy of the game Snakes and Ladders.

We have one biscuit...
One late night scrolling session...
One missed workout...
And suddenly we think we've slid all the way back to the beginning.

But that's not how healthy habits work.

One choice doesn't undo all the others.

Just take the next wise step (ladder).

Healthy living isn't about perfection.

It's about consistently making wise choices over time.



REFLECT

I often talk about the easy road and the hard road.

At first, the easy road really does feel easier.
It's easier to grab whatever food is quickest.
Easier to stay on the sofa.
Easier to scroll for another twenty minutes.

But over time...

The easy road gets hard.
We feel more tired.
We lose strength.
Our health begins to suffer.

The healthy road often feels harder to begin with.
Getting out for a walk.
Turning the TV off and going to bed.
Opening your Bible before your phone.

Those choices don't always feel easy in the moment.
But...

The hard road gets easier.
Healthy habits become your normal.

They become part of who you are.

Keep putting God at the centre.

Keep choosing wisdom over rules.

Keep caring for the body, spirit and soul He has entrusted to you.

Keep taking the next wise step.

One day at a time.

REFLECT



- Which truth from these seven days has encouraged you the most?
- Which healthy habit do you want to keep building?
- Where have you been treating healthy living like Snakes and Ladders instead of a journey?
- What is your next wise step?

NOTES



HOW CAN YOU LIVE THIS OUT TODAY?

Write one small action God is prompting you to take today.

TAKEAWAY:

Intensity makes a great story.
Consistency changes your story.

Thank you!



Thank you for taking this 7-day journey with me.

I hope these reflections have encouraged you to see healthy living in a different way, not as another diet or another set of rules, but as an opportunity to care for your body, spirit and soul with God at the centre.

Hi, I'm Gaynor

I'm the founder of Fitfish, a Christian wellness ministry helping people break free from dieting and build healthy habits that honour God. I'm a Nutritionist, Eating Behaviours Coach, and Advanced-Level Personal Trainer.

If you've enjoyed this journey, I'd love to invite you to join Fitfish for a Fiver.

For just £5 per month, you'll receive:

- ✚ Monthly Bible Reflections
- 🎵 Christian Worship Workouts
- 🥗 Simple Whole-Food Recipes
- 🤖 AI Food Assistant
- 🤝 A Supportive Christian Community

...plus encouragement and accountability to help you keep growing.

Continue your journey inside Fitfish for a Fiver.

www.fit-fish.co.uk/fbs/fiver

Keep putting God at the centre. Keep choosing wisdom over rules. Keep taking the next consistent step in your journey.

Until next time,

Gaynor x



Many Blessings