

COMPANION TO DAY 1 · A DIVIDED LIFE

Undivided

COMMITMENT GUIDE / Begin your health and fitness journey with a clear purpose. Faithful Fitness, Day 1, pages 5–7. Scripture: Matthew 6:24.

THE QUESTION THAT GUIDES THIS JOURNEY

“How can my health and fitness serve God and His kingdom?”

Jesus speaks about serving God and wealth in Matthew 6:24. Day 1 brings that question of allegiance into your health and fitness: Who is in charge of this pursuit?

1 What do I hope will change through this journey?

Name a goal honestly. You do not need to have perfect motives to begin.

2 What has been directing my choices?

Consider purpose, approval, appearance, comparison, comfort, or control.

3 Whom or what am I called to serve in this season?

Name a person, responsibility, or opportunity. Include your present capacity.

For example: “I want more energy” can become “I want to be present and patient with my family, so tonight I will put my phone away and make room for rest.”

Your body’s size, strength, or limitations do not determine your worth. Let your purpose guide faithful care for the body and life you have today.

Next: Write your commitment prayer on page 2. Print it, or type into the fields in a compatible PDF reader and save a copy.

MY DAILY REMINDER

This journey belongs to God.

Write a prayer committing your health and fitness to God. Put this page where you will see it daily. Return to the commitment as you make your choices.

MY COMMITMENT PRAYER

Father, I give You... / Forgive me where... / Help me serve... / Guide me today...

One faithful action I will take today

Where I will keep this prayer

Date

A prayer to begin: Father, I give You this body and this journey. Forgive me where approval, appearance, comfort, or control have taken the lead. Help me care for what You have entrusted to me so I can serve You and love others. Holy Spirit, guide my next choice. In Jesus's name, amen.

Read it. Pray it. Practice it. Sharing with a trusted friend or your community is optional. If you drift, return to God and take the next faithful step.

For the full video devotional with Coach Alex, [join the CORPS](#).

To reflect further on your everyday habits, explore the [Health and Habits Profile](#).