



GOOD NEWS—INFORMATION YOU CAN USE

WALK WITH GOD

Have you found yourself heading in the opposite direction of God? The enemy will do his very best to distract us, knock us off track, or lull us away from God’s purpose with his sneaky lies. I get off track if I’m not focused on God.

The one thing that makes the difference is an intentional walk with God. My walk includes:

WATCHING

Watching where God is at work helps us focus on where we can join Him. During prayer time, ask God to show you where he is at work, in your life, in your family, in yourself. During my watching time, I’ve discovered in amazement how much he has transformed how I think, my perspective, even my physical appearance. What about you? Watch where HE is working in your life.



ASKING

Now that we’ve come to a stop, no longer running ahead and willing to wait and watch, it is time to seek God’s perspective. It is one thing to ask God to meet our needs. We also need to ask God what He wants of us. “Lord, what do you want me to do?” Be brave and willing to go where God calls. Philippians 4:7 states that after we’ve asked God (verse 6), the peace of God will guard our hearts and our minds in Christ Jesus. There is no better place to be in your walk with God, than when you sense you are on the path he has planned.

LISTENING

Once we ask and seek God’s perspective and desires, we must be silent and listen. The quiet gives us time to settle and join God in the quiet. Oswald Chambers, in his devotion Learning About His Ways, said, “We must learn to keep our mouths shut and our spirits alert. God wants to instruct us regarding His Son, and He wants to turn our times of prayer into mounds of transfiguration.”

If we want to hear the Lord’s voice, we need to listen. What might that look like in your life? Try adding two minutes of silence to your daily time of prayer. Spend time listening with your spirit alert. I love the idea that God wants to turn our prayer into mounds of transfiguration. Get ready; it will rock your world.

KEEPING

Once we slow down, watch, ask, and listen, it is time to keep God’s commands. Keep is a verb to continue in (a course or mode of action); not to intermit or fall from; to maintain.

“Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.” John 14:21

Keeping may be the hardest bravest thing you do day in and day out. It is the action step in our walk with Jesus. Why listen to God if you aren’t going to keep His promptings and commands? Embrace change, say “Yes” to all God has planned.

Helen Baratta

Helen Baratta Director of Development for First Place for Health. She is the author of My Place for Leadership included in the My Place Leader’s Kit and Restored! Embracing Weight Loss God’s Way available now at our online bookstore.

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[My Place for Success Journal](#)



FIRSTplace

FOR HEALTH



JUST ONE THING

Is it possible for just one thing to change your life forever? It is absolutely possible! What changed my life forever was an event in Dallas, Texas in 1972 called [Expo '72](#). It's been historically referred to as the Christian Woodstock. Hosted by Campus Crusade for Christ, 75,000 high school students gathered in the Cotton Bowl; one of those was my best friend. With her renewed vigor for sharing the gospel, I was impacted by her love for Jesus and give my life to Christ. My life was radically changed forever.



Just one thing, just one book, just one person or even just one habit has the potential to change your life for the better. In the FP4H Bible study *Stronger Every Day*, Janet McHenry challenges us to incorporate just one new healthy habit for the week. Can you imagine the impact of committing to read your Bible every day for one week? God's word is a lamp to our feet and a light to our path. It gives direction and instruction. The Bible is God's love letter to His children, and when I read it, I am reminded of how loved I am by God. Or how about taking a walk every single day; rain or shine and no more excuses? Walking is inexpensive and convenient, most days. It builds bone and strengthens the heart muscle and aids in weight loss. What about memorizing scripture from God's word? The Bible tells us that hiding His word in our hearts will keep us from sin. Living in these bodies is an everyday battle with the flesh, and we need strength from His word. And whose family doesn't need prayer? Committing to pray for your family every day will strengthen relationships for a lifetime. It's not always easy doing life together, and our families need to be protected and covered in prayer.

These are small "one things" that have the potential to change your life forever. I can't do it all, but I can do one thing.

Won't you consider just one thing?

Click here to order [Stronger Every Day](#).

Vicki Heath is National Director of First Place 4 Health. Vicki is a certified fitness instructor for the American Council on Exercise, a certified life coach and Wellness Coordinator for her church in Edisto Beach, SC. Vicki is the author of the books Don't Quit Get Fit and My First Place and contributing author in My Place for Leadership and My Place for Fitness and others. She has led a successful First Place 4 Health ministry in her church for twenty years. Vicki is passionate about Christ and has a desire to help others understand the value of caring for their bodies as temples of the Holy Spirit. Vicki is a pastor's wife and mother of four wonderful children and seven grandchildren. She strives to bring others into the Kingdom through health and wellness.

SHOP ONLINE!

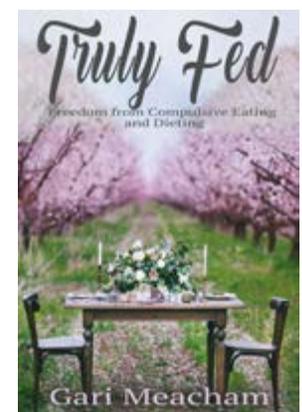


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[FP4H](#)

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FOR HEALTH



DO IT AGAIN AND AGAIN

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. 1 Timothy 4:7

A dear friend of mine was an ice dancer and spent countless hours on the ring doing the same four-minute routine again and again. I noticed that others would even break down the free dance and do a specific lift or jump that may only be 10 seconds long, dozens of times. Why? Because amateurs train until they get it right, while professionals train until they can't get it wrong.

The question before us today is, "Are we amateur Christians who do just enough to get by, or are we professional Christians who train ourselves to be godly?" To train ourselves in godliness takes three things: knowledge, practice, and coaching. Obviously, the most logical place to gain knowledge about godliness is through the study of God's Word. But we can also gain knowledge by doing life with others. Want to know what a godly spouse looks like? Go hang out with someone who models that. Want to know how to run a business in a godly way? Read a biography of a businessman who does this.



The next step after gaining the knowledge is to start practicing what we know because to know and not do is sin (see James 4:17). The key point here is that it is practice—sometimes we will nail that jump and sometimes we will fall flat on our face. But regardless, do it again!!

Lastly, we all need a coach, a mentor, an older man or woman to walk alongside us and encourage, direct, and correct. It takes a huge act of courage to be willing to be vulnerable enough to allow someone into our lives to see the good, the bad, and the ugly. But when we do that, not only will we grow but also we will impact those that are around us.

So strap on those skates, grab a coach and hit the ice!! The kingdom of God is relying on us.

Action Item: In what areas do you need to shore up your training routine? More knowledge? More practice? A coach? Spend some time journaling your need to God and ask Him to show you the next steps you are to take.

Becky Turner

Auburn, Georgia



SOCIAL MEDIA





ONE THING TO HELP YOU COOK MORE

We've become savvy in the choices we make in restaurants, using restaurant websites to look for nutritional information before we head out to eat. But even those choices are no match for the health benefits of anything you cook at home. Restaurant meals generally use much more salt and fats than you would normally use at home.

Chances are if you're reading this, it's because you already realize that you should be cooking more. The question is, how can you get started?

Two reasons I hear most often for not cooking: don't have the time or don't know-how. But I think the reason is we're not prepared. We get home, open the fridge, and wonder what to make. We've already put in a long day, and the challenge of figuring out what to make with the random things in our fridge seems just too difficult. It's much easier to pick up the phone and order a pizza or go to the drive-through.

There are steps to cooking that we have to do, just like creating a fitness routine. We don't wake up and put on workout clothes and then decide what gym we're going to. We prepare. One thing that will help us cook more is to prepare.

Steps to Prepare

Create a weekly routine. Pick a day of the week - the same day every week - and plan your meals for the week, just like any other appointment. Decide what days you are going to cook. Pick the recipes. Make your grocery list. Your grocery trip will be shorter because you have your list. When you get home each evening, the plan is already set, so dinner is on the table quicker. Don't have enough time to cook? Your routine saves time.

Don't know what to cook? Find easy 30-minute recipes. Cook them regularly, and soon you'll be able to do them on auto-pilot. Enjoy a meal at a friend or family member's house? Ask for the recipe. Have the go-to recipes that you know you like and know you can make.

Baby steps. It's important to start with small steps. You don't go from couch potato to marathon runner in a day. You work your way up. Start with cooking one day a week or one day more a week than you do now. Increase it over time.

Make once, eat twice. When you start cooking, double up, make enough for leftovers for another night. I'm not into the cooking for the entire week on a Sunday. It's too much work! But doubling up is doable.

Don't cook for one. If you usually are cooking for one, it can be hard to get motivated to cook for only yourself. Share it with others. Invite people over and share your newfound motivation to cook. There's nothing better than sitting around the table with friends. Or, take a meal to someone that might need a little help getting a meal on the table.

Getting started with anything is never easy. Whether it's a new exercise habit or cooking more, break it down into baby steps, and I know you can do it. Hey, you've read this far! That's motivation right there. Cooking more is worth it, and once you get going, I bet you'll even enjoy it.

Happy cooking.

Lisa Lewis

Lisa Lewis is the author of Healthy Happy Cooking. Her cooking skills have been a part of First Place for Health wellness weeks and other events for many years. She provided recipes for 15 of the First Place for Health Bible studies and is a contributing author in Better Together and Healthy Holiday Living. She partners with community networks, including the Real Food Project, to provide free healthy cooking classes.





HEALTHY RECIPES

SQUASH & CORN CHOWDER

Ingredients

- 2 slices smoked bacon
- 3/4 cup sliced green onions, divided
- 1/4 cup chopped celery
- 1 pound yellow summer squash, chopped
- 1 pound frozen yellow baby corn kernels, thawed and divided
- 2 1/4 cups 1% low-fat milk, divided
- 1 teaspoon chopped fresh thyme
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- 1/4 cup (1 ounce) shredded extra-sharp cheddar cheese

Instructions

Cook bacon in a large Dutch oven over medium-high heat until crisp. Remove bacon from pan, reserving 2 teaspoons drippings in pan. Crumble bacon, and set aside. Add 1/2 cup onions, celery, and squash to drippings in pan; sauté 8 minutes or until vegetables are tender. Reserve 1 cup corn; set aside. Place the remaining corn and 1 cup milk in a blender; process until smooth. Add remaining 1 1/4 cups milk, thyme, 1/2 teaspoon salt, and pepper to blender; process just until combined. Add pureed mixture and reserved 1 cup corn to pan. Reduce heat to medium; cook 5 minutes or until thoroughly heated, stirring constantly. Stir in 1/8 teaspoon salt. Ladle about 1 1/2 cups soup into each of 4 bowls; top each serving with about 1 tablespoon bacon, 1 tablespoon remaining onions, and 1 tablespoon cheese.

Nutritional Information: Number of Servings 4 • Calories 285 • Fat 9.4g • Protein 13.3g • Carbohydrate 37g • Fiber 5.4g • Cholesterol 20mg Iron 1.3mg • Sodium 605mg.



TURKEY OR CHICKEN SALAD SPREAD

Ingredients

- 1 cup leftover turkey or chicken, chopped
- 1 cup 2% cottage cheese
- 2 hard boiled eggs, chopped
- 1/3 cup light mayonnaise
- 1 teaspoon lemon pepper blend
- 1/4 teaspoon salt
- 1/4 cup celery, diced
- 1/2 cup 2% sharp cheddar cheese, shredded

Instructions

Add first 6 ingredients to a food processor and finely process, add celery and cheese. Use as a sandwich spread, on crackers, or with romaine leaves as a wrap.

Nutrition Information: Number of servings 6 (Serving Size: 1/2 c) • Calories 156 • Fat 8g (47.7% calories from fat) • Protein 16g Carbohydrate 4g • Trace Dietary Fiber • Cholesterol 101mg • Sodium 467mg.





HEALTHY RECIPES

PUMPKIN SPICE BREAKFAST COOKIE

Ingredients

- 2 cups whole-wheat flour
- 1 cup old fashioned oats
- 1 tsp. baking soda
- 1 tsp. pumpkin pie spice
- ¼ tsp. salt
- 1 15-oz. can pumpkin
- ½ cup coconut oil
- ½ cup applesauce
- 1 cup brown sugar
- 1 large egg
- ½ cup roasted, salted pumpkin seeds
- ½ cup dried cranberries

Instructions

Line cookie sheet with parchment paper and set aside. Whisk together whole-wheat flour, old-fashioned oats, baking soda, pumpkin pie spice, and salt. At medium speed, beat pumpkin, coconut oil, brown sugar, and egg until well combined; gradually beat in flour mixture, then pumpkin seeds and cranberries. Scoop onto lined cookie sheet to form 16 mounds, spaced 2 inches apart; flatten into disks. Bake at 350° F for 20 to 25 minutes or until dark brown on bottoms. Cool on wire rack.

FOR LATER: Cooled cookies can be wrapped in plastic and stored at room temperature up to two days or frozen up to 2 weeks. Reheat in toaster until crisp.

This recipe taken from Healthy Happy Cooking by Lisa Lewis, available in the FP4H online store.

Nutrition Information:

Number of servings 16 • Calories 85 • Fat 8g (37.8% calories from fat) • Protein 4g • Carbs 26g • Fiber 3g • Cholesterol 13mg • Sodium 122mg.
TRACKER: 1 oz.-eq. grain



[CLICK HERE FOR EVEN MORE NUTRITIOUS FALL INSPIRED RECIPES](#)



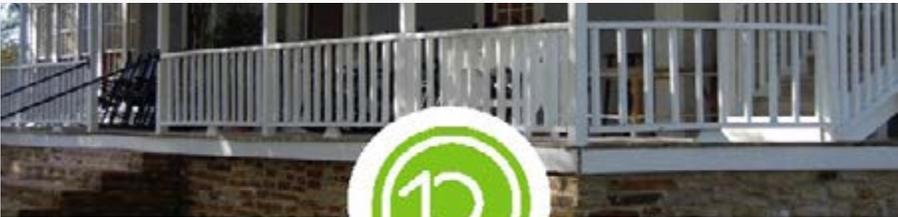


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UPCOMING EVENTS




FIRSTplace
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Wellness Week

YOUR WELLNESS JOURNEY STARTS NOW
Living strong and healthy is about freedom, not perfection. Join us for a week focused on your wellness.

ONLINE GROUPS

Starting in October
Online

WELLNESS WEEK

October 10-17, 2019
Roundtop, TX

WELLNESS DELUXE WEEKENDER

October 10-13, 2019
Roundtop, TX

SOUTHERN WELLNESS WORKSHOP

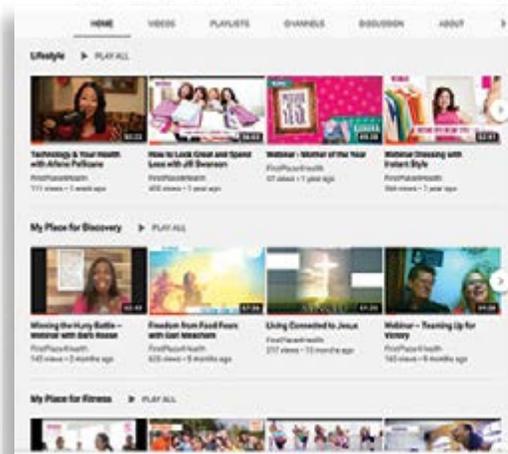
October 12, 2019
Trout, LA

FUN & FITNESS 4 LIFE

January 31-February 2, 2020
Sandy Cove, MD

RESTORE: EXPERIENCING FREEDOM FROM FOOD STRONGHOLDS

May 3-5, 2020
Sandy Cove, MD



Watch us on
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