



STUDY GUIDE

Revolutionize Your Health Journey

"Hope deferred makes the heart sick, but when desire is fulfilled, it is a tree of life."
(Proverbs 13:12, AMP)

I. Have You Ever Experienced "Hope Deferred"?

A. Hope deferred can look like any of the following:

1. Fatigue
2. Lack of creativity
3. Loss of productivity
4. Loss of motivation
5. Loss of trust in self and other
6. Loss of commitment
7. Sick heart
8. Dis-ease
9. Double-minded
10. Overwhelm
11. Chaos

B. Imagine what it would be like to experience fulfilled desires in your life

1. Desire fulfilled can look like any of the following:
 - a. Energy
 - b. Creative flow in your life

- c. Internal motivation ~ inspiration
- d. Trust in the Lord in the moment
- e. Shalom/Peace
- f. Health and wholeness
- g. Ease instead of dis-ease
- h. Single-minded focus

2. Transition from hope deferred to desire fulfilled looks like:

- a. Learning how to live in shalom in the moment – flow – even when your circumstances are chaotic and overwhelming.
- b. Knowing God’s promise in a personal way regardless of past failures or an unknown future.
- c. Developing the skill sets to fulfill God’s promise in your life.

C. God’s Promise:

“For I know the plans and thoughts that I have for you,” says the Lord, ‘plans for peace (shalom) and well-being (soul and physical health) and not for disaster (hope deferred) to give you a future and a hope (desire fulfilled).”
(Jeremiah 29:11)

D. Shalom defined: Shalom means much more than ‘peace.’

- 1. It represents wholeness, wellness, well-being, safety, happiness, friendliness, favor, completeness, peace, security, prosperity, contentment, tranquility, quiet, and restful.
- 2. Shalom describes those who have been **provided all that is needed to be whole and complete** and **break off all authority that would attempt to bind us to chaos and overwhelm.**
- 3. Shalom is a key part of the transition from hope deferred to desires fulfilled. Knowing our authority through His promise and developing the skill sets to walk out that promise *revolutionizes our wholeness (health) journey!*

II. Cheryl's Story

A. **As you hear Cheryl's story, pause and think of your story and your life.**

Treasure resides in every challenge of your life. Have you discovered the 'hidden treasures' in your life? Most often, our most significant growth occurs in our biggest challenges. As we learn how to transverse challenges, see the 'hidden treasures' in the challenges, and develop skill sets, we can become overcomers in every area of our lives—spirit, soul, and body.

B. **Fulfilling the desires of your heart requires a key strategy and skill sets.**

1. *Revolutionizing Your Health Journey* provides a firm foundation on which miraculous transformation can take place. Not only will you lay the foundation, but you will also be empowered with the skill sets that allow you to live out the fulfillment of your God-given desires to be whole and make a difference in the lives of others in your lifetime.
2. As you experience this miraculous transformation, you can mentor others who are oppressed with hope deferred, loss, grief, and overwhelm.
3. When adversity or challenge comes our way, light or heavy, it always has one of two effects: Either it interrupts and obstructs our fellowship with God and our journey, or it becomes a springboard to a life fulfilled with greater intimacy with Him and our purpose.

C. **Do you want to be made WHOLE ~ Spirit, Soul, and Body?**

Our time here in *Revolutionize Your Health Journey* is to allow you to transform your health ~ spirit, soul, and body. You will be given a *foundational strategy*, which is the approach to move you forward instead of looping in old, non-useful patterns. You will also be given *simple, life-changing skill sets* that empower you to participate in living out God's Word in your life "in the moment". Truly, your life will never be the same!

III. The Strategy

A. **Our strategy to move forward:**

A strategy is the approach that will empower you to move from where you are to where you desire to be. In Revolutionize Your Health Journey, the strategy we will use is 2-fold:

1. **Know God's Word** (His Word does not return void).
2. **Develop the Skill Sets** to empower you to participate in the fulfillment of His Word in your life. As you fulfill His Word, you learn how to live in the present and pursue desires being fulfilled.

B. **Skill Set #1: Assess Your Current Status.**

God is a “now” God. When our hearts and minds are focused on the past or the future, we cannot experience God and all He desires for us. He is a “now” God. Being with Him means learning to live in the present moment. Intimacy with God doesn't happen in the past or the future – it only occurs in the present.

*“Behold, I am doing a new thing! **NOW** it springs forth; do you not perceive and know it, and will you not give heed to it? I will even make a way in the wilderness and rivers in the desert.” (Isaiah 43:19, bold added)*

“This is the day that the Lord has made! We will rejoice and be glad in it.” (Psalm 118:24)

1. **Where are you living?** Are you living in the past, the future, or the present? Do you know, at any moment, where you are? Can you accurately assess?
2. **Where do you tend to spend your days?** Do you focus on the past or the future? Do you know where your focus is, or is it simply automatic?
3. **Is your focus serving you?** Have you ever considered what you are focusing on, or do you automatically do what you have always done?

C. **Where is your focus?**

1. **Living in the past** (RED flags):

- a. Regrets
- b. Sorrow
- c. Bitterness
- d. Resentment
- e. Hate

2. **Present – NOW** (Green flags):

- a. Shalom
- b. Safe
- c. Favored
- d. Content
- e. Tranquil
- f. Quiet
- g. Restful
- h. Disconnected from overwhelm and chaos
- i. Sometimes, this is a “waiting” place:
 - i. Joseph
 - ii. Moses

3. **Living in the future** (RED flags):

- a. Stress
- b. Afraid
- c. Worried
- d. Anxious
- e. Fearful

4. **Are you ready for a shift?**

Living in the past or the future keeps us stuck in hope deferred. You can't change if you don't know where you are. Learning to assess and course-correct in the moment of any day is critical to understanding where you

are and where you are going.

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D. Skill Set #2: Use Your Reset Button.

1. Learning the skill set of *interrupting* where you are (past or future) to get to the present can happen instantly. Likewise, we can slip out of being present in an instant.
2. Learning the skill set of the Reset Button is vital to developing the strength to stay in the present on the journey God has set before you.

E. “... *being a double-minded person, unstable and restless in all his ways (in everything he thinks, feels, or decides.*” (James 1:8)

This verse clearly says that if we are double-minded, we are unstable and restless in all of our ways. **How do you know if you are double-minded?**

1. Our brain has two key functions:
 - a. To keep us safe.
 - b. To think and create.
2. Our subconscious brain (brainstem) determines safety, not our logical, conscious brain. Our brainstem looks at how predictable, known, and familiar a situation is to decide whether we are “safe.”

In the past three years, our world has changed. It has become unfamiliar, unknown, and highly unpredictable. That leads the brainstem to think we are not “safe,” regardless of what we know or believe logically. This has created more anxiety and overwhelm than I have seen in my 30+ year career in health care.

3. Our frontal lobe (logic) is where we learn, create, think, and assimilate information. It is also where we make and execute decisions. This is where

we get to have fun learning and applying what God is teaching us and stay out of overwhelm, decision overload, and fear.

4. The problem: When we are “double-minded,” our brainstem and frontal lobe do not agree. When this happens, the brainstem always wins—every single time! It is the God-given role of the brainstem to keep us alive. It is merely doing its job.

F. How do we deal with this dichotomy and double-mindedness?

When the world is not “safe,” our role is to interrupt and reset our brainstem so that we can access our frontal lobe. We can rely on a known, predictable, and familiar God and His Word there. Let that be our solid foundation, and then use our God-given creative brain skills to create health ~ spirit, soul, and body.

What a joy to find hope, peace, trust, and joy in the midst of challenges, overwhelm, and chaos by simply activating an interruption. These interrupts are life-changing “at the moment.” They empower us to get out of the reactive fight/flight/freeze zone and find safety no matter what is going on.

G. **Reset Buttons** to help you interrupt:

1. Vague Nerve reset.
2. 4-2-4 breathing reset.
3. Cranial Pressure (zygoma) reset.

IV. Be made WHOLE ~ Spirit, Soul, and Body

A. **Skill Set #3: Ask Useful Questions and Listen.**

1. Most people practice non-useful questions by asking, “Why, God, why?” and “When, God, when?” We add murmuring, complaining, justifying, whining, judging, and other behaviors to go with non-useful questions. That leads to more hope deferred and a sick heart and body!

2. We are no longer hearing God's voice. Our health symptoms clamor for our attention, yet we do not know how to interpret them. We loop on old patterns, stay where we are, and ask those silly, non-useful questions again. Nowhere in that process do we have the capacity to listen and understand His ways.
3. Our body and a "sick heart" happen when we no longer listen to God or our bodies. Dis-ease and the symptoms of hope deferred grow when we live in the regrets and disappointments of the past or the fear of the future.

"Beloved, I pray that in every way you may succeed and prosper (Shalom) and be in good health (physically), just as (I know) your soul prospers." (3 John 1:2, AMP)

- B. If God wants us to prosper and be healthy, He has a way for that to happen. As we learn to assess and interrupt reactions that don't serve us, we have more energy to ask useful questions, assuming we know what a useful question is.

1. **The three most useful questions:**

- a. Lord, what do You want me to **notice**?
 - b. Lord, how do You want me to **interpret** what You show me?
 - c. What is my **role**?
2. These powerful questions can be used regarding our health, business, relationships, and finances or when we feel we are a mess. Remember, *"You know not because you do not ask God."* There is a world of difference in asking God useful questions rather than repeating non-useful questions of yourself.
 3. The more these questions become automatic, the more empowered you are to be present and truly hear God's voice.

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C. **Skill Set #4: Value Easy Baby Steps.**

1. Most people set out with excitement to change everything. Fatigue and disappointment soon set in when a solid foundation is not laid and the required skill sets are not developed.
2. One of the fastest ways to derail growth or change is excitement about changing everything immediately. It quickly leads to burnout, shutdown, and discouragement.

*“Come to Me, all who are **weary and heavily burdened** [by religious rituals that provide no peace], and I will give you **rest** [refreshing your souls with salvation]. Take My yoke upon you and **learn from Me**, for I am gentle and humble in heart and **YOU WILL FIND REST** (renewal, blessed quiet) **FOR YOUR SOULS**. For My yoke is **easy** [to bear], and My burden is light.”*
(Matthew 11:28–30, bold added)

D. My perspective:

1. I remember the Lord giving me that voice over 20 years ago. I studied it for a year and was sure I understood what it meant. Twenty years later, I realize there is depth here that can be studied, learned, and applied for a lifetime.
2. The pattern is clear: Weariness and burdens cause us to be tired. When we are exhausted, we most want rest. When we are most tired, He wants to give us rest in His “easy” way.
3. Are you exhausted from your current activities? Do you know a lot, yet still live in hope deferred? Are you willing to take some new baby steps?
4. Jesus called us to be childlike (not childish). Children play, notice, and discover. They learn more in their first two years than in the rest of their lives.
5. Our brains require something small enough to feel “safe” instead of the grand ideas our frontal lobe deems worthy of attention. When we engage in the easy baby steps, we accelerate our learning in many unexpected ways.

6. **Easy baby steps:**

- a. Where can you put the time to study God's Word in your day? How about simply reading a Proverb each day?
- b. At any moment, stop and assess where you are right now. Are you in the past, the future, or are you present?
- c. What looks like play right now? Our brains love to play.
- d. What one useful question can you ask right now?
- e. *All of these are great—which ONE can you do right now?*

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E. **Skill Set #5: Create Community.**

1. Our health—physical and mental health—is impacted more by our community than by our food, supplements, or medications.
2. It has been shown a person is less likely to commit suicide if they know their neighbors and have real community.
3. Do you have a close community? Do you have someone who prays for you, and you pray for them?

“For where two or three gather together as My followers, I am there among them. And when two or three of you are together because of me, you can be sure I’ll be there. For where two or three are gathered together in My name, I am there among them.” (Matthew 18:20)

4. Being an island isolates and leaves a person vulnerable to the chaos and confusion of this world. However, being a part of a safe, wise, and helpful community is life-changing.
5. Empower 2000 creates a community of learning and prayer. Lifestyle for Health creates a community of learning, easy, celebration and prayer. Are you engaged in a community to both receive and give?
6. **Community Steps:**

- a. Ask the Lord to show you the people He has already placed in your life.

- b. Who can you pray for?
- c. Who can you ask to pray for you?
- d. Ask the Lord for mentors to teach you.

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F. **Skill Set #6: Celebrate your wins.**

Our brains love to win! Our brains love to accomplish something. Brain real estate is so essential to the body that when the brain feels we are accomplishing nothing, it begins to shut down different areas of the brain that are not “fruitful.”

Once we leave the delight of childhood (play, notice, and discover) and move into being an “adult” of pass/fail, grades, and comparisons, we often lose the capacity to see our wins.

“Let us not grow weary or become discouraged in doing good, for at the proper time we will reap if we do not give in.” (Galatians 6:9)

How do we celebrate wins?

1. **To celebrate wins, we must first see them.** If you assess where you are and find a way to get to the present, that is a win. If you practice one or two resets today, that is a win. If you ask a useful question instead of fussing, that is a win. If you take any baby step forward, that is a win.
2. **Learning to see and acknowledge the smallest wins infuses your brain with the hope that things are changing!** This can lead to gratitude and appreciation for God’s faithfulness in the little things. Daily journaling is a great way to pause and reflect on your wins.
3. **The more you can see your wins,** the more you can recognize the wins of others. You become an encourager instead of a critical judge of what isn’t done in your life and the lives of others.

Celebrate wins:

- a. Learn to “see” wins.
- b. Acknowledge the wins, no matter how small.
- c. Celebrate the wins of others as well as your own.
- d. Appreciate God’s faithfulness in your life.

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G. Skill Set #7: Rest.

1. With everything God has done, He rested. Rest includes Sabbath rest (one day out of the week), creating a flow to your days. When we live in overwhelm, we can be so tired we can’t rest or sleep.
2. Let’s go back to Matthew 11:28–30. He promises to give you “rest,” and we will “find” rest. He might give us rest, but that doesn’t mean we recognize or find what He has given us.

*“Come to Me, all who are **weary and heavily burdened** [by religious rituals that provide no peace], and I will give you rest [refreshing your souls with salvation]. Take My yoke upon you and **learn from Me**, for I am gentle and humble in heart and **YOU WILL FIND REST** (renewal, blessed quiet) **FOR YOUR SOULS**. For My yoke is **easy** [to bear], and My burden is light.”*
(Matthew 11:28–30, bold added)

3. Learning the life flow of rest teaches us to recharge our energy spiritually, emotionally, mentally, and physically. Rest is a foreign concept when you live in overwhelm, hope deferred, or the past or future. An entire day seems impossible, so let’s break it into easy baby steps.
4. **Learn to rest:**
 - a. What interrupt can you use to set aside your worries and embrace shalom at this moment?
 - b. What Word have you read that touched your heart that you could meditate on for the next few minutes?
 - c. Could you stop, breathe, and find one thing to appreciate in your life?

- d. Invest time in worship?
- 5. **Rest is a lifestyle.** There are times to rest during the day. There are times to rest our thoughts and be quiet. There are times to step away from thinking and enjoy nature or take a walk. The more you embrace the power of rest, the more a Sabbath rest calls to your heart and soul.

Your Health Revolution doesn't end there.

V. Be Prepared!

- A. Be prepared for HOPE—**Health, the Original Purpose for Everyone.**
 - 1. Isn't it time for you to step out of hope deferred, living in the past or the future, and become wholly present, becoming the person God created you to be?
 - 2. God's Word, combined with developing key skill sets, empowers you to participate in living God's promises for you and in you—*Desires Fulfilled*, the fulfillment of Jeremiah 29:11.
 - 3. You are not just a body, soul (mind, will, and emotions), or a spirit. God made you an integrated, whole being of all three, just as He is.

Do you want to be made WHOLE ~ Spirit, Soul, and Body?

- 4. The power of **HOPE**, with God's Word, your learned skill sets, and our mentoring, empowers you to truly *Revolutionize Your Health Journey* beyond what you have ever imagined possible!