

## Shift #1- FOCUS ON STEWARDSHIP

**For the next 24-hours, focus on stewarding your body as God's temple instead of thinking about dieting and losing weight.**

**Ask yourself these questions?**

1. Am I really hungry or am I craving something else?
2. If my body is God's temple, is what I'm eating honoring Him?
3. Is this food harming or healing my body?
4. Am I grateful for what I'm eating?

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Share what difference it has made [Private Facebook Group](#).