



The 10,000 Toes Campaign presents:



Health Keys

Welcome.

[Share something that you might have done in the past 24 hours - e.g. - visited somewhere, or ate the sweetest paw paw ever! Use this time to connect with your audience.]



Action Time

We want to be renewed,
We want to be restored,
We want to be healed to God's original plan.

Yes? [encourage response]

We want to live in harmony with His design...

We want to be prepared physically and mentally to overcome crisis.

Yes? [encourage response]

But wanting and knowing is not enough.

We have been learning a lot about

- disease
- health
- how our bodies were designed..

but knowing won't change anything.

It is what we DO that matters.

Active Action



Imagine being on a canoe that is heading towards rocks.

You may KNOW about the danger, but unless you DO something, the canoe will crash against the rocks.

Each of us has heard something over the past few nights that we know we should act on.

But not everything can change all at once. Change happens

👣 one step at a time.

Steps



It all starts with one step at a time.

Every small step we take is an act of trust in the Designer - trusting that His ways lead to life.

So...

Step 1 is to CHOOSE ...

Choose One Thing



Each night we have given you a 24 hour challenge.

The idea behind that challenge is that instead of trying to change everything all at once, we can begin by choosing the first step in the right direction.

We have looked at:

- drinking more water
- moving more
- eating more natural food

Power of the Will

What drives you forward?



No matter where in the world you go, through all cultures and people groups, people will testify that when a baby needs to learn how to walk, it helps to have the right motivator for them to reach out to.

Most of those precious first steps happen when baby is trying to get to something he or she wants.

Maybe it is a favourite toy, a pet, or a smiling and encouraging mom or dad.

The WILL is the next key to health.



Having the right motivation, is what unlocks action.

Let's be honest, breaking habits is difficult.

Life is busy, stressful, expensive...

As if that is not enough, the same enemy who tempted Adam and Eve in eden, still tempts us today, doing everything he can to draw us away from God's perfect, healthy design.

He even makes it seem like unhealthy things have some kind of reward, but of course this is not true.

So true MOTIVATION matters.

I need to have a reason for taking new steps in the direction of health.

Like a baby learning to walk, I need to know what I am reaching for.

- **Family**
- **Fishing**
- **Sports**
- **Church**
- **Creator**



Think of something you really care about.

If you knew your health could let you fully enjoy those things for years to come, would it help you make a small change today?

Maybe it is family...
Or an activity you love...

Maybe it is your relationship with God that motivates you?



“Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.”

I Corinthians 6:19-20

The Bible tells us that God is not only our Designer, but Jesus also bought us with His blood.

Maybe knowing that each one of us, no matter what our background is, is THAT precious to Him...

Maybe this is one of your motivators.

My Why



The point is,

Be it family or friends or your loving Heavenly Father...

the reason WHY you want to be healthier, will motivate you as you take each and every step.

Your WHY is the key - the power that drives the change.



Philippians 4:13

**“I can do all things
through Christ who
strengthens me.”**

Your WHY is even bigger than any habit you might want to break, and it will drive you forward in building new, healthy habits.

Take a few moments to think about YOUR reason for change.

Ask yourself:

If I knew I would miss on something I love (family, hobbies, work, friends, God...)

If I knew my poor health could result in me losing one of these things,

Would I act differently?

Write down your answer, and let that reason guide your next healthy choice.



With your personal motivation driving you forward one more step,

Choose another health habit to add to your daily routine, for the 24-hour Challenge.

Maybe it is replacing soda with water the next time you feel thirsty.

Maybe it is choosing fruit over processed and packaged snacks.

Maybe it is spending 20min walking and playing with your children.

When your WHY is bigger than your habit, change becomes meaningful, and every meaningful step today can become a lifetime of better health tomorrow.



Want to unlock **more?**



REACH OUT!

If you would like support in your health journey, please join me at the end of the program, for a chat.