
WHOLE HEART DIET WORKBOOK

Defining my body, mind, and spiritual intake

Psalms 91:5

"I will praise Thee, O LORD, with my whole heart; I will show forth all Thy marvelous works."

By Susan Storm Smith

Whole Heart Diet Workbook

© Susan Storm Smith

Looking In to Move Forward

Psalms 91:5

*"I will praise Thee, O LORD, **with my whole heart**; I will show forth all Thy marvelous works."*

Today is the first day of your new life. It may seem like an old approach but the benefits are rewarding from the first step. In fact, your decision to begin this workbook is a step in the right direction. The ability to show the world the marvelous works of God in our life has its great rewards—spirit, mind, and body. So let's get started.

The Bible says that we don't have a spirit of fear, anxiety, or anything negative. The first thing I found is that I have to make a decision, I am in control of my thoughts. It doesn't matter what the enemy to my success says—I am more than a conqueror to my fears and old habits. So are YOU.

2 Timothy 1:7

*"For God hath not given us the spirit of fear, but of **power** and of **love** and of a **sound mind**."*

You may ask, why is it important to write down what I see, eat, and do? Good question, with an easy answer. Our mind and eyes work together. It has been proven that a baby that crawls for a time before walking is a better reader than a quick walker. The hand and eye movements that work in crawling alert the brain to a behavior used in reading. So we are going to get the hands, eyes, and brain to work together for our **Whole Heart Health**.

Let's set some goals and take a look at self:

What do you think of when you hear the word "success"? This can be in any category. It is your definition of success, not based on anybody else ... just you.

I want to achieve these three things in the next year or less:

- 1.
- 2.
- 3.

Deep down in that personal space called self, if we're honest with our self, know some of the habits or challenges that keep us from the success we would like to achieve. I know that is true for me. I didn't want to accept some of it in the very beginning, but in order to change; we must confront, even on a thinking level, all of the environment of challenge. If we don't confront the situation—even thoughts—nothing changes.

These are habits that *I know* are keeping me from success. What we acknowledge we can change or increase. You might not have this many, but I found once you start writing them down ... the mind has a way of reminding you of yourself (smile)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

From the moment we start to take inventory of our environment, certain people catch our attention. What sort of person attracts your attention?

People I admire (any category)

- 1.
- 2.
- 3.

Why I admire them

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What are the negative traits that attract my attention? There are also negative people that we sort of zero in on. Are those traits things that you see in yourself? Are they just irritating? Let's take a look at what negative traits catch you attention.

- 1.
- 2.
- 3.

4.

5.

6.

What are the consistent things that I am looking for in looking at other people as role models?

1.

2.

3.

4.

5.

What are the things I feel I am lacking to be like them (everybody has some flaws)?

1.

2.

3.

4.

5.

Heart Issues: Emotions

We are born with emotions and learn to use them from the very first breath. Watch a baby learn to cry, smile, and get attention. That's what emotions are used for—getting attention.

Say these words out loud: Happy, laughing, anger, fear, cowardly, exuberant, sickly, explosive, shy,

Did you feel yourself change even a wee bit as you said the words? Emotions change us for the positive or the negative. Even a person who is "tight-lipped" not saying anything is an attention getter. Somebody will notice that nothing is being said or no contribution to the conversation. After explosive wonderful laughter, or the tight-lipped situation, what happens next is up to us. And all of it affects our physical heart as well as our spiritual heart.

Science has proven that stress kills. It creates chemical imbalances in bodies, and if unchecked or altered will eventually cause other diseases and we die. The same goes for our spirit. Being in a state of constant negativity, depression and oppression ruling the day instead of joy and a positive attitude, the rut cuts deeper and deeper. Yes, some times there is a chemical imbalance in the body. But I am proof that we can overcome sickness and disease with attitude, the daily participation with the Word of God, and focusing on the positive. I have had so many doctors tell me a bad report. When I was without the Word, I listened to everything they said and agreed. Then when I found the Word of God said otherwise—*by HIS stripes I am healed* (Isaiah 53:5)

Likewise, joy and genuine laughter just is such a great stress reducer. I appreciate so much the people who continually send me a clean and humorous joke or video. There are days when we just need to laugh!

"A merry heart makes a cheerful countenance, but by sorrow of the heart the spirit is broken." Proverbs 15:13

"A merry heart does good like a medicine, but a broken spirit dries the bones." Proverbs 17:22

When we stay in a negative environment our godly spirit shrivels. Let me give you an example.

Many people believe that all roads will eventually lead to heaven, and have their own description of what heaven is. Many Christians are coming to the belief that all roads lead to heaven as long as their works are good. Unfortunately, that thinking is not biblical.

"Jesus said unto him, 'I am the Way, the Truth, and the Life; no man comes unto the Father but by me.'" John 14:6

My early years, and well into my adult life was living on the anything goes and all roads are leading me into a greater life. Study of all religions and practicing many of what is again coming into vogue such as New Age and Mysticism, were part of my daily bread. It wasn't until I was captured at the cross of Jesus that I began to truly understand my life and the path that leads away from destruction and into eternal peace.

The mental and physical applications of these wicked crafts do not bring peace and joy. It is a false sense of accomplishment. Yes there is power and you can manipulate elements and work with "spirits". But that doesn't bring fulfillment in the real sense. It is more like a depressed person who shops, eats, or uses whatever to keep from negative emotions. But only the truth you know can set you free. That's why I believe if you will take an honest look at self and your environment; search for your destiny. Write down the desires of your heart, evaluate where you are, where you're going, and in the end write your vision, that these are steps in the right direction for your Whole Heart Diet health.

Name the top five emotions you display on a regular basis:

1.

2.

3.

4.

5.

What are the triggers for each one?

1.

2.

3.

4.

5.

6.

On a scale of 1 to 10, I consider myself to be a positive person _____

On a scale of 1 to 10, I consider myself to be a negative person _____

I am able to change my emotions by doing:

1.

2.

3.

4.

5.

Most of my associates and friends are positive or negative (circle one)

Who we are is what we attract. I'm sure you have heard the saying, birds of a feather flock together. It happens at work, in social settings, even in the family. Have you noticed that when you have a family reunion that certain people just click and form little groups. If you notice their characteristics, they are very much the same.

Heart issues also involve what music we listen to, what media do you focus on first thing upon getting out of bed? For some people, it is the Internet news and/or email, or the Bible, or turn on the television to listen to the news. Most of us just do it so routinely that we don't take much notice, but for this exercise, take a very focused look at each step of

your first two-hours of the day. Is each day the same? Do you change the routine on certain days; for instance, go out for breakfast on Saturday.

This is my first two-hour daily routine: I call this the Rut Check.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Okay, now that you have looked at your daily routine, are there any things that you would like to change?

FOOD

On my website blog I have told many stories about living in eastern Africa. One of the most spectacular stories is about being able to loose almost seventy-five pounds without even trying. WOW! I still have the jeans I wore to Africa as proof of what I used to be and now. What made the difference in the physical can transcend into the spiritual and mental realms as well.

The chickens and beef are raised without steroids and other chemicals to "beef" them up. The chickens are not plump and meaty like in the States. The first time I was served Chicken and Fries I asked the waiter if the chickens had been on a five-day fast. There was hardly any meat on the bones. My friend had stewed chicken and the little legs had a piece of flesh and very little meat, mostly bone was showing. I was told that this is common and they are not the same chickens as we are used to having at home. Boy that was an understatement!

Every morning we had tea, which is very different from the American brands we purchase. It is a milder and mellow tea that we mixed with milk and a bit of raw sugar. It was wonderful. A small little something like a couple slices of bread or muffin, to eat along with it and that was to keep you going until lunch. Some mornings we had a wonderful brown portage that was like liquid chocolate, a little slice of lemon was a treat.

Left over yams was a treat for breakfast as well – no butter on anything. Very little cooking oil was used. For lunch I usually ate chicken, beefsteak, or fish (Tilapia is the only fish we could get). You could get these main dishes with rice, ughali (white corn meal cooked very stiff and ate with the fingers), or fries. Fresh fruit was plentiful at very low prices. The portions were small. And besides eating healthy foods, we walked, walked, walked, walked. I got to the point where I could actually do 20 miles a day. Yes, I had a walking stick for going up hill (let me call them what they were—mountains).

Most ate dinner about eight or nine at night. So I would make me tomato sandwiches that consisted of a small tomato, perhaps a couple of slices of avocado, all sprinkled with a small amount of sea salt and garlic powder. And let me make this clear, I drank at least three bottles (500mg) of Coke a day. The water was not fit to drink unless boiled for at least twenty-minutes and then it was questionable at certain parts of the seasons.

The Coke products were made differently, the taste was very different and perhaps they used raw sugar, which was a product of the country instead of refined sugars like in the States. But the effects on the body with the natural and pure foods did not bloat and stay with you like outside of eastern Africa.

But, coming back home has been a struggle not to get back into old bad eating habits. Food is so common and varieties. Sugar products, refined sugars, high fructose ... drinks, additives...whatsoever...it is no reason we are a nation of obese children and adults. The meat is available in processed varieties such as hot dogs, processed meats, precooked food with lots of salt and other additives. We had none of this in Africa, and what was available in the larger markets was so expensive you didn't even get near them.

So let's look at what we're putting in the pantry/cupboard for consumption.

The first question is do you cook at home or eat out mostly? _____

If you cook at home, do you use prepared foods or start from scratch?

What are your favorite foods to eat?

- 1.
- 2.
- 3.
- 4.

Are the things that you eat that you know needs to come out of the shopping cart?

- 1.
- 2.
- 3.
- 4.

MUSIC

Music is such a vital part of our world. I remember when the first transistor radios came out. Yeah, I know some of you are saying what? They were small, hand-held devices that were all the rage when I was a youth. We had ear plugs and all, and parents that just couldn't understand our excitement walking around with our radios instead of having to sit in front of the table radios. What a technological advancement and we have been on the move with new stuff since. And it has impacted our world in ways we sometimes don't pay attention to.

I was visiting a friend one day, and became very uncomfortable. My friend asked what was the matter. My reply, do you listen to the words of the music that your son is playing? They are talking about murder, suicide, beating up girls and rape? You're a Christian and let that in your house? It was more a question than an accusation. I was aware that so many do not really listen to the words with focused ears.

My friend sat for a few moments and really listened. She was shocked and appalled at what she was listening to. I then was able to respond, these are the things that are in your personal space with your consent. Your son is listening because he likes the beat of the music. Satan understands people like to dance and move—and then he creates the words that we pass by to get the groove on.

Personally, I like the music from the 1960s but I can't listen to all of it any more because of the lyrics. And today, my favorites are praise and worship that will take me into the throne zone of God. My taste has turned from the world to the love relationship with my Lord. It didn't happen over night—but it has happened. My ears now are very focused on what I hear on radios, televisions, streaming on the Internet, and the CDs we listen to.

What are your favorite musicians/music:

- 1.
- 2.
- 3.
- 4.
- 5.

What is it about these five that you like? Does it bring you into a closer relationship with God, or just get your blood moving (smile), you know what I mean.

- 1.
- 2.
- 3.

4.

5.

Does what you listen to—news, music, certain movies, television, Internet streaming, etc get you into a rut? Sometimes even Christian programming can get you into a rut where you are not responsive to other creative stimulus. We get comfortable, unable to move with the flow of the Lord's direction.

Don't think so? Are you a couch potato during the week and a pew potato on Sunday? If not, do you know some? Thought so (smile)

Is your rut so deep you have become comfortable in the groove of the rut? Feeling any stress with it? Maybe this will help....

A friend of mine sent me this in a email and it is just a great word for thought and reducing the stress in life ... I have no idea where it originated, who wrote it but if you happen to be reading this, thanks!!

A lecturer when explaining stress management to an audience and raised a glass of water and asked 'How heavy is this glass of water?'

Answers called out ranged from 20g to 500g.

The lecturer replied, "the absolute weight doesn't matter. It depends on how long you try to hold it.

If I hold it for a minute, that's not a problem.

If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance.

In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued,

"And that's the way it is with stress management.

If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water,

You have to put it down for a while and rest before holding it again.

When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down.

Don't carry it home.

You can pick it up tomorrow.

Whatever burdens you're carrying now,

Let them down for a moment if you can."

Here are some great ways of dealing with the burdens of life:

* Accept that some days you're the pigeon, And some days you're the

statue.

* Always keep your words soft and sweet, Just in case you have to eat them.

* Always wear stuff that will make you look good If you die in the middle of it.

* Drive carefully. It's not only cars that can be Recalled by their maker.

* If you can't be kind, at least have the decency to be vague.

* If you lend someone \$20 and never see that person again, It was probably worth it.

* It may be that your sole purpose in life is simply to be kind to others.

* Never put both feet in your mouth at the same time, Because then you won't have a leg to stand on.

* Nobody cares if you can't dance well. Just get up and dance.

* Since it's the early worm that gets eaten by the bird, sleep late.

* The second mouse gets the cheese.

* When everything's coming your way, you're in the wrong lane.

* Birthdays are good for you. The more you have, the longer you live.

* You may be only one person in the world, But you may also be the world to one person.

* Some mistakes are too much fun to only make once.

* We could learn a lot from crayons... Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.

* A truly happy person is one who can enjoy the scenery on a detour.

Have an awesome day and know that someone has thought about you today...
I did.

This is a good start to your Whole Heart Diet. We will update from time to time, and add some things. I would love to get your feedback and suggestions to bishopsusan@mudministries.org What experiences you've had in doing these exercises. They are designed to get all of us, me included, to take that daily look at what we are

doing, and how it impacts the world for Christ. How do we make a difference in our own life and those of others.

As I put at the bottom of my Differences Encouraged column each Thursday on Take Root and Write.com ... YOU make a difference! Today, make a difference to you, be what you were designed to be. If you need someone to encourage you—email me with your prayer requests at info@mudministries.org

I pray that this workbook is helpful to you as we start the process of a Whole Heart experience. Cutting out the fat of the world and embracing the joy and strength of the Lord. With my Whole Heart I want to be fully His. Welcome to the journey of health and prosperity.

"Beloved, I wish above all things that thou may prosper and be in health, even as thy soul prospers." 3 John 2