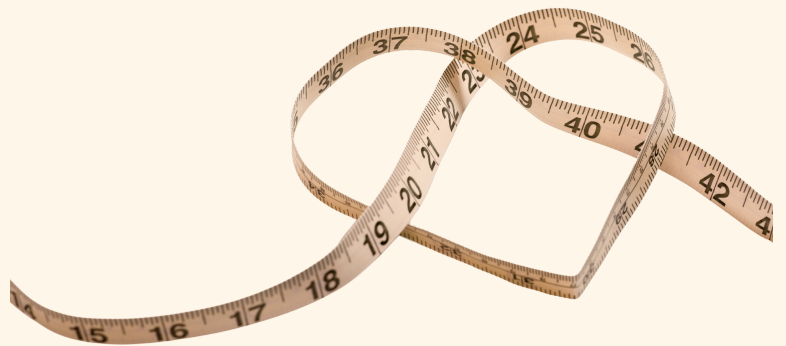


Waistline Wellness & Life: Bible Study Guide. A Companion Resource to Support Your Health Goals

Listen to or replay the podcast
episode: "For A Healthy
Waistline & Life 3 Valuable
Skills"

Episode

Begin The Study



Why This Study Matters

Your waist size is a reflection of your internal health—it's about more than just appearance. The fat around your belly, known as visceral fat, poses serious health risks. It's active and releases harmful substances that can lead to chronic diseases and affect insulin sensitivity. Caring for your waistline wellness can help with issues like type 2 diabetes, high blood pressure, hormone imbalances, and joint pain.

The surprising part is that you don't need to lose a significant amount of weight to start seeing a reduction in belly inches! I learned this in a good way- God's way!

In this guide, you'll explore three valuable skills: Awareness, Adaptation, and Endurance, rooted in Scripture and backed by science.

You'll uncover why you are not reducing inches from the waist and more...

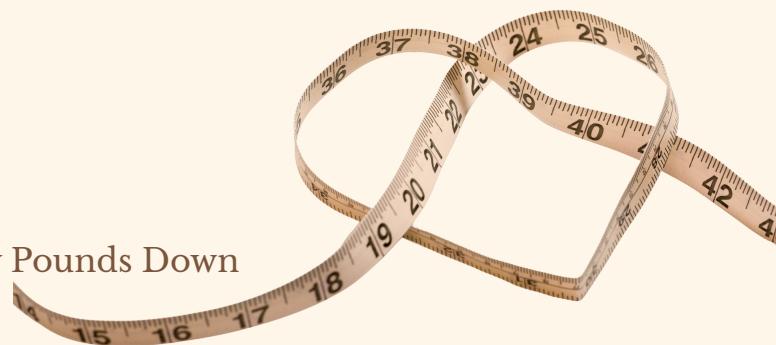
This Guide is for you if:

- You start strong, then give up when life gets hard
- You feel like your belly is holding emotional weight
- You sense the Lord calling you into deeper surrender

If your body is holding on to more than just weight, this is where you start.

With you in truth and transformation,

~ Glenda



Skill #1: The Awareness Skill

– Break Autopilot Living

This is where many women hit a wall: living on autopilot. We repeat what's familiar, and it feels consistent. Consistency without reflection leads to burnout.

Cultivating this awareness skill breaks autopilot cycles. One simple biblical way to practice awareness is to pause. Take a 10-breath pause after every 10 minutes of eating. This small delay can reduce calorie intake by 15% and increase your peace by 100%.

Are you cruising on autopilot? This awareness skill helps you notice every habit, reflect daily, and question if it's helping you reach your goal.

This isn't just spiritual wisdom; it impacts your life!

Scriptures for Awareness:

These verses, among others, offer a roadmap to cultivating life awareness, emphasizing the importance of focused attention, emotional regulation, and a deep connection with God.

Philippians 4:8

Colossians 3:2

James 1:19-20

Matthew 6:34

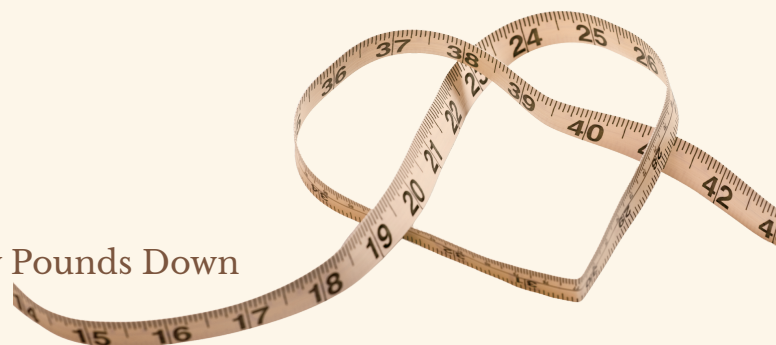
Proverbs 4:23

Journaling Prompts:

What patterns am I sleepwalking through?

What emotions are fueling my eating today?

Where should I invite God into my awareness?



Skill #2: The Adapt – Renew Your Mind

“Be transformed by the renewing of your mind.” – Romans 12:2
If you’re still eating like you did at 35, but your body is 55, it’s time to adapt. Health requires recalibration—mentally, spiritually, and physically.

Weekly Check-In Questions:

- What worked this week?
- What challenged me?
- Where do I need redirection?

Scripture for Adaptation:

Romans 12:2

Adapting isn't about tweaking what is not working well. You are building resilience and laying the groundwork for consistent, sustainable progress. Be transformed by the renewing of your mind. This implies your health journey requires ongoing reflection and continuous recalibration.

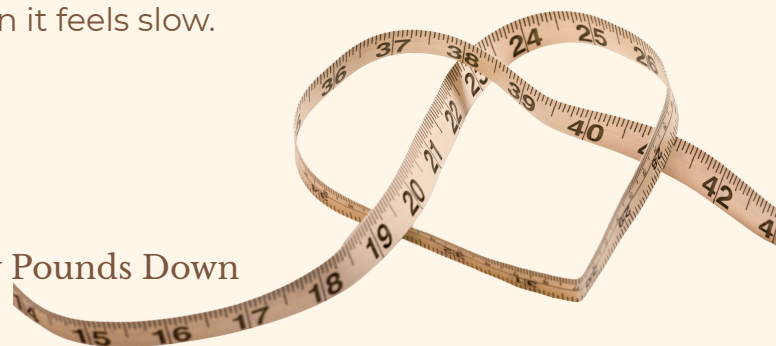
Jesus Christ, in his life and ministry, demonstrated for us how to transform our minds and reflect Kingdom values.

- Healed on the Sabbath—challenged tradition.
- Resisted temptation using the Word. “It is written”
- Submitted to God — not my will, but thy will be done.

Reflection Prompt: Where am I conforming to culture instead of being renewed by Scripture?

Practical Application:

- Challenge your thoughts—do they align with God’s truth?
- Make Jesus your “go-to” Counselor.
- Prioritize obedience, even when it feels slow.
- Practice self-evaluation.



Skill #3: The Endurance— Build Habits That Last

Let us not be weary in well doing..." – Galatians 6:9

This endurance skill is about building habits that aren't just sustainable for six weeks, but for the long haul. The next six years!

For women over 50, health isn't about fitting into skinny jeans. Your body is a temple and it's your lifelong vehicle for ministry. This skill means choosing a habit to build on for the long-term and making wise adjustments that become deeply ingrained: One example habit is: Cooking more nutritious meals at home. You get to choose!

Practical Step:

Choose just one habit to experiment with this week. Call it what it is – an experiment! There's no pressure for perfection, only a willingness to learn and grow.

Scriptures for Endurance

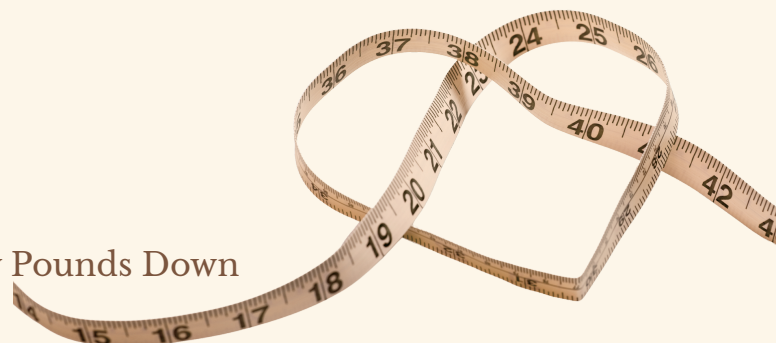
To cultivate habits that endure, the Bible offers valuable encouragement, emphasizing perseverance, self-control, and the power of God in our efforts.

- Galatians 6:9
- Hebrews 12:1-2
- Isaiah 40:31

Bible Examples:

- Noah: Endured persecution, built and entered the Ark
- Daniel: Endured in the lion's den.
- Paul: Preached while suffering by God's sufficient grace
- Jesus: Obeyed unto death for our salvation.

Reflection Prompt: What have I started but never finished—and why?



The Myth: Belly Fat is Just Physical

That's not true. Visceral fat (the kind that wraps around organs) is deeply tied to stress, emotions, and spiritual unrest. Unforgiveness, anxiety, or the stress of waiting too long for healing without clarity can lock the body into "fight or flight," raising cortisol and triggering fat storage.

When you prioritize spiritual practices like daily scripture meditation and honoring God with your body, you are shifting your biology. You're calming your nervous system, activating the parasympathetic 'rest, digest, and restore' state, and lowering cortisol—the stress hormone notorious for telling your body to hold onto belly fat.

"Commune with your own heart upon your bed, and be still." – Psalm 4:4

This may explain why many Christian women who start journaling at bedtime notice changes in their belly, even if their workout routines stay the same.

Spiritual Practices That Shift Biology:

- Journaling before bed
- Daily Scripture meditation
- Honoring God with your food choices

Belly fat is not just about what you eat—it's about what you carry.

Use this study as a step away from the world. A sacred pause to reflect deeply, act wisely, and boldly walk in your calling—spirit, soul, and body.

