

POSITION YOURSELF ***4 SUCCESS***

***A 4-Week Faith-Based Journey to Align You
Mind, Body & Spirit
with God's Will & Your Wellness!***

PRESENTED BY CFC/E4M HEALTH & WELLNESS



*"Commit to the Lord
whatever you do, and He
will establish your plans."
— Proverbs 16:3*






🙏 Prayer of Commitment 🙏

Dear God,
I humble myself before You right now. Help me
recognize where I've tried to do this all on my own.
Teach me to trust You with my health, my habits,
my hurts, and my heart.
Let my journey be one of surrender, submission,
and lasting success found only through Your
precious, mercy, power and love.
In Jesus Name I Pray,
Amen.

Week One

Humility Is the Starting Point

Surrendering pride in our wellness journey

 James 4:10 – “Humble yourselves before the Lord, and he will lift you up.”

★Points to Ponder:

- *Pride blocks progress; humility opens the door to healing and success*
- *Humility invites God to take the lead in our wellness journey.*
- *Humble choices often bring lasting results (asking for help, starting small, staying consistent)*

Reflection Questions

Where have I tried to take control instead of letting God guide my health?

What’s one area I can surrender this week (e.g., sugar, laziness, negative self-talk, resistance)?

ACTION STEP

List 1 behavior you need God’s help with. Pray over it daily this week.

Prayer Focus:

(finish the prayer on the lines below)

“Lord, help me lay down control and walk in humility as I care for my body.”

Week Two

Clarify Your Purpose

Understanding the *why* behind your wellness journey.

📖 *Jeremiah 29:11 – “For I know the plans I have for you...”*

★ Points to Ponder

- *Purpose gives power to your daily choices.*
- *God has a specific calling for you; health enables you to walk in it.*
- *Success is not about perfection, but positioning—are you moving with purpose?*

Reflection Questions

What has God called me to do? How does that requires strength and improved health?

What motivates me more—appearance or purpose? Why?

ACTION STEP

Finish your wellness vision statement:

“I will take care of my health so that I can serve God more fully ...”

Prayer Focus:

(finish the prayer on the lines below)

“Lord, give me a clear vision for why this journey matters.”

Week Three

Cultivate Daily Discipline

Building small, consistent habits to create big results.

📖 1 Corinthians 9:27 – “I discipline my body like an athlete...”

☀️ Points to Ponder:

- Discipline is the bridge between intention and transformation.
- God honors small steps done in obedience.
- Success is often in the secret place—what you do when no one’s watching.

Reflection Questions

What small habit can I commit to this week?

How do I respond when I feel like giving up?

ACTION STEP

Choose 1 physical and 1 spiritual habit to incorporate this week
(e.g., walking 15 min + reading 1 chapter in Proverbs daily).

Prayer Focus:

(finish the prayer on the lines below)

“Lord, help me be faithful in small things so You can do big things.”

Week Four

Trust the Process

Staying committed even when results seem slow.

📖 *Galatians 6:9 – “Let us not grow weary in doing good...”*

- ☀️ Points to Ponder:
- Spiritual and physical transformation takes time.
 - Trusting God means showing up, not seeing instant change.
 - Delayed results are not denied results.

Reflection Questions

Where am I tempted to give up?

How can I measure progress beyond the scale or mirror?

ACTION STEP

Write a sentence of gratitude your future self thanking yourself for staying faithful.

Prayer Focus:

(finish the prayer on the lines below)

**“Lord, I trust You with the outcome of my wellness journey!
Help me persevere and not grow weary.”**

Look Back

On the lines below reflect on the following:

☀️ *What did God reveal to me about myself this past month?*

☀️ *What healthy habits have I formed, that I plan to keep?*

☀️ What's one thing God is helping me to eliminate from my life for good to promote wellness?

NOTES

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QR Code*

HELP US CHANGE THE
WAY PEOPLE APPROACH
WEIGHT LOSS AND
HEALTHY LIVING



THANK YOU FOR SUPPORTING OUR
CFC/E4M MINISTRY!

Every dollar goes right back into the
ministry, helping us expand our reach and
educate the world about the truth of health
& wellness

***-Your health & wellness matters in
your Kingdom Purpose!***

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