

FRESH

Living Your Best life

Fuel . Rest . Environment . Support . Heart

Study Guide / Workbook



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Living Your Best life

INTRO

Hey BELOVE family! As we continue to grow together and experience the love of Jesus, may we also be encouraged to live life to the fullest!

In our new series, **FRESH**, we will be discovering elements that will promote healthy physical, spiritual, and emotional lives.

In John 10:10 Jesus says, *"I have come that they may have life and have it to the full."* Jesus has given us the opportunity to live renewed in Him, giving us the chance to choose fresh beginnings for ourselves every day. When we give our hearts to Jesus and are baptized, we are also given a new beginning.

With this beautiful promise in mind, we want to invite you to live life to the full. As we experience new life in Jesus, may we be intentional in taking care of our bodies, and our minds, and our hearts.


-Angelica

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God is all about Fresh things - new things, new mercies, new days, new ideas, new dreams, new grace, new life!

Written and Edited by:
Pastor Joanne Cortes & Angelica Torres





"Fresh: Live Your Best Life" is a 5-week journey that will guide you through practical steps and spiritual insights to embrace the abundant life God desires for each one of us.

Each week, we'll explore a key aspect of living a vibrant, God-centered life using the acronym FRESH: Fuel, Rest, Environment, Support, and Heart.



F

Week 1 - Fuel: The right fuel powers our physical, emotional, and spiritual well-being. We'll delve into the importance of nourishing our bodies with healthy food, engaging in regular physical activity, and feeding our spirits with God's Word. Discover how to maintain energy and vitality by integrating these practices into your daily life.



R

Week 2 - Rest: Rest is essential for rejuvenation and maintaining a balanced life. This week, we'll focus on the biblical principles of rest, including the Sabbath, and practical strategies for incorporating restful practices into our routine. Learn how to find peace and refreshment in God's presence.



E

Week 3 - Environment: Our environment significantly impacts our well-being. We'll examine the importance of creating spaces that foster peace, productivity, and spiritual growth. From decluttering your physical surroundings to cultivating a positive and nurturing atmosphere, this week will help you shape an environment that supports your best life.



S

Week 4 - Support: No one is meant to journey through life alone. This week highlights the power of relationships and community. We'll explore the biblical foundation for support, the importance of encouraging and being encouraged, and practical ways to build and maintain meaningful connections.



H

Week 5 - Heart: The condition of our heart influences every aspect of our life. We'll dive into cultivating a heart that is aligned with God's will, filled with His love, and motivated by His purposes. This week will guide you in nurturing a heart of gratitude, compassion, and a heart that delights in God.

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Spiritual Nourishment

In our busy lives, we often focus on work, school, and all the things we need to accomplish for the day, and some of us may even take time to eat three meals and keep our bodies healthy. However, spiritual nourishment at times is ignored because of our busyness. Jesus reminds us that we do not live on bread alone but on every word that comes from God. Just as our bodies need food, our soul needs the Word of God to thrive. Regularly reading and meditating on Scripture strengthens our faith, and guides our daily decisions.

How can I make my Bible study time more consistent and meaningful?

What specific scriptures have been meaningful to me recently?

VERSE OF THE DAY

"Man shall not live on bread alone, but on every word that comes from the mouth of God.

Matthew 4:4

PRACTICAL TIP

Set aside 10 minutes each morning to read a chapter from the Bible. Start with the Book of John, and reflect on how God's Word can guide you through your day.

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Healthy Eating

Choosing the right fuel for our body, and taking care of our body is an act of worship - for our body is a temple of the Holy Spirit. Eating healthily not only benefits our physical health but also honors God. When we make mindful food choices, we acknowledge that our bodies are gifts from God, meant to be cared for and respected. By doing so, we are better equipped to serve Him and others with energy and vitality.

How does healthy eating impact my overall well-being and ability to serve God?

What are some unhealthy eating habits I need to address?

VERSE OF THE DAY

“So whether you eat or drink or whatever you do, do it all for the glory of God.”

1 Corinthians 10:31

PRACTICAL TIP

Plan your meals for the week, incorporating plenty of fruits, vegetables, and whole grains. Consider trying new healthy recipes to make your diet more exciting and nutritious.

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Physical Exercise

Just as we need spiritual nourishment from God's Word, we also need physical activity to keep our bodies strong and energized. Exercise fuels our bodies, improves our mood, boosts our energy levels, keep our minds sharp, and helps us manage stress. By integrating physical activity into our daily routine, we can stay focused and maintain the stamina needed to serve God and others effectively.

We need to learn to treat exercise like an important appointment. Schedule specific times for physical activity each week, whether it's in the morning, during lunch, or after work.

What obstacles prevent me from exercising regularly, and how can I overcome them?

How does physical exercise benefit me spiritually as well as physically?

VERSE OF THE DAY

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

Romans 12:1

PRACTICAL TIP

Take a 20-minute walk today while praying or meditating on a Bible verse. Use this time to connect with God and reflect on His presence in your life.

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Mindful Living

Mindful living is about being fully present in each moment, aware of God's presence and intentional about our actions. It is also being aware of our fuel level and any warnings our body is giving us. When we live mindfully, we can better appreciate the blessings God has given us and are able to take care of our body before we get overwhelmed and not feeling our best. Being mindful of our physical, mental, and spiritual health strengthens us for the journey of life. Mindful living helps us make healthier choices, reduces stress, and enhances our connection with God. By practicing mindfulness, we fuel our spiritual and mental health, allowing us to live more purposefully and joyfully.

What activities or moments tend to distract me from being fully present?

How can mindfulness help me make healthier choices in my daily life?

VERSE OF THE DAY

"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Psalm 46:10

PRACTICAL TIP

Practice deep breathing exercises to center yourself and reduce stress

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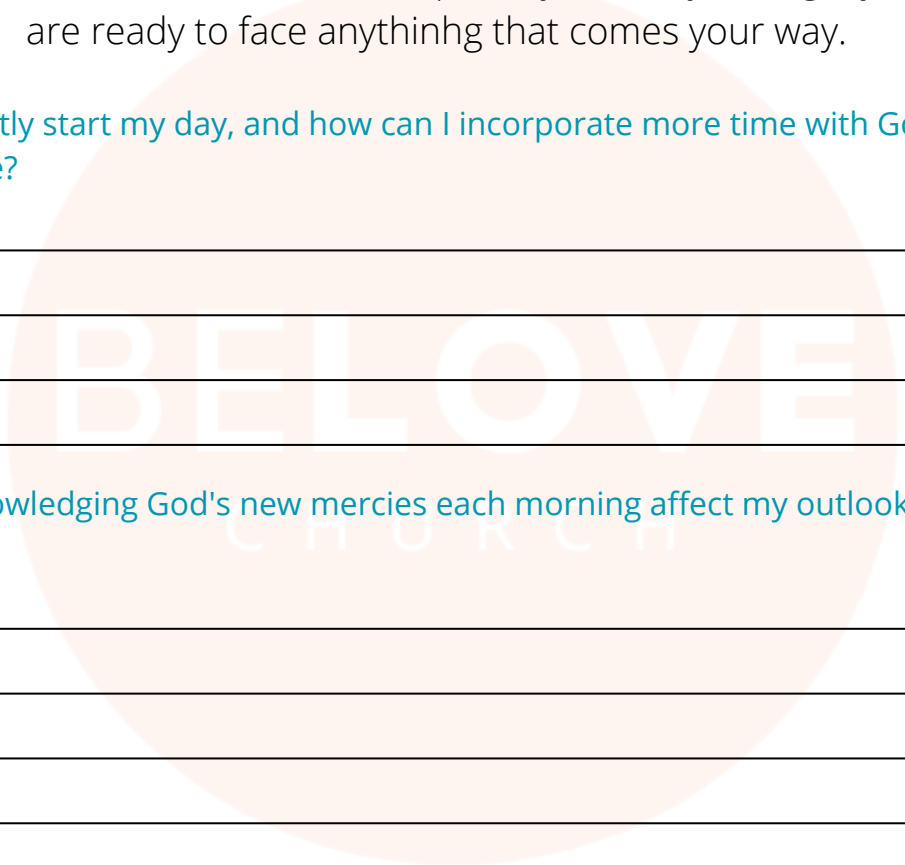
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Refueling Daily

Just as our bodies need daily nourishment, our spirits require constant refueling. Every day brings new challenges and opportunities, making it essential to seek God’s strength and wisdom regularly. By starting each day with prayer, scripture, and reflection, we can renew our spiritual energy and align ourselves with God’s will. This daily refueling helps us stay focused, resilient, and equipped to handle whatever comes our way. Take time for self care especially before you begin your day so you are ready to face anything that comes your way.

How do I currently start my day, and how can I incorporate more time with God into my morning routine?

How does acknowledging God's new mercies each morning affect my outlook on the day ahead?



VERSE OF THE DAY

“But Jesus often withdrew to lonely places and prayed.”

Luke 5:16

PRACTICAL TIP

Create a playlist of your favorite worship songs or find a podcast that encourages and inspires you. Keep a Bible and journal by your bedside to make it easy.





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WEEKLY REFLECTION

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The Promise of Rest

Living in a world that is so fast paced and demanding, we can feel tired, stressed, and anxious. The great thing is Jesus invites us to find rest in Him. When we are weary and burdened, He offers us peace. This rest is not just physical but also emotional and spiritual. By coming to Jesus, we can lay down our worries and anxieties, trusting to Him to provide comfort and renewal. Accept the promise and gift of rest Jesus provides today.

What are some things that are causing me to feel weary and burdened today?

How does it change my attitude knowing that God promises rest?

VERSE OF THE DAY

“Come to me, all you who are weary and burdened, and I will give you rest.”

Matthew 11:28

PRACTICAL TIP

Take a few minutes to write down your worries in a journal and pray, handing each one over to Jesus. Trust in His promise to give you rest.

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The Sabbath

The week can be very taxing and raining with commitments like work or school but one way we can pause and take a moment of rest is by observing the Sabbath principle. The Sabbath is a set apart for rest and worship. It's a time to step back from our regular work and focus on rejuvenation and connection with God. Observing the Sabbath helps us rest, refocus, and recognize that our worth is not solely tied to our productivity- it is a also one of God's commands. The Sabbath reminds us that we are dependent on God, who provides for all our needs.

What does Sabbath rest mean to you personally?

What changes can you make this week to prioritize rest and reflection on the Sabbath?

VERSE OF THE DAY

“Remember the Sabbath day by keeping it holy.”

Exodus 20:8

PRACTICAL TIP

Set aside one day this week to rest from work and spend time in worship and reflection. Plan activities that help you relax and connect with God, such as reading Scripture, praying, spending time in nature, and going to church.

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Inner Peace

Inner peace comes from trusting God with our anxieties and concerns. Through prayer, thanksgiving, and forgiveness, we can experience a peace that surpasses all understanding. When we are anxious, it is easy to overlook the good things God is doing in our life so, pausing to express gratitude to God helps provide the assurance that God cares for us. This brings a peace that guards our hearts and minds, allowing us to navigate life's challenges and to be at rest. Though many things can shake our faith and inner peace, may we find rest as we give our cares to God in prayer trusting that He hears us and is faithful to answer. Also, holding onto resentment and bitterness can weigh us down, but choosing to forgive releases the burden and frees us to experience God's peace.

What is the connection between inner peace and physical health?

What are some challenges that stop me from giving my fears and worries to God?

VERSE OF THE DAY

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

Philippians 4:6-7

PRACTICAL TIP

Make a gratitude list and spend time in prayer thanking God for each item. Present your worries to Him and ask for His peace to fill your heart.

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Physical Rest

As we move our bodies and exercise our minds everyday, it is also important to make sure that we are physically resting. How can we do that? By getting a good night of sleep!

Adults need 7-9 hours of sleep each night to recharge. Sleep includes many health benefits such as promoting heart health, weight management, and boosting memory and learning. Sleep also improves mood and reduces stress, which will lead to better interactions and relationships with people.

Trusting in God brings a peace that allows us to rest and sleep soundly. When we let go of our fears and rest in His care, we can experience true rest. God’s promise is that He will watch over us, giving us the serenity we need to sleep soundly. No matter what the day brings, make sure you are taking care of your mind and body by getting a good night of sleep.

How does a good night of rest make me feel? Why is that important?

What are some ways I can ensure I’m sleeping well every night?

VERSE OF THE DAY

“When you lie down, you will not be afraid; when you lie down, your sleep will be sweet”

Proverbs 3:24

PRACTICAL TIP

Practice deep breathing exercises before bed to help relax and preapre for sleep. Create a bedtime routine to ensure you get the rest you need.

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Taking a Pause

Throughout the day, we may feel sleepy or stressed, but it is not time to go to sleep just yet. Moments like these give the opportunity for us to take breaks, whether its taking a walk outside, taking a short nap, getting some water or a healthy snack, or even calling a friend on the phone.

When we are feeling overwhelmed with a task, it is okay to take a pause and refresh so that we can return and finish the day with more energy and peace. When we feel weary and overwhelmed, we can trust that God, our shepherd, will lead us to green pastures and quiet waters. He restores our souls, providing the peace and rejuvenation we need to continue our journey.

What are some signs that indicate the need to take a pause?

What are some things I could do to take small moments of rejuvenation throughout the day?

VERSE OF THE DAY

“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet water, he refreshes me”
Psalms 23:1-3

PRACTICAL TIP

Take a break outdoors to get moving and get fresh air. As you do so, reflect on God’s goodness



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Stewardship of Your Surroundings

We are called to be stewards of our environment, whether it's our home, workplace, or the natural world around us. One of God's first instructions was caring for His creation. Taking care of our surroundings is an act of worship and responsibility. It is also a form of self care and self respect - caring for your surroundings means you care for your own well being. When we maintain our spaces well, we create environments that are peaceful, promote productivity, and is a reflection of who God is.

What steps can I take to better steward my home and workspaces?

How do I view my responsibility in taking care of my environment?

VERSE OF THE DAY

“The Lord God took the man and put him in the Garden of Eden to work it, and take care of it”

Genesis 2:15

PRACTICAL TIP

Spend 15 minutes decluttering a space in your home to create a more peaceful and productive environment. This can help you feel more organized and reduce stress.

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Positive Influences

Our mental and emotional space is just as important as our physical space. In the same way we keep our surroundings clean, we must also keep our minds clean. We can do this by being mindful of the things that are influencing us. The influences we allow into our lives shape our thoughts and attitudes. This includes the media we consume, the conversations we engage in, and the people we associate with. Surrounding ourselves with more positivity helps us to focus on what is good and praiseworthy. Replacing negative influences for positive influences can help you live your best life!

What steps can I take to limit negative influences in my life?

How can I seek out and embrace more positive, uplifting influences?

VERSE OF THE DAY

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable- if anything is excellent or praiseworthy- think about such things”

Philippians 4:8

PRACTICAL TIP

Identify and limit exposure to negative influences such as certain media or social interactions. Instead, seek out positive and uplifting content and relationships.

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Community Support

Community is vital for our spiritual growth and encouragement. Gathering with others for worship, fellowship, and support helps us to stay motivated and accountable in our faith journey. We need people and we have been created for community. We are called to encourage and build each other up, spurring one another toward love and good deeds. Being part of a faith community helps us grow spiritually and provides a network of support in times of need.

What steps can I take to be more involved in my faith community?

How can I contribute to the spiritual growth and support of others in my community?

VERSE OF THE DAY

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another.”

Hebrews 10:24-25

PRACTICAL TIP

Reach out to a friend or church member today to encourage them. Consider joining a small group or Bible study to strengthen your community connections

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Order and Cleanliness

An orderly environment can lead to a clearer mind. Orderly environments can be physical like our rooms or workspaces, but we can also make sure that our time is in order by using a schedule or to do list. Doing so helps keep us focused and productive. When our surroundings are clean and organized, it reduces distractions and helps us to concentrate on what truly matters. Orderliness reflects God's nature of peace and structure and should motivate us to focus on worshipping our God. By creating a peaceful atmosphere, we set the stage for positive thoughts and a closer relationship with God.

How does the state of my living space affect my mental and spiritual well-being?

What small changes can I make today to improve the orderliness of my surroundings?

VERSE OF THE DAY

“But everything should be done in a fitting and orderly way”

1 Corinthians 14:40

PRACTICAL TIP

Spend 10 minutes tidying up your living space to create a more orderly environment. Donate or discard items that are no longer necessary.

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Enjoying Nature

Nature reveals God's glory and creativity. Spending time outdoors can refresh our spirits and remind us of His greatness. Observing the beauty and intricacy of creation can deepen our appreciation for the Creator and inspire us to worship Him. Getting outside can also allow you to get other benefits like fresh air and sunshine. God has created the beautiful nature around us. Let's be intentional about going outside and enjoying the benefits of our natural environment.

What does the natural environment tell me about God and my relationship with Him?

What are some ways you could spend more time in nature?

VERSE OF THE DAY

“The heavens declare the glory of God; the skies proclaim the work of his hands”

Psalm 19:1

PRACTICAL TIP

Take a walk outside today and spend a few moments in silence, appreciating God's creation. Reflect on how the beauty of nature points to the greatness of our Creator.



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The Power of Partnership

We are stronger together! God designed us for community, and wants us to understand that we are better together than alone. Supporting each other helps us to persevere through challenges. In partnership, we find strength, encouragement, and shared joy. Also, praying together, interceding for each other strengthens our bond with fellow believers and invites God’s presence and power into our lives. When we partner with others, we share the load, celebrate victories together, and lift each other up during difficult times.

How does working together with others reflect God’s design for community?

What goals can I set with a partner to enhance my spiritual and personal growth?

VERSE OF THE DAY

“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up.”

Ecclesiastes 4:9-10

PRACTICAL TIP

Partner with someone for a shared goal, whether it’s a fitness plan, Bible study, or project. Hold each other accountable and encourage each other along the way

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Bearing One Another's Burdens

In Galatians 6:2, Paul instructs us to “carry each other’s burdens, and in this way you will fulfill the law of Christ.” This verse emphasizes the importance of supporting one another through the challenges of life. Bearing each other’s burdens means being present, offering practical help, and providing emotional and spiritual support. It’s through these acts of love and service that we demonstrate Christ’s love to those around us.

What specific actions can I take to support my friends and family in their times of need?

How does helping others deepen my understanding of Christ’s love?

VERSE OF THE DAY

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

Galatians 6:2

PRACTICAL TIP

Make time to listen to and support your friends and family members.

Look for ways to assist others with their needs, whether through providing a meal, helping with errands, or offering a listening ear.

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Encouragement and Edification

Encouragement is a powerful tool that can uplift and edify those around us. Words of encouragement can provide the strength and hope needed to persevere through difficult times. As followers of Jesus, we are called to speak life into each other, not tear each other down. At times we get so busy, that we haven't encouraged someone in months - let's learn to be intentional in speaking words of life and edifying others daily.

How can I be more intentional about building others up with my words?

How often do I use my words to encourage others?

VERSE OF THE DAY

“Therefore encourage one another and build each other up, just as in fact you are doing.”

1 Thessalonians 5:11

PRACTICAL TIP

Write a note, send a text, or send a message encouragement to someone today.

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Seeking Wise Counsel

Wise counsel is invaluable. Seeking advice from godly and experienced individuals helps us to make informed decisions and avoid pitfalls. It's important to surround ourselves with mentors and advisors who can provide guidance, wisdom, and encouragement. It is also important to seek professional help when needed - do not think you have to figure things out on your own, get the help, the counsel, the wise instructions you need.

Who are the wise and godly mentors in my life?

What steps can I take to build relationships with mentors and advisors?

VERSE OF THE DAY

“For lack of guidance a nation falls, but victory is won through many advisers.”

Proverbs 11:14

PRACTICAL TIP

Identify a mentor or advisor you can turn to for guidance and wisdom. Schedule a time to meet with them and seek their input on a current challenge or decision.

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Celebrate Victories Together

Just as we support each other in our low moments and in our sorrows, we should also rejoice in each other's victories. Romans 12:15 encourages us to "rejoice with those who rejoice." Life is a journey filled with victories, both big and small. When we celebrate these triumphs together, we amplify the joy and strengthen the bonds of our community. Let's celebrate each other's milestones, accomplishments, and answered prayers. Let us continue to cultivate a culture of celebration within our communities, where we uplift and honor one another's successes.

In what ways can I actively participate in celebrating the successes of others within my community

How do I typically respond when someone shares good news or achieves a milestone?

VERSE OF THE DAY

"rejoice with those who rejoice; mourn with those who mourn."

Romans 12:15

PRACTICAL TIP

Plan special events or gatherings to commemorate important occasions and victories. Host a dinner, party, or outing to celebrate birthdays, graduations, promotions, or other milestones.



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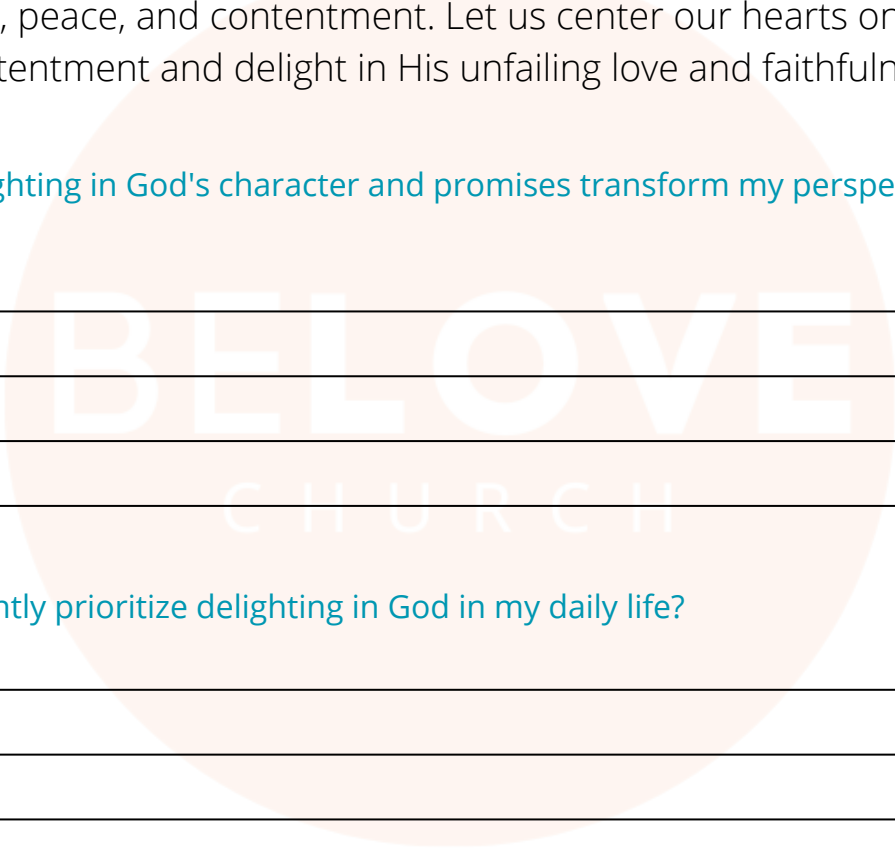
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Delight in God

When we delight in God, our desires begin to align with His. This means finding satisfaction and fulfillment in His presence, His promises, and His character. As we focus on Him, He shapes our desires to match His will, leading us to fulfillment and purpose. When we focus our hearts and minds on God, we discover an unending source of joy, peace, and contentment. Let us center our hearts on Him, finding contentment and delight in His unfailing love and faithfulness.

How does delighting in God's character and promises transform my perspective and attitude?

How do I currently prioritize delighting in God in my daily life?



VERSE OF THE DAY

"Delight yourself in the Lord, and he will give you the desires of your heart."

Psalm 37:4

PRACTICAL TIP

Spend time each day reflecting on God's love for you and how it is evident in your life. Write a letter to yourself from God's perspective, expressing His love and care for you based on Scripture.



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Embracing Emotional Healing

Emotional healing is a journey of restoration and wholeness in the depths of our hearts. As we surrender our hurts, fears, and insecurities to God, He tenderly heals our emotional wounds and restores us to a place of peace and joy. Embracing emotional healing involves acknowledging our pain, seeking God's comfort, and allowing His love to mend our brokenness. Prayerfully surrender your emotional burdens and hurts to God, inviting His healing presence into your heart.

How does embracing emotional healing impact my overall well-being and relationship with God?

How do I currently address and process my emotional pain and wounds?

VERSE OF THE DAY

"He heals the brokenhearted and binds up their wounds."

Psalm 147:3

PRACTICAL TIP

Reach out to trusted friends, mentors, or counselors who can provide emotional support and encouragement. Share your struggles and emotions with someone you trust, allowing them to walk alongside you in your healing journey.

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Cultivate Compassion

Compassion is a cornerstone of Christ-like living, rooted in empathy and driven by love. Jesus embodied compassion throughout His ministry, showing mercy to the broken, the marginalized, and the lost. Compassion is a reflection of God's heart for humanity. When we cultivate Compassion we align our hearts with God's purposes and reflect His love and grace to the world. It will require us to extend grace, empathy, and forgiveness to others, just as God has shown us mercy and love. Let us commit to nurturing a spirit of compassion in our hearts, allowing God's love to flow through us to others in tangible and meaningful ways.

How does practicing compassion align with Christ's example and teachings, and how can I live out His love more fully in my daily life?

In what areas of my life can I cultivate a deeper sense of empathy and understanding for those who are hurting or marginalized?

VERSE OF THE DAY

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Colossians 3:12

PRACTICAL TIP

Be present and attentive when engaging with others, seeking to understand their perspectives and emotions without judgement. Practice reflective listening by summarizing what the other person has shared and validating their feelings.

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Heart of Gratitude

Gratitude is a transformative attitude of the heart that redirects our focus from what we don't have to the abundance of blessings surrounding us.

When we cultivate a heart of gratitude, we acknowledge God's goodness, provision, and faithfulness in our lives, fostering joy, contentment, and a deeper intimacy with Him. This causes us to live out our gratitude by serving others, sharing our blessings, and reflecting God's love through our actions. When we choose to be grateful even in difficult times, we acknowledge God's sovereignty and trust in His greater plan for our lives and our heart is at peace.

In what areas of my life do I struggle to maintain a grateful heart, and how can I overcome those challenges?

How can I express gratitude to others and share the blessings I've received from God with those around me?

VERSE OF THE DAY

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

Psalm 100:4

PRACTICAL TIP

Find silver linings in difficult situations and thank God for His presence and provision amidst trials.

Live out your heart of gratitude in a practical way today

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A Heart Aligned with God

Aligning our hearts with God is us prioritizing God’s will over our own desires, allowing Him to transform us and guide us. When our hearts are aligned with God, we can rest in the assurance that His plans for us are good, even when we don’t fully understand them. When we find our greatest joy in God, our desires begin to align with His, and we experience the fullness of life He intends for us.

May we embrace each day with a heart open to God’s guidance, trusting in His plan, and finding delight in His presence, as we seek to align our hearts with His daily.

How does delighting in God transform my desires and align my heart with His?

What are the benefits of walking in obedience to God for my heart and life?

VERSE OF THE DAY

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

Romans 12:1

PRACTICAL TIP

Take a 20-minute walk today while praying or meditating on a Bible verse. Use this time to connect with God and reflect on His presence in your life.



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WEEKLY REFLECTION

WINS OF THE WEEK - CELEBRATE THEM

My achievements this week are:

CHALLENGES ENCOUNTERED

Acknowledge any struggles or challenges you faced:

LESSONS LEARNED THIS WEEK

Identify learnings that can be carried forward:

NEXT WEEK'S PRELIMINARY THOUGHTS

Write down any early ideas or focus points for the upcoming week:



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WEEKLY GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
FAMILY			
FRIENDS			
WORK/ SCHOOL			
BODY			
MENTAL HEALTH			
SPIRITUALITY			



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Fuel . Rest . Environment . Support . Heart

SELF-CARE

notes

BELOVE
CHURCH

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Fuel . Rest . Environment . Support . Heart

Study Guide / Workbook



BELOVE
CHURCH