

RESET SERIES

FITNESS

DR. JONATHAN C. CAREY



RESET SERIES: Fitness

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All Scripture quotations are taken from the Authorized King James Version of the Bible.

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*This series is dedicated to the Glad Tidings
Tabernacle Family, Key West, Florida.*

PREFACE

This series was developed to provide, in workbook form, concepts for personal and leadership success. It focuses on two groups: men and women in leadership positions globally as a leadership and life-coaching tool, and believers who seek biblically-based personal-development study materials.

The concepts are taken from biblical characters reflecting part of their life's quest and challenges. I hope the series will be welcomed not only by leaders and believers for life-coaching/personal study, but also by Bible training institutes, mission organizations, Sunday school classes, cell groups, prison ministries, and all those who are involved in the maturing of the saints. The author is available, on a limited basis, to conduct RESET-related workshops and seminars.

Biblical Perspective

Successful personal-ministry developmental concepts flow from the pages of the Bible, but are these concepts applicable to believers today? Yes, they are. What, then, are we to do with these biblical concepts to success? Perhaps the first step is the creation-maintenance of an environment in our ministries and organizations where they are recognized, taught, and encouraged.

Biblically-related success occurs when believers respond in obedience to God's call. They recognize the importance of total obedience, allowing the Holy Spirit to develop their gifts, skills, and character. They carry out their Kingdom roles with a deep conviction of God's will and a heightened awareness of the contemporary issues they and their peers face. Above all, they minister as stewards and servants.

We do not stumble across success. Success is a result of deliberate acts. To truly be successful, we must fulfill the will of God for our lives!

The Bible teaches that we can be successful only when we are in the right relationship with God. This right relationship is made possible by the death and resurrection of the Lord Jesus Christ.

INTRODUCTION

Early Saturday, March 14th, 2020, during my personal prayer time, I felt moved to jot down an outline for this book. As a pastor, I was prayerfully pondering the possible implications for the faith communities and what our response would be in the midst of the coronavirus pandemic. What would ministry look like with the developing restrictions and heartache experienced by our community? After a while, my thoughts begin to shift from community ministry only to how a believer in Jesus Christ can reevaluate his or her walk with the Lord and, if necessary, hit one or more reset buttons. *Reset* echoed loudly in my spirit.

I believe this workbook focusing on fitness as a possible reset button may become a guide in these unprecedented times, adding value to individuals and leadership teams as a life-coaching tool during and after this season of global crisis. This workbook is the fifth of the five workbooks in the series. Fitness reset can easily become an ongoing process for developing and maintaining biblical personal and ministry fitness perspectives in the realms of the physical, mental, and emotional.

My writing style is slightly different from my norm. I want to be more direct and personal with reset. The goal is to communicate from my heart to yours. I am convinced we have an opportunity to return to a more simplistic lifestyle and, as the body of Christ, regain or enhance a Kingdom focus in this season. The fitness reset personal audit in part two is intended to create a commitment for change while offering a tool for its fulfillment. I hope the five areas of the reset series will provide clarity of purpose and measurable expectations while reshaping the believer in the moment of crisis for the Glory of God.

Reset presents five areas of personal focus (*Faith, Family, Friends, Finances, and Fitness*). This workbook focuses on the area of Fitness; study the five areas in their order because each one builds on the previous. If you step ahead, you will miss the intended impact.

The study format is consistent throughout. The method of study is derived from the acronym STEPS.

S T E P S

State the Step

Teach the Step

Evaluate the Step

Practice the Step

See the Success

PART I

FITNESS

STATE THE STEP

Fitness is required for successful Kingdom work.

TEACH THE STEP

RESET MY FITNESS

And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God.

—1 Luke 9:62

The above scripture's intent was perfectly understood by its targeted audience. To correctly plow a field, one would need to focus (*Follow One Course Until Successful*). Looking ahead and not behind was the order of that day and every day as far as plowing is concerned. Looking back will at least produce a zig-zag outcome, and at most, an unreliable worker. All can identify with this illustration to some degree. If the intended line is not kept, the worker is unfit for the job. Unfit because expected outcomes are compromised. The worker may be skilled and experienced but looking back nullifies all those virtues. Jesus likens this to workers in the Kingdom of God. Looking back makes us unsuitable!

2020 and 2021 had and have their share of difficult and stretching moments. These experiences have affected us in different ways. Like Lot's wife, some looked back in disobedience and became pillars of salt (Genesis 19:26). This looking back was not only a sign of *disobedience* but also one of curiosity. These two traits often produce a zig-zag walk and at times permanently halt forward progress. A reset is not necessarily returning to how it used to be but regaining the focus needed to look ahead and not behind. A reset is recommitting to the procedures of plowing. A reset may be what is needed to regain fitness.

The front windshield on an automobile is wider than the rear for a purpose. Where we are going is more important than where we have been. If we are constantly looking behind while driving, the outcome will be disastrous for us and others. As Kingdom workers, if our focus is on the past glories or regrets, we will become unfit as a worker in the Kingdom of God. We are to keep our focus on things in front of us (see Philippians 3:8-15). The work of the Kingdom is ahead and not behind us. As we look ahead, we are better able to benefit from 20/20 vision.

20/20 vision is considered normal vision that clearly sees at least twenty feet ahead. Let us apply this to the believer. This vision is clear and not cloudy. It sees the obstacles and challenges ahead but also sees by faith the finished product. 20/20 vision understands the value of the process. It sees something and, by faith, believes God is also beyond its range of sight (see Mark 16:7).

20/20 vision is focused on what is right ahead and knows as it moves forward, it sees more and is fully engage with the purpose of Kingdom building. Jesus encouraged us to seek first the Kingdom, and all the other things and needs will be added (see Matthew 6:33). We seek the Kingdom and then apply ourselves to the Kingdom's purposes for our lives. The year 2020 to present gives us an opportunity to reset ourselves and apply our energies to what is ahead and not behind us. What we look at often gets our energy. Let us take a closer look at the *hand to the plow* concept.

Hand to Plow

Hand to plow is not a casual activity but one that speaks of commitment. It is not visiting a friend's farm and trying out his or her tools because of curiosity. For the believer, it is an understanding that we are workers with God (see Matthew 20: 1-16). We have signed up to work in the vineyard of the Lord and must keep our commitments. Hand to the plow speaks a few things to me. Consider the following.

Connecting

To effectively complete an assignment, undertaking, or project, we must connect with the process. We are to connect with the process of Kingdom work and use the tools provided by the Holy Spirit. Kingdom work is a hands-on effort. The owner of the vineyard, God provides the tools, abilities, and we, *the labor*. Our labor may be varied, but it is to be as a hand to the plow approach (see 1 Corinthians 3:6). We remain fit when we follow the methods and utilize the tools provided. Are you staying connected to the methods and tools given you for your Kingdom assignment? On a scale of one to ten, how fit are you?

Cultivating

Plowing is the activity of turning the earth and preparing it for the seed. Therefore, plowing is part of the cultivating process. The ground must be properly prepared for the planting of seeds.

A great part of Kingdom work is plowing. Plowing is good and essential work because it leads to cultivating, which leads to reaping.

If we are not faithful to the process and grow weary for any reason, we will become unfit for the Kingdom and miss out on the reaping process (see Galatians 6:9). Doing good or the right thing may become difficult to sustain if you do not see immediate results, but you must not become weary and cancel out your reward.

There are many examples in scripture of weariness. One that speaks volumes to me is found in Nehemiah 4:10. The workers became weary because they saw the rubble of the ruined walls and lost sight of the progress made. They were at the halfway point. It is tempting to look in the wrong direction when we are halfway in the plowing process, and this action often leads to despair. Have you ever been at this point and wanted to give up?

Cultivating is the result of forward-thinking and action. Plowing and cultivating are hopeful expectations in motion. At the halfway point, it is best to see the glass half-full instead of half empty. It is the same glass, but our perspective helps determine outcomes. Looking forward then is a half-full perspective. We are increasing, not decreasing, and gaining, not losing ground. We will reach our goal if we do not give up.

Complementing

Our labor should complement the work of others and help complete a process or vision. We were made in the image and likeness of God, and part of that is functioning as a team (see Genesis 1:26–28). We are to work together to bring forth good fruit and fruit that remains. Together, we are stronger. We are reminded of this in Ephesians 4:11–16. One of the goals of Kingdom work is maturing the saints with ministry service in mind. The other goal, of course, is evangelism. Our efforts should complement and complete the efforts of others. This is all a part of the Kingdom agenda.

We are to be careful who we team up with. A partnership with the wrong group can be more destructive than having an undersized team (see 2 Corinthians 6:14). Can we work with others without agreement on the process? (Amos 3:3)

The day I was writing this section of the workbook, one of my leaders shared with me the goal of having a quarterly youth conference involving Christian youth groups in the city. I thought it was a great idea and encouraged him to speak with the youth leaders and senior pastors of the possible participating churches. He must not only have their agreement for it to be successful but also a sharing of the process for there to be unity. *Gifts, talents, and roles* must

complement each other.

Hand to plow is an integral part of successful Kingdom work. Here are some thoughts on the subject. Examine your level of commitment with these statements:

Possible Hand to Plow Reset Areas

1. Commitment to the Kingdom plowing is *observed* in my ministry.
2. Connection to tools and others is *important* to me.
3. Cultivation is a process I *fully* understand.
4. Complementing others with my gifts and skills is a Kingdom *priority* for me.

Now that we laid the foundation for fitness, let us address physical, mental, and emotional health from a biblical perspective. Part two provides you with a Fitness Reset Personal Audit. This audit will allow you to assess yourself in the areas presented and design a personal and ministry fitness growth plan. Let's get started.

PHYSICAL

*“Beloved, I wish above all things that thou mayest prosper and be in **health**, even as thy soul prospereth.”*

–3 John 1:2

Apostle John offered a prayer for Caius. The prayer included three aspects. The first aspect was the health of the body, and the second was the health of the soul. The third was for prosperity. That is prosperity in the things of everyday life. Another way of putting it would be “*makes good way*.” As we walk our Christian life, it makes a good way for us, at least *physically, mentally, and emotionally*.

His prayer then contains positive thoughts toward someone and covers three vital dimensions of life. It echoes the sentiment of Jesus Christ when He spoke of His reason for coming to the earth. He came to offer us quality life (see John 10:10). In this chapter, we will explore physical health and its importance.

What is Physical Health?

The definition of physical health has changed over the years and probably varies slightly from one culture to another. Traditionally, physical health meant that a person’s body was free of any diseases or disabilities. Today, however, it more generally is viewed as living and functioning comfortability in one’s body. Not that there are no physical concerns, but adequate adjustments and improved treatment methods to a considerable extent have compensated for those concerns. This has, among other things, lengthened life spans, employment, and ministry opportunities allowing us to look forward to a possible, more fulfilling future. As a believer, what is your working definition of physical health?

As a youth, one of my goals was to live to be at least fifty years of age. At fifty, I was amazed at how vibrant I felt and attributed my health to God’s grace and a healthy lifestyle. There have been adjustments made throughout my life and more to come, but overall, I consider

myself blessed. The reality is we are always in reset mode in some area of our lives. As nature has seasons so do, we.

As I look at physical health from the above perspective, what comes into play for me is the grace of God. In my early teens, I was diagnosed with a curved spine. My physician suggested surgery, which we declined. I was told the condition would worsen as I aged and that I should control my weight. If not, the bouts of pain and discomfort would increase. I quit football and gave my full athletic focus to track and field and amateur boxing. This was a difficult decision because I loved American Football and had that season been named the rookie of the year for the National Champions Citibank Chargers. My goal was to stay as fit as possible and limit contact sports, but I loved boxing too much to give it up as well as football. I had heard the Midas Muffler commercial explain how you could pay a little now or a lot later. I was beginning to realize in my youth that prevention is always better than cure.

Throughout my teens and twenties, I enjoyed an athletic lifestyle. Daily jogging, workouts, and pick-up basketball games were routine. Then, in the early 1990s, it happened. We all have experienced at least one it *happened* moment. It happened moments often causes us to face a reset. Not all it happened occurrences are detrimental, but all can be game-changers. Can you recall how many positive and negative it *happened* moments you have experienced, and which one stands out?

I was an educator at the largest public high school in The Bahamas and enjoying our annual *dress-up day*. This is an occasion where students may wear their normal clothes instead of school uniforms for a small fee. Both public and private schools in The Bahamas require uniforms. One challenge of *dress-up days* was that outsiders would sneak onto the campus and blend in despite our security protocols.

During the lunch break, I heard excessive noise coming from my homeroom, excessive even for *dress-up day*. Upon entering the room, two outsiders were hiding behind the door and attacked me with plastic chairs fitted with metal legs. I suffered injuries to my neck and lower back. From that day to now, it is virtually impossible to jog without experiencing dizziness and/or back pain. Throughout the years, it has become increasingly difficult to keep the weight off. The more pounds, the more lower back pain.

We can take all the necessary precautions to maintain or control our health conditions, and still, it may be outside of our control. I have always taken comfort in Romans 8:28 that all things will work for my good. Not that all things that occur are good, but if I love the Lord and have committed myself to His will for my life. He will work everything for my betterment. Another appropriate scripture is 1 Thessalonians 5:18, which encourages us to give thanks

in every circumstance and that it is part of God's will for us to have this attitude. We are not giving thanks for what is happening negatively to us, rather in the moment of experience, we are maintaining a thankful heart.

My responsibilities as a pastor and metropolitan bishop coupled with the COVID-19 pandemic demand a high degree of fitness. On a recent overseas trip, I visited with one of my mentors. He is up in age but always speaks frankly to me. I had not seen him in years. Upon opening his home door, he shouted, boy, johnny, you big. Right there, in that moment, I asked the Lord for the grace to correct this physical weight challenge. I want to be in a position during this season to maximize all opportunities presented for Kingdom advancement and sheepishly silence my mentor.

I am at a reset phase in my life and facing it, and developing my reset plan. I understand the reason for my discomfort, but I cannot live in that experience. I must move forward with focus and a keen sense of my Kingdom assignment in this season, moving forward with purpose and grace, doing all I can humanly do and trusting God in the process as my all in all.

Here are my RESET STEPS

1. Every morning in prayer and praise, I acknowledge my body as a temple of the Lord.
2. Manage stressors from a biblical viewpoint.
3. Daily stretching exercises.
4. Ensure we always sleep on a firm mattress.
5. Maintain a healthy diet.

Pause for a moment and write your main physical health challenge story. This exercise will be beneficial when you engage your Fitness Reset Personal Audit.

[illegible]

Grace

Merriam-Webster defines grace as: Unmerited divine assistance given to humans for their regeneration or sanctification. A virtue coming from God. A state of sanctification enjoyed through divine assistance.

In Bible school, we were taught that grace is the unmerited and unlimited favor of God toward us. This means we do not deserve it, and there is more of it than we will ever need (see Romans 5:20). It is important to appreciate but not abuse grace. There is a story of Apostle Paul and grace, which always speaks hope to me when divine healing for whatever reason is not realized in my life.

Sufficient

Apostle Paul writes in 2 Corinthians 12:7-10 that God's grace is sufficient for him because God said so. Paul prayed three times for the thorn in the flesh to be removed, but it did not happen. In God alone, we must trust and never in our own strength do we rely. Yes, God is a God of healing, and it is good to pray for healing. However, He also works with us individually, and maturity teaches us that His ways are not our ways. I have learned that God is my all in all. Here are some revelation points Paul received with respect to his thorn in the flesh:

- *No.* At times God's answer to our prayer request is a no, even when scripture may imply a yes. This is difficult for the believer to process because it seems contradictory to the Bible. It calls for a different level of maturity. This level is stepping out of carnality and entering a spiritual realm, and maturing in that realm. God becomes the believer's all in all. By stating no to Paul, God was magnifying Paul's personal weakness so that even Paul could recognize it. It became crystal clear, which then allowed Paul to address his need for change. A yes may not have brought that intended result.
- *His grace is enough for me.* God's grace is seen not only in deliverance but also in sustaining us in difficult seasons of our lives. God can protect us from physical injury and take us through one if necessary. Grace is needed for liberation in the truest sense of the word. In Paul's life, this grace was first manifested in his salvation and now would be again in his weakness, grace for redevelopment and consecration, grace that renews and elevates us above our concerns for God's glory.
- *The Lord's power is made perfect in weakness.* This is not a weakness in some form of sin but rather in some condition. The fall of Adam and Eve, among other things, rendered

humankind imperfect. God offers us a power that brings contentment in every God-ordained situation. If God is in it, then it will all work for our good. We can say, as Paul said, “when I am weak, then am I strong.” His strength is our strength.

- *Paul discovered early what had illuded many.* Paul discovered the essence of the Christian life, which is dying to oneself and living unto God for the sake of Jesus Christ. When we do this, and His power is displayed in our weakness, then He receives all the glory. Therefore, any weakness in our lives will serve to bring more glory to God because of His power at work in us. This sheds another angle of light on Matthew 5:16.

Possible Physical Reset Areas

1. I fully understand the balance *between* grace and faith for healing.
2. I can fully *identify* God’s grace in my life.
3. I always *allow* the Lord’s power to work through my weaknesses.
4. I am *living* in the dying to oneself principle.

MENTAL

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

–3 John 1:2

I am convinced that the *mind*, *will*, and *emotions* are products of the soul. I am also in agreement with the above scriptural reference that God wants us to prosper or flourish. Our outward flourishing is connected to our inward prosperity. What is on the inside is manifested on the outside.

As we think, we are becoming, and therefore, we are the total of our thought life (see Proverbs 23:7). Shena and I have lived and served in several communities throughout our years as ministers. Often, we take note of the thinking patterns we encounter and develop our ministry strategies with that knowledge in mind. We have come to appreciate the value of connecting before influencing. Understanding before implementing. Knowing the thinking patterns and desires of those you endeavor to serve and lead increases the chances of success.

Mental Health

During times of crisis, our mental health can be challenged. Our emotional, psychological, and social wellness are all aspects of mental health. Our mental health is a determining factor in how we think, feel, and act toward situations, others, and even ourselves. We can grow or increase in mental health, which is important in every stage and season of life. I have always been fascinated by one scriptural reference to Jesus Christ, which perfectly speaks to me concerning good mental health.

Luke 2:52 states: *And Jesus increased in wisdom and stature, and in favor with God and man.* This is my goto scripture when holding purpose fulfillment seminars with youth. I develop my thoughts around this verse because it speaks of growth in four major areas and reminds us if

our Savior had to grow, then so do we. Personal growth produces the dynamics for purpose fulfillment.

- **Wisdom** – Jesus increased in wisdom. For wisdom to be present, one must have a growing wealth of experience, knowledge, and good judgment. The good judgment part is impossible without good mental health. Another example is given by the Apostle Paul in 1 Corinthians 13:11.
 1. **Stage** – As a child, I understood and thought as a child. Paul functioned at the recognized level for his age, and this is the hope of every parent. If our child functions above the level, we are delighted, but below the level, we become concerned.
 2. **Stage** – As a man, I have put away my childish ways and now function as a man. We have a catchy saying in The Bahamas that “age is only a number and that you are as old as you feel.” This may be wishful thinking. The truth is, mentally, we must make decisions to act our age. Good mental health allows this to happen.
- **Stature** – Jesus’ increase in stature not only speaks of physical development but also of observed development. By this, I mean we increase in stature as we become proficient in our careers or community involvement. People begin to take note of us and our growing achievements. We have all been given assignments by the Lord, and they should not be lived out without an audience. Stature allows for measures of influence. As we continue to grow, the stakes become higher because our influences become greater. In this reset season, we must realize that what we say or do carries significant weight. When Shena and I decided to take one of the offered COVID-19 vaccinations, we knew the public views would differ. Our explanation had to align with our stature and come from a place of good mental health.
- **Spirituality** – Jesus increased in favor with God. It is interesting that, as the Son of God, He walked the earth as the Son of Man. He walked in obedience, and favor increased. We are encouraged to have the same mind or commitment that Jesus had (see Philippians 2: 6-11). Part of His commitment was dependency. He relied upon the Father and the power of the Holy Spirit. We are spirit beings in bodies and must walk in the Spirit as our Savior did. One of the definitions of favor is kindness beyond what is due. We do not deserve His love or favor. Often, what we deserve is judgment. However, because of His grace, we can increase in favor with God. We can live and minister under an open heaven of blessings.

- **Socially** – Jesus increased in favor with man. He grew socially. When I look at the cross, I think of *three* important relationships: vertically my relationship with God; the center of the cross speaks to me of my relationship with myself that is my intra-personal relationship; then, there is the horizontal aspect of the cross, which is my interpersonal relationships with others. Yes, as a believer we are in the world and not of the world, but we can grow or increase in favor with others. We can increase in favor without compromise (Matthew 5:16). One way of increasing in favor or developing socially is to be a doer of good works in Jesus’ name. Prayerfully look around your community and see where you can add value and serve with a grateful heart. The slogan of our local church is “Committed to our community.”

Possible Mental Reset Areas

1. Do I need to change my thinking patterns?
2. What is my perspective on mental health?
3. Do I need to rethink my approach to mental health?
4. Am I successfully walking in mental health?
5. Am I truly embracing the increasing example of Jesus Christ?

As you reflect on these questions, take notes. In the second part of the workbook, you will have an opportunity to design a plan to improve in any area where you are lacking. Remember, the greatest room in the world is the room for improvement, and as we are thinking, so are we becoming.

EMOTIONAL

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

–3 John 1:2

One area of our lives for sure affected by the COVID-19 pandemic is our emotional health. Just the other day, I watched the reunion of a couple in their nineties. The husband was not allowed to visit his wife in the nursing home for a year because of the virus. Their reunion brought tears to my eyes. I can only imagine the emotional strain they both endured. I will never forget how they touched each other’s cheeks. Many have experienced the highs and lows of emotions during this season of global pandemic. The responses and outcomes have differed.

What is on the inside eventually becomes visible. We see the outward appearance of others, but God sees the heart (see 1 Samuel 16:7). Challenges to our mental wellbeing are not always visible at the beginning, and the results are often devastating in the end if not approached correctly.

What are Emotions?

Emotions may be referred to as an emotional state of mind. The emotional state of mind is derived from *circumstances*, *moods*, or a person’s *relationships* with others. There are then healthy and unhealthy emotions or states of mind. Our emotions tend to fluctuate throughout the seasons of our lives, and for the most part, this is natural. My wife always kids me about the fact that I can cry watching a movie that we both know is not real, but boy, in that moment, my emotion of sadness or happiness feels genuine. Sometimes, emotions operate apart from reality.

Recently, a friend said the COVID-19 restrictions make him feel like a once freed bird caged again. For me, this painted a vivid mental picture. It is true, we may not be able to prevent certain things from occurring in our lives, but we can determine how we respond to

those occurrences. Emotional health allows us to respond correctly. Our responses should be governed by both spiritual and practical factors. Let us take a closer look at some of these factors.

Spiritual Control

Our emotions are tainted by our sinful nature, and therefore, cannot always be trusted. Emotions must be purified through the filter of the Holy Spirit. Our emotions must be placed on the cross (see Luke 9:23), and our walk of submission is to be daily. It is an ongoing process from earth to glory. As we mature spiritually in our walk and dependence upon the Holy Spirit, the evidence of spiritual maturity is seen in the activity of the fruit of the Holy Spirit in our lives (see Galatians 5:22-23). The fruit of the Holy Spirit is part of God's emotional package for us.

We are not born blank slates but rather with a nature bent toward sin. Therefore, salvation is the saving of the soul, and sanctification is the progressive maturing of the believer's walk. Both are necessary for the old nature to be silenced.

A powerful scripture for me as it references emotional health is Philippians 4:6-7 – *Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* The Apostle Paul was in prison while penning this passage of scripture. Interestingly, he rejects anxiety while in this predicament. This is encouraging. Notice the following.

- *Nothing qualifies to be anxious about.* This is a bold declaration, but it is based on God's ability, not ours. Even though normal in some forms, anxiety is not to be a controlling factor in a believer's life. We are not to be anxious about anything. Most anxiety is about the uncertainty of an event or season in one's life. Our faith should arrest this nervousness. Anxiety is like temptation in that you cannot completely stop it from occurring, but you do not have to yield to it and allow it to manifest. Look beyond the uncertainty and see your Savior, who never changes. Our life is in His hands.
- *Every situation.* Have you ever felt like some situations that you are going through are not worthy of concerning the Lord with? Anything, and I mean anything that causes anxiety, needs to be taken to the Lord. Anxiety not dealt with is a leading cause of poor emotional health. Jesus spoke of people succumbing to fear and anxiety in the last days (see Luke 21:26), but the believer can look up with hope. Remember the old saying, "An

ounce of prevention is worth a pound of cure.” Peter encouraged us to place all our cares upon Him (see 1Peter 5:7). We cast or place all our cares on Jesus simply but powerfully because He cares for us. He not only cares for us but can change our circumstances like no other can. He can also take us through our situations. The victorious life is within reach of the believer.

- *Present your request to God.* It is important to acknowledge that we need outside help with our causes for anxiety. No person is an island. We are all connected in some way. How do we present our request?
 1. *Prayer and petition.* These two make up the procedure we employ when we are anxious. Prayer and petition are not simply to ask the Lord to remove the unsettledness but more comprehensive. We are asking for a revealing of His will, our motive, and the root cause of our anxiety. It brings into focus a statement Paul wrote (Philippians 4:1113) in that once he knows it is God’s will, he has learned to be content regardless of the circumstances.
 2. *Mindset of thanksgiving.* The emotion we employ is thanksgiving when we present our requests to God. We are thankful because this is the way to approach God because we know He will reveal His will and our responsibility. We know clarity will be arrived at. What is hidden or fuzzy to us will become clear by His revealing, so we approach Him with a heart of expectancy. Our emotional health is in part maintained by a spirit of thanksgiving. Thanksgiving here is having gratitude toward God. We thank Him for not only His past dealings in our lives but also because of who He is. Our future is hid in Him.
- *Emotional Health guards us.* When we are approaching God with our issues of concern or *problems*, prayer and petitions become the *procedure*, and peace the *product*. The peace we receive from the Lord goes beyond all understanding, and I like to tell those I lead that trying to understand this peace will cause you to lose it. I believe it is a peace based on Heaven’s features and not earth’s system (see John 14:27). It is a peace we receive when we accept God’s will and steps. It is a peace we receive because of His love, grace, and mercy. We mature to the understanding that obedience is our responsibility and outcomes God’s. This understanding helps to guard our emotional health.

Possible Spiritual Control Reset Areas

1. Am I *approaching* my mental health properly?
2. Am I *relying* on the Holy Spirit in all my situations?
3. Am I *currently* experiencing God's peace?

Practical Control

There are many things we can do to maintain emotional health, and the list and intensity may differ from person to person. We all have a filter system and should make adjustments when necessary. My list may appear amazingly simple and general, but it has become a system that works for me in this season of my life. Here, I will give a simple list of my efforts drawing from the other topics in the reset series. These may be added to the steps given in the fitness workbook.

FAITH

1. *Morning prayer and meditation on the word of God* – Seeing my day from God's perspective and experiencing Him as the focus of my day—living Christ-centric.
2. *Striving to be spirit-led* – Walking out His steps for my life daily, trusting Him over my ways and desires—living purpose-driven.
3. *Growing my fellowship with the body of Christ* – People and place to worship and interact with and in. Tapping into the benefits of the kingdom—living true koinonia.

FAMILY

4. *Appreciating and have meaningful interaction with family members* – Seeing family as my core support team and me as theirs.
5. *Organizing and executing family getaways* – Making sure we rest and explore together while creating lifelong memories.
6. *Developing family goals as a family* – Appreciating the input of others and sharing the responsibility load.

FRIENDS

7. *Appreciating and have meaningful interaction with friends* – Taking time to develop meaningful friendships that are not just ministry-related.
8. *Adding value to the life and efforts of friends* – Ensuring my friendships are mutually beneficial.
9. *Understanding that some friends will also outgrow me and move on* – Operating from the viewpoint that not all friendships are meant to be long lasting.

FINANCES

10. *Following my 10-20-70 rule.* Striving to be a good steward for the glory of the Lord. Leaving an inheritance for my children's children (see Proverbs 13:22).
11. *Do not put my basket higher than I can reach.* Leaving within my means appropriately applying faith.
12. *Developing residual income opportunities.* Money working for me and not me working for it. Having to give to others in need from my surplus.

May God bless you as you ready yourself for a RESET in this step.

EVALUATE THE STEP

To evaluate means to look over or inspect and see the good and bad in something. When you evaluate here, you will briefly review fitness and set some goals for improvement in areas of concern.

Personal Discovery

What concerns you the most about your fitness?

Which aspect of fitness reset is most difficult for you, and why?

Name three persons who you believe would give you godly advice regarding a possible fitness reset. Make an appointment to see at least one and seek advice or steps to overcome that which most hinders your fitness reset.

1. _____
2. _____
3. _____

PRACTICE THE STEP

As we learn and develop steps to success, it is important for us to walk in these steps. By practicing, they become a part of our everyday life and ministry. The step we have just studied is fitness reset. How can we practice this step? We practice it daily by evaluating our thoughts and actions. Conduct a daily personal inventory, allowing the Holy Spirit to search the inward parts, revealing what is in your heart. We also practice this step by continually developing our skills. This is often referred to as lifting the lid on your potential. You cannot get to where you want to be if you stay where you are.

As revelation comes, write down your personal adjustments. This will be accomplished over time. The quality of one's fitness is an important part of life and the quality of life we enjoy. Your fitness in the three areas presented is paramount to you fulfilling God's purpose for your life.

Romans 8:28 *"And we know that all things work together for good to them that love God, to them who are the called according to his purpose."*

YOUR PERSONAL ADJUSTMENTS

List ten adjustments that you will make to ensure you always abide by the fitness principles presented. Be specific.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Practice. Practice. Practice. It is important to practice this exercise often and continually make the necessary adjustments to ensure you continue developing in this area. God is interested in us having longevity in our personal and professional lives and endeavors. Practice this step, maximize opportunities, and manage challenges that flow into your life and ministry. Practice still makes perfect.

SEE THE SUCCESS

Success may be instant and progressive. True success is derived from facing the seasons of our lives in God's way. This season of COVID-19 is a difficult one for many. Fitness reset may very well set the stage for a productive and meaningful journey in 2021 and beyond. A fitness reset assessment will most assuredly offer you an opportunity to set new goals for yourself and the organization you may lead.

I encourage you to observe others in life and ministry, as they model the principles and concepts presented in fitness reset. Don't be afraid to glean from other believers and successful leaders. I believe God has ordained for you to lift the lid of your potential and fulfill His purpose for your life. Remember, no person is an isolated island. We are fashioned to walk through life in the company of others. We exist in part to be blessed and equally important to be a blessing. I encourage you to follow through on further developing this step in your personal life and ministry roles.

You may wish to develop the habit of keeping a journal. Document your steps, pausing at times to *reflect*, *readjust*, and *ready* yourself for future success. Practice the step; see the success.

The second part of this workbook contains your fitness reset personal audit. This audit is designed as a personal development tool. It will allow you to further evaluate your life with respect to the concepts presented and design an improvement plan. I highly recommend you take the audit.

PART II

FITNESS RESET PERSONAL AUDIT

FITNESS RESET PERSONAL AUDIT

Please read each of the following statements. Circle the number that best describes how true each statement is of you.

Physical

1. I fully understand the *importance* of physical health as it relates to my purpose.

1. True
2. More true than false
3. More false than true
4. False

2. I always *manage* stressors from a biblical viewpoint.

1. True
2. More true than false
3. More false than true
4. False

3. I *always* maintain a healthy diet.

1. True
2. More true than false
3. More false than true
4. False

4. I fully understand the *balance* between grace and faith for healing.

1. True
2. More true than false
3. More false than true
4. False

5. I always allow the Lord's *power* to work through my weakness.

1. True
2. More true than false
3. More false than true
4. False

Mental

1. I am *totally* satisfied with my level of mental health.
 1. True
 2. More true than false
 3. More false than true
 4. False
2. I am *always* improving on my thinking patterns.
 1. True
 2. More true than false
 3. More false than true
 4. False
3. I always *embrace* the example of Jesus Christ as it pertains to holistic growth.
 1. True
 2. More true than false
 3. More false than true
 4. False
4. I have a *systematic* plan for maintaining my mental health.
 1. True
 2. More true than false
 3. More false than true
 4. False
5. I have a *systematic* plan for assisting my family and leadership team with maintaining mental health.
 1. True
 2. More true than false
 3. More false than true
 4. False

Emotional

1. I am faithful at *least 90%* of the time with morning prayer and meditation.

1. True
2. More true than false
3. More false than true
4. False

2. I am *totally* transparent with at least three friends.

1. True
2. More true than false
3. More false than true
4. False

3. Every year we have a *family* getaway.

1. True
2. More true than false
3. More false than true
4. False

4. I have a *rock-solid* approach to my finances.

1. True
2. More true than false
3. More false than true
4. False

5. I am faithful to church services and developing *meaningful* fellowship.

1. True
2. More true than false
3. More false than true
4. False

Total Your Score

Total the numbers and place them in the spaces provided, then multiply them by the given number.

	True	More true than false	More false than true	False
# of Questions	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Score:	1	2	3	4
Total:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Add the numbers together and read the results of your audit.

If Your Total Score Is

- 15-25** The three fitness areas are engrained in your personal life and leadership role.
- 26-35** You are practicing the three areas. If your total score is closer to 35, you need to pay more attention to one or more of the areas.
- 36-45** You need to continue to work on developing all three areas.
- 46-60** Others probably do not view you as an all-round healthy person. You may want to take some time to rethink and reset in one or more of the areas.

Personal Improvement Steps

The purpose of this exercise is to focus on identifying areas that need improvement and developing a plan for the same.

Step One: List an area where your score is a 3 or 4.

Physical

My score is:

Step Two: Develop a plan for personal improvement. Refer to your personal adjustments list of ten to draw your information for developing the plan.

Personal Development Plan

1.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

[illegible]

[illegible]

[illegible]

Personal Improvement Steps

The purpose of this exercise is to focus on identifying areas that need improvement and develop a plan for the same.

Step One: List an area where your score is a 3 or 4.

Mental

My score is:

Step Two: Develop a plan for personal improvement. Refer to your personal adjustments list of ten to draw your information for developing the plan.

Personal Development Plan

1.

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[illegible]

[illegible]

[illegible]

[illegible]

Personal Improvement Steps

The purpose of this exercise is to focus on identifying areas that need improvement and develop a plan for the same.

Step One: List an area where your score is a 3 or 4.

Emotional

My score is:

Step Two: Develop a plan for personal improvement. Refer to your personal adjustments list of ten to draw your information for developing the plan.

Personal Development Plan

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[illegible]

[illegible]

[illegible]

[illegible]

You have now completed your personal development plan. As you begin to implement your plan, it will be wise to continually review and seek guidance from the Holy Spirit. Your plan will assist you in moving forward in your walk in the Spirit. It is important to strengthen your weak areas and build upon your strengths. This process may be repeated as necessary.

ABOUT THE AUTHOR

Jonathan is the lead pastor of Glad Tidings Tabernacle, Key West, Florida, chief visionary of the CTC Network, and a metropolitan bishop with Global United Fellowship overseeing the Caribbean. Jonathan also serves as the Dominican Republic representative for the *Caribbean Israel Leadership Coalition*.

Jonathan and his wife, Shena, have three adult children; Jonathan, Stephen, and Joyanne; two daughters-in-law, Sherry and Violet; and four grandchildren.

Jonathan's personal strategic philanthropy policy: I feel strongly about helping causes related to faith and education that specifically address the needs of clergy and people of other countries who need help with the fulfillment of purpose and personal empowerment to change. I envision fulfilling my strategic philanthropic goals with faith-based ministries that are multidisciplinary-oriented, are visionary in nature, and whose areas of influence are regional in scope.

JONATHANCAREY.ORG

How to support Jonathan and Shena Carey, founders of the CTC Network, serve throughout the Caribbean, focusing on:

- HOPE chaplaincy
- Short-term mission trips
- Vision building conferences

World Outreach serves as their home-base office. They serve administratively in many ways, handling mailing lists and online donor relations. World Outreach allows Jonathan and Shena to focus on their mission of developing leaders and transforming communities in The Bahamas and the Caribbean.

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