

## DAY 1 – MY “ONLY” SAVIOR



Read Psalm 43:1-19. These verses describe Israel’s only Savior. How does he identify himself in verse 3?

What evidence does he give in verse 7 that he is also *your* only Savior?

In verse 1, what verbs describe his unique qualifications as your only Savior?

Now, scan the remainder of the verses and record the words that describe how he feels about you and what he has done for you:

The **ONLY** Savior knows you. He knows your ways. It is no secret how he feels about you. Nothing in your life surprises Him—including your struggles to become *faithfully fit*. In every area of your life, even in this, he wants to see you succeed. Confess to Him now your inability to “save” yourself---your inability to redeem yourself from unhealthy habits.

**READ** again verse 1. Ask Him to redeem you from yourself, your old ways, and to be **YOUR ONLY SAVIOR** in this and every area of your life. If this is your first time to make this confession, share with your group what brought you to this commitment.

## DAY 2 – WALKING THROUGH THE FIRE!

Wouldn’t it be great if we never had to deal with the ups and downs of life and the hormonal swings that plague us---and instead, we could always be on a “spiritual high?” Unfortunately, Satan is always waiting in the wings to spoil those moments, catch us in some wrongdoing, or to steal our joy, causing us to feel such great defeat that we quickly become discouraged and want to give up!

**READ** verse 2. Complete these promises from your Savior:

- When you pass through the waters, \_\_\_\_\_.
- When you pass through the rivers, \_\_\_\_\_.
- When you walk through the fire, \_\_\_\_\_.

In any of these verses, does God say that he will remove you from the waters, pick you up out of the rivers, or jerk you from the fire? Why do you think he chooses to let you walk through these tough situations, rather than letting your life be easy and effortless?

Ask God to to teach you how to react when you find yourself in the fire and how to navigate the waters with his help. Share with your group some waters, rivers, and fire experiences you’ve navigated this week. How did you do? Did you call upon his presence as the flames were licking at your face or the waters were rising higher?

## DAY 3 – I AM HE!

Some days you get up feeling ready and willing. Other days you are tired and reeling! The journey to live *faithfully fit* is much like your walk with Christ. Some days you may not feel very fit, and some days you may not feel that you belong to Christ.

**READ verses 12-13. In these verses. God is reminding you that He does the work in you! What three reminders does he give in verse 12 of his work in you?**

**What promise does he give as assurance of your salvation in verse 13?**

**Yes, your fellowship can be broken, but your relationship to the Father does not change based on your feelings, or even your actions. Our faith is secure and his promise is for all time!**

**Pray now and ask his Holy Spirit to remind you of this promise today. Whenever your worth, your value, or your position in Christ is being challenged, repeat verse 13 and claim it as truth!**

## **DAY 4 - FORGET THE FORMER THINGS!**

**As women, we are natural born “ruminators.” That means that we turn things over in our mind.....again and again.....relentlessly.....until we’re worn to a frazzle, and so are those around us! But not Satan! He delights in our weakness. He loves to hammer away at our past defeats, our inability to change, and our utter desperation. We join him in this futile exercise on a daily basis....and late at night is his favorite time to taunt us.**

**READ verses 16-18. What does your ONLY Savior say about this matter?**

**Ask Him now to “*extinguish*” those *past things*” and to “*snuff them out like a wick, never to rise again.*” Commit to Him to “*forget the former things.*” During the remainder of this week, when Satan comes calling, remind him that you are following your Savior’s command when he said, “do not dwell on the past.” Satan does not like to play this game alone. He needs a willing participant and you just refused to play!**

## **DAY 5 – A NEW THING!**

**Isn’t it exciting to get a new outfit? Doesn’t it make you feel better about yourself? Or, to start a new plan to make *real* changes in your life? Isn’t it motivating to finally be doing something *new* rather than accepting things the way they are?**

**READ verse 19. Where does the motivation for *new things* and changes comes from?**

**What has been your desert or wasteland experience when it comes to living *faithfully fit*?**

**Can you perceive that God may be making a way for you through *Faithfully Fit*?**

***If so, can you envision yourself moving forward to receive this *new thing*, this way in the desert that is prepared just for you, by your Savior, your ONLY Savior?***

**Pray now, and ask him to show you the streams in the wasteland and to drink heavily from the way he has prepared for you without reservation and with renewed energy. A new start, *that’s what our God is all about!***

## SCRIPTURE PASSAGE – ISAIAH 43:1-19

- 1 But now, this is what the LORD says—  
he who created you, O Jacob,  
he who formed you, O Israel:  
"Fear not, for I have redeemed you;  
I have summoned you by name; you are mine.
- 2 When you pass through the waters,  
I will be with you;  
and when you pass through the rivers,  
they will not sweep over you.  
When you walk through the fire,  
you will not be burned;  
the flames will not set you ablaze.
- 3 For I am the LORD, your God,  
the Holy One of Israel, your Savior;  
I give Egypt for your ransom,  
Cush and Seba in your stead.
- 4 Since you are precious and honored in my sight,  
and because I love you,  
I will give men in exchange for you,  
and people in exchange for your life.
- 5 Do not be afraid, for I am with you;  
I will bring your children from the east  
and gather you from the west.
- 6 I will say to the north, 'Give them up!'  
and to the south, 'Do not hold them back.'  
Bring my sons from afar  
and my daughters from the ends of the earth—
- 7 everyone who is called by my name,  
whom I created for my glory,  
whom I formed and made."
- 8 Lead out those who have eyes but are blind,  
who have ears but are deaf.
- 9 All the nations gather together  
and the peoples assemble.  
Which of them foretold this  
and proclaimed to us the former things?  
Let them bring in their witnesses to prove they were right,  
so that others may hear and say, "It is true."
- 10 "You are my witnesses," declares the LORD,  
"and my servant whom I have chosen,  
so that you may know and believe me  
and understand that I am he.  
Before me no god was formed,  
nor will there be one after me.

11 I, even I, am the LORD,  
and apart from me there is no savior.

12 I have revealed and saved and proclaimed—  
I, and not some foreign god among you.  
You are my witnesses," declares the LORD, "that I am God.

13 Yes, and from ancient days I am he.  
No one can deliver out of my hand.  
When I act, who can reverse it?"

14 This is what the LORD says—  
your Redeemer, the Holy One of Israel:  
"For your sake I will send to Babylon  
and bring down as fugitives all the Babylonians, [b]  
in the ships in which they took pride.

15 I am the LORD, your Holy One,  
Israel's Creator, your King."

16 This is what the LORD says—  
he who made a way through the sea,  
a path through the mighty waters,

17 who drew out the chariots and horses,  
the army and reinforcements together,  
and they lay there, never to rise again,  
extinguished, snuffed out like a wick:

18 "Forget the former things;  
do not dwell on the past.

19 See, I am doing a new thing!  
Now it springs up; do you not perceive it?  
I am making a way in the desert  
and streams in the wasteland.