



Made to Crave Action Plan Participant's Guide: Your Journey to Healthy Living

Lysa TerKeurst, Ski Chilton

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In this six-session small group Bible study, *Made to Crave Action Plan*, Lysa TerKeurst's follow-up to the New York Times bestseller, *Made to Crave*, Lysa helps you discover how to put into action, those things you learned through the *Made to Crave* book and small group study.

Trying to get healthy can seem overwhelming and complicated. Eat carbs...don't eat carbs. Eat fish...don't eat fish. Pay attention to calories...don't pay attention to calories. All this conflicting information can be daunting and confusing.

But it all becomes clear in the *Made to Crave Action Plan*. It will help you implement a long-term plan of action for healthy living. You'll be encouraged by Bible teaching from Lysa, uplifted by testimonies from women like Christian music chart-topper Mandisa, and empowered with healthy living tips from Dr. Ski Chilton, an expert in molecular medicine – all while charting a permanent course for successful, healthy living.

This small group Bible study will help women who found their “want to” by participating in the Made to Crave study master the “how to” of living a healthy physical life as well as cultivate a rich and full relationship with God. *Made to Crave Action Plan* gives women of all ages Biblical encouragement for both their physical and spiritual journeys plus healthy living tips for use in their everyday lives.

Use this Participant Guide along with the *Made to Crave Action Plan* DVD (sold separately), to further encourage group discussion, document your personal journey toward healthy living, and to reference the quick healthy living tips that will help make your journey a success.

Sessions include:

1. TAKE ACTION: Identify Your First Steps
2. EAT SMART: Add Fish and Increase Fiber
3. EMBRACE THE EQUATION: Exercise and Reduce Calories
4. MAXIMIZE KEY NUTRIENTS: Increase Nutrient-Rich Fruits and Veggies
5. PRACTICE THE FIVE PRINCIPLES: Keep Working Your Plan
6. MAKE A COURAGEOUS CHOICE: Direct Your Heart to Love and Perseverance

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