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21 Days to a
HUNGER-FREE *{and Healthy!}*
HOLIDAY

All the information and downloads that you need to do your own "21 day" challenge for the holidays!

There's no doubt that we are moving into a season which presents major challenges for many of us physically and emotionally!

The problem:

- ◆ We are surrounded by food for the next month. It is yummy, unique, and hard to resist!
- ◆ Food plays a much bigger part in our health than our exercise regime! So all the hard work we've been doing can be cancelled out pretty quickly in a one month holiday binge.
- ◆ There are 870 million* people in the world who are hungry, while 1 in 6* Americans (over 50 million) face hunger.

We are gorging. They are starving. Something's wrong here. Let's do something about this.

*Stats from WorldHunger.org and FeedingAmerica.org

Here's how it rolls:

Starting whatever day you see fit, start making sacrifices so you can SHARE with someone else less fortunate this season! Every time you choose to say NO to an unhealthy habit or YES to a healthy one, I want you to pay yourself! Put this money in a jar and at the end of the 21 days, you'll donate that to a charity of your choice! I've found that we are more apt to do something hard on our end, *on behalf* of someone else. It's why so many people run races for cancer, or orphanages. We can justify our time and sacrifice if it means someone else can benefit from it!

For those of you who may not have extra money to set aside, you can use your time as currency! Volunteer minutes at a local food bank, write encouragement card to someone in need, or bring a meal to a hurting family! There is so much you can do!

(Here is an example of how I use the notes. Printable 😊 version of these will be at the end of this document!)



Here are some ways you can “pay yourself”:

- Saying no to the speciality coffee shop when you are out Christmas shopping
- Stopping at only 1 piece of pie at your work Christmas party
- Refusing the cheeseball and crackers at 10pm while Christmas wrapping

The sacrifice doesn't have to be food related either:

- Going to bed at a good hour instead of burning the candle at both ends
- Choosing "YES" to your workout instead of no because it's too cold
- Keeping your daily time with God instead of allowing the hustle and bustle of the holiday to cut in

What you need to do next:

- Pray about it. I want you to take this seriously. It's only 3 weeks—21 days. Since we are dealing more than with ourselves, I think it requires a greater sense of responsibility.
- Consider who could join you. I think this is an **AWESOME** thing to do with your family! If you don't want to ask them, then ask your hubby, girlfriend, or neighbor. What a great way to share and serve together!
- Get a container to place your money /notes in (I use a mason jar) that is visible to you
- Decide which money amount, or service, you will "pay" for your "sacrifice"
- Decide which ministry or non-profit organization you will give your money/service to
- Get some money! It may be easier to pay yourself if you have the money near you

What I'm NOT asking:

- To give up everything yummy this season.
- To share with the world the amount of how much you've saved
- To be perfect



Here are 2 verses that you can memorize during the challenge (Printables at the end of document). What a great way to keep God's Word in our minds too! Feel free to paste these on mason jars, or bring them with you in the car!

*"Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty."
John 6:35*

*"And do not forget to do good and to share with others, for with such sacrifices, God is pleased."
Hebrews 13:16*

As you can see, this challenge is very flexible and can take on however fits with your family. You can give up a lot, or you can give up a little. It's not my call. There will be days when you are able to say, "No", easier than others.

This Holiday season does not have to be like all the other ones! You don't have to walk away from this year with an extra 5-10 pounds. Why don't we walk into the new year with some great habits established?!

Week 1- Sacrifice



This week, I want to start out with the word SACRIFICE. I want you to know that even though you are going after this with great intentions, it won't be easy! We are indeed SACRIFICING something in our lives, be it our taste buds' satisfaction, our time, or our talent.

But as our verse says,

"And do not forget to do good and to share with others, for with such sacrifices God is pleased." Hebrews 13:16

God is pleased with us doing good, and sharing with others.

We are SERVING others, which means that we are humbly putting ourselves in a different position, sometimes bringing on heartache and pain, to help another. I guarantee you, that at sometime during this challenge, you will feel a little sting as you put that money or act of service in your jar! But as Christians, we are to be living sacrifices in everything we do...

Week 1 (cont'd)

"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship."

Romans 12:1

The exact "reason for the season" is the greatest example of this sacrifice for us!

"This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins."

1 John 4:9-10

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

John 3:16

I am so thankful for the birth of Jesus—the One who sacrificed His life to take away my sins!

Consider:

How might your sacrifices impact someone else's life temporarily? For eternity?

Week 2- Share



And do not forget to do good and to share with others, for with such sacrifices God is pleased. Hebrews 13:16

Last week we talked about sacrifice and how Jesus is our greatest sacrifice and the best example of it! Today we are going to talk about sharing! What a simple concept that we learn from such a small age, but so critical in our lives!

I am thankful for people who have shared in my life be it financial, support, or their stories. They always fill a need in my life!

Command them to do good, to be rich in good deeds, and to be generous and willing to share. 1 Timothy 6:18

Consider:

Has anyone ever shared with you and met a need in your life? How did that impact your current need? Future needs?

Week 3- Bread



This final week we are talking about Jesus being our BREAD!

"Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." John 6:35

Oh, we have such a hungry world, don't we? We have it physically, as many in the states and across the world are without homes or food. We have people who have homes and cupboards full of food hungry in their souls. Such an irony, isn't it? The true filler of our soul –the bread–the sustenance of our lives is Jesus–the exact 'reason for this season'!

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." John 10:10

Consider:

At what point in your life did you realize that Jesus was the bread–the fulfillment–of what you needed? How did that impact how you shared with others? How did that impact what you turned to to replenish your soul?

Printables!

Date: _____

Sacrifice: _____

Share: _____

(Hunger-Free!)
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www.peach313.com

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21 Days to a Hunger-Free Holiday

{Verse Printables}



Then Jesus declared,
"**I AM** the bread of life.
He who comes to me will
never go hungry, and he
who **BELIEVES** in me will
never be thirsty."

John 6:35



And do not forget to do good
and to **SHARE** with
others, for with such
SACRIFICES God is
pleased.

Hebrews 13:16

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If you enjoyed this challenge, don't reserve it just for the holidays! If you are in a fitness rut, then bring it out for motivation. Get your exercise class to do it together. Do it with your friend or family. It really can be beneficial all year long!

Enjoy your holidays as you stay healthy and help others to go hunger-free!

~ Clare

www.claresmith.me