

# 31.3 Jump

with *Clare* from



## Daily Do It!

Plank: Hold a plank 3 times a day for 30 seconds!



## Munch Munch!

Take 30 minutes each week to prep veggies, portion nuts in to-go bags and hard-boil a few eggs!

## Try It!

Need new workouts but don't belong to a gym? Try out online exercise classes.

([www.pilatesanytime.com](http://www.pilatesanytime.com)  
[www.fitnessglo.com](http://www.fitnessglo.com))

## Tummy Tip!

Stop eating 2-3 hours before going to bed and save yourself at least 100 calories!

## Rock on!

Download TobyMac's song, "Showstopper". Jam it and work hard!

31 Days • 3 Commitments • JumpStart Your Year

## 1.) Lack of protection

A city with no walls gives us no protection. We are exposed. There would be no freedom. You would constantly be looking behind your back.

*Do you realize you may be leaving yourself exposed for the Enemy's attacks?*

## 2.) Ease of entrance for the enemy

Imagine you were trying to enter a city with walls all around. If you were the enemy you'd be checking for any weak spot to slide in. With broken down walls, you freely step in---in multiple areas. The enemy has entered with zero resistance.

*Wondering why "the heat" has been turned up in the kitchen? Examine if you have any weaknesses in your walls.*

## 3.) It takes time to build back

The walls are destroyed and lay in ruin around you. You need to build it back up. It will take time to layer block after block. It will take time to reinforce the walls and to think through how the destruction could not happen again.

*Has the destruction already happened? Be patient. Take the time to rebuild and seek wise counsel to prevent it from happening again.*

## 4.) Broken walls mean broken pieces

Can you imagine being in a city with broken walls? You'd be stepping around dangerous pieces of brick and stone. You'd trip and fall and get injured. Your family would be injured. Your friends would be injured. You are in the midst of a warzone but with no real activity.

*Are those around you suffering the affects of your destruction? Remember that you are never alone in your behavior and you aren't the only one who ends up injured.*

# Soul Food

Memorize · Renew · Act

Like a city whose walls  
are broken down is a man  
who lacks self-control.

PROVERBS 25:28

www.peak313.com