



## The Shibboleth Pledge 2021

I am my Heavenly Father's Child. I can do all things through Christ which strengthens me. I am letting go of the past and looking forward to an amazing and healthy future. I am calling forth and forward the things that are not as though they already are here now.

I am lean.  
I am healthy.  
I am intelligent.  
I am self-disciplined.  
I am beautiful.

My body is the temple of the Holy Spirit and I will not defile it.

I pledge to love myself by taking care of myself. I pledge to honor God by taking care of my body. I pledge to focus on what I enjoy and can have instead of those foods that I cannot have. I pledge to love myself as much as I want to be loved by others. I pledge to love God by loving others as much as I love myself.

I pledge to focus on what I can do instead of what I cannot do.

I will live a self-disciplined lifestyle as it relates to food and my food choices. I will do the right things more than the wrong things. If I make a mistake I will forgive myself quickly and move forward. I will also show others the same grace.

I pledge to educate myself on my body and understand how my body works. I understand that the life and health of the flesh is in the blood. I will eat nutritious foods, stay well hydrated, and get enough sleep in order to keep my blood healthy.

I will not have more than six holidays each month until I have reached my weight loss goal.

I will not have more than twelve holidays each month after I have reached my weight loss goal.

I pledge to attend online class as much as possible and I pledge that I will maintain a food journal as a lifestyle.

I pledge that I will exercise and/or walk as much as my physical ability will allow.

I pledge to define my own worth instead of allowing others to define my worth.

To my future self: Here I come and I am not going backwards.

For the next two months, November and December 2021, I will eat unto the Lord. I will meditate on the love and majesty of God tirelessly. I will follow the daily disciplines that I have been taught. With unwavering faith in God, I will expect God to heal my body, mind and soul. I will not have more than 12 Shibboleth holimeals or holidays through the remainder of the 2021 calendar year.

If I do not achieve the weight loss goal agreed upon in my spirit and with Travis before January 1, 2022 I will donate \$10 for every pound that I am over my goal to Shibboleth or to the charity of my choice and in the name of the Lord. This is my word and this is my bond. I understand that I will not be indebted to pay anything that I do not want to pay but am signing this pledge stating that I will do my best unto the Lord for the next two months.

**1 Corinthians 10:31 ~ 31 So whether you eat or drink or whatever you do, do it all for the glory of God.**

**Date**\_\_\_\_\_

**Name**\_\_\_\_\_

**Signature**\_\_\_\_\_