



SisterTalk New York Session Themes and Film Links

Session	Themes and Film Links	Spiritual Messages
Orientation	Welcome to STNY – a Journey to our Best Bodies	Church chooses an inspirational scripture for their group, creates a group prayer/theme song
Session 1	Open Mind <ul style="list-style-type: none"> - Taking care of yourself is a priority - Overview of healthy eating - Extra steps throughout the day add up - Getting started with physical activity Link: https://vimeo.com/154903070 (password = ST)	With the help of God and our sisters, even though we face challenges and setbacks, we will not get off the Divine Path to the new normal that we are beginning today. God has plan for you! <i>Jerimiah 29:11</i>
Session 2	Setting Goals <ul style="list-style-type: none"> - Setting goals for yourself - Adding fruits and vegetables - Activity around the house - Mapping out a plan to meet activity goals Link: https://vimeo.com/155044455 (password = ST)	The journey to a healthier lifestyle is not a sprint, but a marathon. It is a journey to the “best body for the rest of my life.” We can all be successful with God’s help; He is there to help us. <i>Psalm 37:4-5</i>
Session 3	Action Planning <ul style="list-style-type: none"> - Mapping a plan of action - Increasing water intake - Shopping around for activity - What do I wear? Link: https://vimeo.com/155126482 (password = ST)	Never falter in our daily habit of thanking God for His gifts, and ask him for daily guidance. As you speak to God through prayer and meditation, thank Him for keeping you strong and focused. <i>Exodus 2:1-10</i>
Session 4	Taking Action <ul style="list-style-type: none"> - Taking action for your health - Portion size - Waking up with activity - Working out at home Link: https://vimeo.com/155172377 (password = ST)	Get out of the boat of fear, doubt, and procrastination. Get out of the boat of poor meal choices and inactivity. Get out of the boat and walk on the water towards Jesus, because through Jesus all things are possible! <i>Matthew 14:22-43</i>
Session 5	Social Support <ul style="list-style-type: none"> - Getting good support from friends and family - Reading nutrition labels - Keeping active at the office - Support for sticking with an activity plan Link: https://vimeo.com/155996055 (password = ST)	Encourage one another and build each other up. Encourage the disheartened, help the weak, and be patient with everyone. <i>1 Thessalonians 5:11-15</i>
Session 6	Challenges <ul style="list-style-type: none"> - Challenges can be met head on - Better choices when eating fast food - Taking a breath - Challenges to activity do not have to stop you Link: https://vimeo.com/156035283 (password = ST)	God wants His glory to be displayed through our lives and our victories. As we face challenges and obstacles, He has plans to help and deliver us, just as He delivered the children of Israel out of Egypt with the power of His mighty hand. <i>Exodus 13</i>

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Session 7	<p>Re-assessing</p> <ul style="list-style-type: none"> - Re-assessing your progress - Shopping/planning at the supermarket - Finding activities that you enjoy - Re-assessing your activity <p>Link: https://vimeo.com/156091761 (password = ST)</p>	<p>Reprioritize our goals and refocus on the prize, just as Paul wrote in his letter to the Philippians where he encourages himself to “press on toward the goal,” the goal which God calls us to reach.</p> <p style="text-align: right;"><i>Philippians 3:13-14</i></p>
Session 8	<p>Environmental Triggers</p> <ul style="list-style-type: none"> - Recognizing your triggers - Dining out - Watching TV actively - Try something different <p>Link: https://vimeo.com/156419825 (password = ST)</p>	<p>The word of God is an excellent source for dealing with our internal stress.</p> <p style="text-align: right;"><i>Proverbs 3:5-6</i> <i>Philippians 4:8</i> <i>Hebrews 13:5</i></p>
Session 9	<p>Emotions</p> <ul style="list-style-type: none"> - Emotional eating - How to curb emotional eating - Climbing the stairs - Stress reduction <p>Link: https://vimeo.com/156459764 (password = ST)</p>	<p>Do not lose heart - we have an advocate in Jesus, who stands with us in solidarity in moments of emotional eating, which may feel good but is bad for us.</p> <p style="text-align: right;"><i>2 Corinthians 4</i></p>
Session 10	<p>Social Situations</p> <ul style="list-style-type: none"> - Handling social pressures - Celebrations and smart choices - Playing as an activity - Rewarding yourself <p>Link: https://vimeo.com/156486192 (password = ST)</p>	<p>Use the help of the Lord to overcome overindulging at parties. When you are tempted, He will provide a way out so you can endure it.</p> <p style="text-align: right;"><i>1 Corinthians 10:13</i></p>
Session 11	<p>Life's Activity</p> <ul style="list-style-type: none"> - Breaking the chain - Creative ways to enjoy healthy desserts and snacks - Staying active in the kitchen - Adjusting and refining your workout <p>Link: https://vimeo.com/156569066 (password = ST)</p>	<p>Following the example of Jesus, we must plan for our ongoing success in using our faith to maintain our healthy lifestyle.</p> <p style="text-align: right;"><i>Luke 14:25-33</i></p>
Session 12	<p>SisterTalk for Life</p> <ul style="list-style-type: none"> - Staying motivated - Overview of healthy living - Building activity snacks into your life - What inspires you? <p>Link: https://vimeo.com/156599711 (password = ST)</p>	<p>Celebrate our journey with God to a healthier lifestyle! The Lord has done it this very day; let us rejoice today and be glad!</p> <p style="text-align: right;"><i>Psalms 118:23-25</i></p>