

# Being Healthy by Staying FAT

## Proverbs 3:5-8 (English Standard Version)

<sup>5</sup>Trust in the Lord with all your heart,  
and do not lean on your own understanding.

<sup>6</sup>In all your ways acknowledge him,  
and he will make straight your paths.

<sup>7</sup>Be not wise in your own eyes;  
fear the Lord, and turn away from evil.

<sup>8</sup>It will be healing to your flesh  
and refreshment to your bones.

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### Faithful — *“Trust in the Lord with all your heart”*

Faithfulness here is about **where your trust is anchored**.

- Trusting God fully, not partially
- Staying committed even when outcomes are unclear
- Choosing dependence on God over self-reliance

Faithfulness means *you don't switch sources of truth when life gets hard*.

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### Available — *“In all your ways submit to Him”*

Availability is about **letting God have access to every part of your life**.

- “All your ways” = not just spiritual moments, but school, friendships, decisions, habits
- Submission means yielding control, not just asking for advice
- Being interruptible and willing to follow God's direction

Availability means *God gets a say in everything, not just emergencies*.

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### Teachable — *“Lean not on your own understanding... do not be wise in your own eyes”*

Teachable people recognize **they don't know everything**.

- Rejecting pride and self-sufficiency
- Being open to correction, Scripture, and wise counsel
- Letting God define what's right, not culture or feelings

Teachable means *you're willing to be wrong so you can grow*.

## **The Biproduct of Remaining FAT — “*He will make your paths straight*”**

When you live **faithful, available, and teachable**, God:

- Guides your direction (clarity over confusion)
  - Aligns your choices with what is right
  - Helps you recognize and avoid what leads you away from Him
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### **Summary**

**My heart posture in this journey:**

- **Faithful** = I trust God more than myself
  - **Available** = I give God access to everything
  - **Teachable** = I stay humble and willing to learn
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### **Questions:**

1. Where do you naturally go first when something stressful happens—God, yourself, or someone else?
2. Is there any area of your life you keep “off-limits” from God?
3. Are you teachable?
4. When was the last time you changed your mind because God showed you something new?
5. What scripture(s) do you rely on to keep you FAT (Faithful, Available, Teachable)?