

A person in silhouette stands on a sandy beach with their arms raised in a 'V' shape. The background shows waves crashing on the shore under a bright sky. The overall mood is one of freedom and energy.

Own the Zone

The Energy
You Need
for the Life
You Lead

Own the Zone

The Energy You Need
for the Life You Lead

by Melanie Wilson, Ph.D.

*Melanie Wilson, Ph.D., is a psychologist,
speaker, writer, wife, and mother.*



© 2003 Int'l LLL

The Int'l Lutheran Laymen's League, with its outreach through Lutheran Hour Ministries, is an auxiliary of The Lutheran Church—Missouri Synod and Lutheran Church—Canada.

Scripture taken from the HOLY BIBLE; NEW INTERNATIONAL VERSION®, NIV®, Copyright © 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan Publishing House. Capitalization of pronouns referring to the Deity has been added and is not part of the original New International Version text.

Are you tired of being tired?

I remember being so tired I could barely put one foot in front of the other. I had been running for track practice for what seemed like hours. I was a short-distance sprinter, yet my coach had asked me to run miles, not laps. Not an easy switch! My body objected to what I put it through that day. My legs were as hard and as heavy as rocks. My chest ached. My head pounded. I thought I would be sick. I knew I could not take one more step. I had heard other runners talk about it. Now I had experienced it. I had hit the wall and had no energy left!

For some reason, I kept going. It may have been the world's slowest jog, but I continued to move forward. After a few more agonizing minutes, something changed. My pace picked up a little. As I continued my jog, the pain in my legs began to subside. My breathing became regular. I couldn't even feel my legs, but they kept pounding the pavement in front of me. I ran faster and faster. Suddenly, I felt like I could run anywhere. I had all the energy I needed for the road ahead. I was in the zone!

Do you feel like you've hit the wall?

First you need to rule out any physical and/or mental disorders that can deplete you of energy, so call today to schedule a thorough physical. If you find you are otherwise healthy, but still don't have the energy you need to get through the day, read on. Using the acronym, Z.O.N.E, you will review your performance on Zzz's, Objectives, Nutrition, and Exercise—areas that are critically important to maintaining sufficient energy levels.

Sprinkled throughout are questions for you to consider and answer. If “yes” answers reveal that you are currently Off-Target, the On-Target section will describe steps toward achieving more energy.

Are you ready to own the zone?
On your mark, get set, go!

Z is for ZZZ's

Off-Target

*Do you awaken many mornings
as tired as when you went to bed?*

*Do you fall asleep almost as soon
as you lie down?*

Missing sleep. *The woods are lovely,
dark and deep. But I have promises to keep,
and miles to go before I sleep, and miles to
go before I sleep.* Robert Frost

I used to run across a bridge and was never very happy whenever it was closed for repairs. Though it meant I had to take a detour, I preferred the inconvenience to crashing into the river. Sleep is our body's way of shutting down for maintenance and repair. We may wish we didn't have to close our eyes each night, but sleep, like road maintenance, is required.

By conserving energy usually spent on daytime activities, sleep allows the body to direct attention toward growth, fighting illness, and creating new memories. Sleep is essential to energy and health, yet our culture treats sleep as an optional activity. A recent Sleep in America Poll found that 68% of respondents got less than

the recommended eight hours of sleep on weeknights.

Is there a price to pay for sleep deprivation? Definitely. Our bodies fight sleep loss by making us drowsy. If you're tired, the reason may be too little sleep. When deprived of sleep for long enough, we die. Prior to that, we suffer reduced concentration and memory. Academic and work performance begins to suffer. Physically, although we may be able to run as fast or lift as much weight as with adequate sleep, the work itself requires more mental effort. Sleep deprivation depresses our immune system, making sickness and disease more likely. We become irritable and depressed. Our reaction times are slowed. We risk our own safety and that of others when we refuse to shut down for maintenance and repair. The National Highway Traffic Safety Administration reports that driver fatigue is responsible for 100,000 motor vehicle accidents and 1,500 deaths per year.

But can't we just catch up on sleep on the weekends? Approximately 20% of those surveyed for the Sleep in America Poll attempted to do just that. But the constant resetting of the internal snooze alarm places us at risk for sleep disorders. Over half of the poll

respondents experienced at least one symptom of insomnia a few nights a week or more. Symptoms of insomnia include feeling tired on awakening, difficulty falling asleep, and waking repeatedly, as well as waking too early and being unable to resume sleep. Sleep disorders that rob us of adequate Zzz's include sleep apnea, narcolepsy, and restless legs syndrome.

Do people tell you you're doing too much?

Do you feel guilty if you take a break?

Skipping Rest. If you are getting adequate sleep, I congratulate you! You are taking an important step toward finding the zone. But are you also getting enough rest? You have to stop running sometime! Rest can be defined as sleep, but it also means a time of inactivity. Because in our society, inactivity has become synonymous with laziness, we often avoid rest and tend to overwork instead. In this uncertain economy, Americans are working harder to hang onto their jobs. We work 300 more hours a year than workers in France, Germany, and Sweden. A study by Oxford Health Plans of New York,

New Jersey, and Connecticut found that 34% of employees took no breaks during work hours and 32% worked through lunch.

What is the cost of overwork? Failure to rest increases perceived stress. As stress levels rise, emotional and physical health decline. Research shows that as overtime hours increase, the quality of work goes down. More overtime also results in more accidents, illnesses, and costly mistakes. The negative impact of overwork is not limited to the employee and employer. A National Institute of Health study conducted at the University of Michigan found that as wives worked more than 40 hours per week, their husbands' odds of being in good health decreased by 25%.

On-Target

Get enough sleep. If you are off-target in sleep, you probably don't have the energy to run very far. Making a few small changes can quickly get you back on track.

Having four newborn babies in my house over the past six years has made me very interested in how to achieve sleep! The need for a consistent routine made perfect sense to me with respect to my babies. The bath-pajamas-prayers

procedure was very effective in inducing sleep. For some reason, I didn't think to apply the same principles to my own sleep routine.

Quite often, I would stay up late talking, reading, or writing until I was exhausted. But my activity would have me so wired I couldn't fall asleep. Some mornings I was up early; some mornings I slept in. Even though I usually got sufficient hours of sleep, I felt tired. I'm glad the sun doesn't rise and set according to my crazy schedule!

In order to own the zone, sleep has to be a priority. If you're ready to snooze well, take these steps:

1. Sleep and awaken at approximately the same times each day.

Maintaining a consistent sleep schedule is a real challenge for me! When a crying baby, a sick toddler, or a frightened child interrupts my sleep, I don't want to get out of bed in the morning. Scheduling more time for sleep than I need (8.5 hours versus 8) and napping during the day help me get adequate Zzz's without changing my routine.

2. Have plenty of quiet time before bed.

A warm bath, journaling, reading, or listening to quiet music can prepare you for sleep. Avoid exercising or working too close to bedtime.

3. *Limit caffeine, nicotine, alcohol, and drugs.* These substances can either stimulate or relax you, but they may interfere with getting enough quality sleep.
4. *Regulate the environment.* Try to eliminate distractions like paperwork from your bedroom. Set your thermostat a little lower at night, but keep your feet warm to help you fall asleep faster. Make sure you have a comfortable bed and pillow. If you awaken often at night, turn your alarm clock so you can't see it.
5. *See your doctor.* If you are troubled by sleep difficulties that persist, seek professional help.

Rest often. As a mother of four boys, ages six and under, I am always running. I used to think I couldn't stop to rest. Wayne Muller, author of *Sabbath*, changed my mind: "While many of us are terribly weary, we have come to associate tremendous guilt and shame with taking time to rest. Sabbath gives us permission; it commands us to stop. As part of the Judeo-Christian tradition, it is already woven into the fabric of our society. Many can still recall when, not long ago, shops and stores were closed on Sundays. Those quiet Sunday afternoons are embedded

in our cultural memory, even if they are no longer practiced.”

I remember fondly the Sundays spent going to church, napping, and enjoying family when I was a child. I still go to church, but until recently Sundays were also my catch-up days. That meant I was often working harder on Sundays than on any other day. Now I am trying to remember the Sabbath. Wayne Muller goes on to explain: “‘Remember the Sabbath’ means ‘Remember that everything you have received is a blessing. Remember to delight in your life, in the fruits of your labor. Remember to stop and offer thanks for the wonder of it.’”

I have become convinced that God created schedules for our good. After all, in the Bible I read that God created the world in six days, then He scheduled a day of rest. I am now seeking to make Sundays a day of rest once again. After worshipping God with my family, I spend less time on the computer and more time on quiet pursuits like scrap booking and reading. I seek to spend more time doing what I love and being with those I love.

But rest shouldn't be restricted to Sundays! We need short breaks throughout our busy days. Just 10 minutes of relaxation can reduce stress, improve mood, and enhance health.

A short nap is effective in fighting fatigue and enhances learning. Studies show that taking breaks does not reduce productivity.

How can you make rest a bigger part of your life? I try to take a 15-minute break every hour or so. I check my e-mail, call a friend, or read a magazine. It doesn't always happen, but that's my goal. Your job may make that impossible. Perhaps you could try this: Devote 45 minutes of each hour to the part of your job you like least and 15 minutes to the most enjoyable tasks.

Here are some other steps you can take toward more rest:

1. Devote Sundays to worshipping, quiet hobbies, naps, and time with family and friends.
2. Take an afternoon or day off from technology, such as, TVs, computers, and cell phones.
3. Start taking a real lunch break one day a week and then do it more often.
4. Have at least five minutes of quiet time a day. I usually have my quiet time in the morning before the rest of the family gets up. I share my troubles with God and ask Him to give me energy for the day. Perhaps prayer would be a good way for you to start your day, too.

O is for Objective

Off-Target

Are you reluctant to set specific goals?

Are you bored with life?

Failing to set goals. If you're wondering *why* you're running, then you don't have your eye on the finish line. Psychological research has documented that working toward a specific goal has a positive effect on our quality of life, whether we achieve the goal or not. On the flip side, apathy and low energy can be the result of perspiration with no aspiration.

Many years ago I worked in a very repetitive data entry position, which I found to be considerably boring. I'm sure I would have quit had it not been for the wisdom of company management. Employees were given departmental objectives each week and frequent breaks were allowed. When our productivity and quality met quota, our efforts were acknowledged with a mini-celebration. While I enjoyed the cake and cookies when we met our goal, my motivation actually came from having a target to aim for.

Most of the depressed individuals I counseled as a psychologist had no goals. The hallmark of severe depression is fatigue and hopelessness about the future. Depression can certainly rob you of motivation, but lack of motivation also puts you at risk for depression and low energy. Not having a goal to work toward not only decreases your energy, it can also diminish your physical and mental health.

Do you think it's impossible for you to have more energy?

Do you worry that things will never get better?

Accepting negative thoughts. Are you discouraged by your lack of energy? Thoughts like, "I'm just so tired all the time," "Everyone wants something from me," and "I'll never get better," drain more energy than a marathon.

I have a two-year-old son who screams—a lot. I jokingly referred to him as my "Little Terrorist" and "Wild Thing" without realizing the effect these labels had on my own energy level. Every time I exaggerated his behavior, I felt more and more hopeless. The book *Raising Your Spirited Child*, by Mary Sheedy Kurcinka, helped me

use new labels for my son, which in turn restored my positive attitude. By the way, I now try to refer to him as “spunky” and “enthusiastic.”

Negative thoughts can lead to depression by interfering with normal brain chemistry. Persistent negative thinking can also cause anxiety disorders. Thoughts such as, “I’ll never be able to pay these bills,” “My marriage cannot be fixed,” and “My child is out-of-control,” can make anyone anxious. The resulting insomnia, agitation, and muscle tension simply drain you of energy.

On-Target

Set specific goals. Ludmila Engquist, an Olympic champion hurdler facing cancer and chemotherapy, said, “I cannot have survival as my only goal. That would be too boring. My goal is to come back in my best running form. It is good for me to have that goal; it will help me.”

An exciting goal can help us all keep going. No matter how early my alarm clock sounds on a day I leave for a vacation, I am awake and energized! I feel the same way when an unfinished project awaits—at least if it’s not a pile of laundry.

What goals can you get excited about? It could be as simple as reading a book you've always wanted to read or as complex as completing a college degree. Whatever your goal, it should motivate you to get out of bed each morning. Look to the finish line, but focus on one hurdle at a time:

1. Set weekly, monthly, and yearly goals that can be easily measured.
2. Determine what you need to do to prepare for each goal.
3. Ask yourself what is likely to get in the way of achieving your goals.
4. Decide how you will overcome these obstacles.

You will most likely achieve your goals if you review them regularly and reward yourself for accomplishing small steps.

Earlier I mentioned my daily conversations with God. There are several examples in the Bible of people who were drained of their health, energy, and even hope. Job was one of those. But God blessed his faithfulness and restored both his health and his wealth. I am confident that God wants to bless us, too. He wants to provide us with the energy, resources, and encouragement we need to accomplish the goals He inspires in us.

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you” (Matthew 7:7).

Practice positive thinking. No negative thoughts cross my mind on race day. When I look into their eyes, I know I’m going to beat them. Danny Harris

One of the obstacles you will face as you run your race is negative thinking. Thoughts like, “You’ve never done it before ... why should now be any different?” and “You’re not the kind of person who can do it” will pop into your mind. In fact, I’ve had to practice positive thinking in order to complete this booklet. I find myself thinking that I’m not writing well or that I won’t be able to complete the booklet in time.

The most important positive thought to practice is that you *can* control your thoughts. It’s normal to have occasional negative thoughts, but they will not slow you down if you don’t give in to them. Instead of admitting defeat, quickly repeat a positive affirmation. One of my favorites is found in the Bible: *“I can do everything through [Jesus] who gives me strength”* (Philippians 4:13). Distract yourself if you’re being bombarded with negative thoughts. Get outside, listen to music, or talk with an encouraging friend.

Practice positive thinking with a gratitude journal. Record at least five things you are thankful for each day and notice the change in your attitude. I have done this at bedtime to ensure sweet dreams. *The Simple Abundance Gratitude Journal* by Sarah Ban Breathnach is a good example of a journal designed for this purpose, but any notebook will do. If you're really struggling to control negative thoughts, try *The Feeling Good Handbook* by David Burns.

The Feeling Good Handbook is a helpful tool for managing negative thoughts, but the Bible has been my most powerful handbook. By reading the book of Psalms, I find I can relate to the writer who battled negative thoughts by focusing on God's love, faithfulness, and mercy: "*Many are saying of me, 'God will not deliver him.' But You are a shield around me, O LORD; You bestow glory on me and lift up my head*" (Psalm 3:2-3). Can you relate? If so, reading the psalms and other passages from the Bible could provide encouragement for you, too.

N is for Nutrition

Off-Target

Do you eat when you're not hungry?

Are you severely restricting food intake?

Eating too much or too little. No diet will remove all the fat from your body because the brain is entirely fat. Without a brain, you might look good, but all you could do is run for public office.

George Bernard Shaw

Track season had arrived and I was overweight. I could not run as fast carrying the extra weight, so I dieted. But living on lettuce and lemon juice had me running on empty.

Approximately 60% of adult Americans are overweight. About 34% of Americans are obese, that is, they weigh 20% more than what is healthy for their height. Obesity is not just an appearance issue. Compared to healthy-weight individuals, obese people are 50%-100% more likely to die from all causes. Eight million people in the U.S. have another kind of eating disorder: anorexia nervosa, bulimia, or both. Among serious eating disorders, up to 20% of those who do not seek treatment will die.

Eating disorders have a major impact on our health and energy levels. At one time, I was 30 pounds overweight. The extra weight was like carrying a three-year-old everywhere I went. Being overweight can sap your strength, but so can eating too little. If you do not eat enough, your body begins to break down bone and muscle tissue, putting you at risk of osteoporosis and heart attack (your heart is a muscle).

Is your diet mostly junk food?

Do you drink little or no water?

Filling up on the wrong fuel.

Feeling sluggish? Food and water are fuel for our bodies. Good nutrition can reduce the risk of heart disease, stroke, diabetes, osteoporosis, and some forms of cancer. Yet, only about one in every four American adults eats the recommended five servings of fruits or vegetables a day.

What we eat *does* affect our energy levels. You say you're taking a multi-vitamin? Great! Vitamins and minerals are essential to good health, but they don't provide energy. Carbohydrates—foods like fruit, vegetables, pastas, grains, and milk—provide quick energy. Carbs are essential for high-intensity exercises like running and

must be digested in order to burn fat. Proteins—meats, fish, beans, nuts, and eggs—are used to produce energy in small amounts for endurance sports like cross-country running. Protein's primary role is in growth and repair after training. Fats—butter and oils—provide energy during light-to-moderate exercise. You must have adequate carbohydrate, protein, and fat in your diet if you want to be in the zone.

Eating provides much-needed energy, but so does drinking. Feyedoon Batmangheildj, author of *Your Body's Many Cries for Water*, asserts that 75% of Americans are constantly dehydrated. Drinking too little water can lead to fatigue, weight gain (thirst is often mistaken for hunger), a slowed metabolism, and poor concentration. Drinking enough water may ease back and joint pain and help prevent breast and bladder cancer.

Are you hoping to take a shortcut to the finish line? Forget it! There is no substitute for good nutrition. Herbs like ginseng and drugs like caffeine may give you a quick boost, but they cannot supply your long-term energy needs.

On-Target

Eat according to hunger/fullness.

We don't have a fuel gauge to check while we're running ... or do we? God designed our bodies with a wonderful feedback mechanism. When we need more energy, we get hungry. When we have enough fuel, we feel satiated. Unless you have a disease that interferes with this mechanism, eating a variety of foods according to hunger and fullness signals will help you achieve a healthy weight.

Restrictive dieting stopped me in my tracks. I finally arrived at a healthy weight by listening to my body. Do you know what it feels like to be physically hungry? Many of us don't because we eat so much so often; we never have this normal sensation. If you'd like to find your fuel gauge, don't eat for several hours. Eventually, you will have a gnawing, grumbling, empty, or acidic sensation.

You can find the feeling of having eaten just enough by savoring each bite of food and repeatedly asking yourself if you're still hungry. After eating, you should still feel comfortable enough to take a walk. If you want to head for the couch, you've eaten too much. Until you're able to find "just enough," eating half your normal portion may

help. Ultimately, no weight loss program was able to help me. God did. He gave me the self-control I needed to stop overeating.

Here's part of my own story that can be found in my free pamphlet titled "The Way to Weigh Less":

"I had tried everything to lose weight when I heard about a workshop that worked for me. The program taught me that God was my body's engineer. He had created me and He could deal with my problems. God had even provided me with an expert mechanic in His Son, Jesus. Jesus had experience fixing all the difficulties I was having. But before He could help me, I had to quit relying on food as the solution and ask for His help."

If you would like to find out more, you can order this free pamphlet, "The Way to Weigh Less," at 1-800-876-9880.

Remember: If you have diabetes, hypoglycemia, bulimia, or anorexia, seek professional help before trying to lose or gain weight.

Eat and drink for energy. Food is an important part of a balanced diet.

Fran Lebowitz

Prior to racing, I tried to eat and drink to maximize my performance. I ate lots of sugary treats that gave me an initial boost of energy, but soon left me drained. Instead, I now find that eating plenty of fresh fruit and vegetables, meats and dairy foods keeps my energy levels consistent throughout the day.

You, too, can take these steps toward high-energy eating:

1. Get enough iron in your diet or from a supplement. Many meats, dark-green vegetables, and cereals are high in iron.
2. Eat unprocessed foods. I have noticed a significant increase in my energy levels since I started eating fresh meats, fruits, and vegetables. A fruit-and-yogurt smoothie is my favorite energy booster.
3. Consume carbohydrates prior to exercise and bedtime. Limit them mid-day when an energy rush is likely to give way to fatigue. Choose complex carbohydrates like rice and grains over sugary treats.

4. Drink 6 to 8 glasses of water per day. Adding lemon or lime juice can make it more palatable. Drinking water during your break times and keeping your daily ration in one container can remind you to drink enough.
5. Following high-intensity exercise, replace lost potassium with fruits like oranges, bananas, apricots, and cantaloupe.

There are many ways you can increase your chances of success in improving your nutrition:

- Keep the changes small
- Try one new healthy recipe a week
- Make changes along with your spouse or friend

Making good food choices has been very difficult for me. I am encouraged when I recall that my body is a gift from God. Eating well is how I honor God for His precious gift. In return, He blesses me with more energy.

“So whether you eat or drink or whatever you do, do it all for the glory of God”
(1 Corinthians 10:31).

E is for Exercise

Off-Target

Do you hate to exercise?

Do you spend most of your day sitting?

Getting no exercise. *The only reason I would take up jogging is so that I could hear heavy breathing again.* Erma Bombeck

Only 15% of American adults get the recommended amount of aerobic exercise (three times a week for at least 20 minutes). Approximately 1 in 4 adults report they do no physical activity at all during their leisure time. Failure to exercise is a major contributor to obesity and increases the risk of diabetes, high blood pressure, and colon cancer. Lack of exercise also increases the risk of sleep disorders and the risk of death due to heart disease. Although exercise is the last thing you want to do when you're tired, it has a demonstrated ability to increase energy and even sexual interest!

Although I ran track in high school, my physical activity gradually became non-existent. I would commit to exercising regularly every New Year's, but February always found me sitting on the sidelines.

Do you have trouble taking a day off from exercise?

Have you sustained injuries because of your exercise regimen?

Over-training. Getting no exercise can deplete energy, but so can getting too much exercise. Over-training is the result of inadequate recovery, increasing physical demands too quickly, and spending too much time in competition versus practice. Athletes who do not take regular rest breaks and even vacations from working out risk decreased strength, speed, and endurance. Injuries and mood disorders are also more likely when an athlete over-trains.

During my high school track days, I figured if a little training was good, a lot of training was even better. I ran at six each morning and then for hours after school. I ran several events at track meets, too, and was consistently exhausted. I suffered numerous injuries as a result of over-training, including shinsplints, neck, and hip displacement. I would have been much healthier had I trained moderately all year rather than overdoing it during the three months of track season.

On-Target

Exercise and strength train

regularly. Raising the heart rate and increasing oxygen demands serve to strengthen the heart and increase the body's efficiency in expending energy. In other words, exercise will make it easier for your body to do what it needs to do during the day. Lifting or pushing weights using barbells or machines increases the size and/or density of your muscles. Stronger muscles trigger your body to use more calcium to strengthen the bones that support them.

Track practice allowed my heart to efficiently pump oxygen-rich blood to my muscles so I could run longer. Weight lifting gave my legs the strength they needed to get out of the blocks quickly. And even though my track days are behind me, I'm still reaping the benefits of a regular exercise program. Starting an exercise program can help you look better, reduce stress, and improve your self-esteem.

I loved the way exercise made me feel, but I had a hard time sticking with it. Have you ever had that problem? I've found that I can stay committed to exercise by:

1. *Scheduling time for it.* I work out on the same three days of the week. Signing up for classes has helped me get to the gym on days I might have skipped my workout.
2. *Getting support.* My husband's commitment to fitness is a huge asset. He encourages me to exercise and is willing to watch the kids so I can have the time I need. Working out with a friend or in a small group, using a personal trainer, and joining a gym with childcare are all strategies that have worked for me at different times.
3. *Making it interesting.* I've enjoyed walking outside using different routes and using numerous fitness classes, videos, and machines in my quest for variety. Currently, reading a great book while riding the stationary bike (and only reading it during exercise), listening to music, and spinning classes are what keep exercise interesting for me.
4. *Starting slowly.* Have a thorough physical before starting any exercise program. If you exercise to exhaustion, you'll want to quit. Listen to your body and don't overdo! You can always exercise a little harder and a little longer next time.

Exercise has become yet another way I give thanks to God for the body He's given me. He has encouraged me to continue to be fit. I know He will encourage you, too.

"It is God who arms me with strength and makes my way perfect" (2 Samuel 22:33).

Allow for sufficient recovery. *To a runner, a side stitch is like a car alarm. It signifies something is wrong, but you ignore it until it goes away. Author Unknown*

Ignoring our bodies' alarm signals can result in serious injury or just plain exhaustion. Resting allows for growth and repair of muscles and enhances performance. Give your muscles a day to recover from strength training. If you're doing high-intensity exercise, take at least one day off a week to rest. If you're an athlete who's been over-training, take a week off from training or take some time to engage in another sport. Determine if you are spending too much time in competitions that require 100% effort. Consult with a sports medicine expert about your training regimen.

Keep in mind that sometimes exercising becomes too important. We can become addicted to the runner's high, forsaking relationships with family and friends. If you are having trouble skipping

a workout, ask God to help you align your priorities.

“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come” (1 Timothy 4:8).

Conclusion

Getting your Zzz's, having a clear objective, getting proper nutrition, and engaging in regular exercise all have some value in giving us the energy we need, but how much better it is to tap into a source of unlimited energy! That's what having a relationship with Jesus Christ is for me.

In the past I have put my hope in working harder, my own plans, and the latest diet and exercise craze. My hopes for more energy were always disappointed. But, trusting in Jesus renews my strength every day. Trusting Him means I do not have to waste energy regretting past mistakes; I'm forgiven. I don't have to devote energy to trying to be good enough; God loves me just as I am. I don't have to lose energy to confusion about where I'm going in life; trusting Jesus' sacrifice for me means I will go to heaven one day.

If you want to join me in the race to own the zone, call my friends at Lutheran Hour Ministries at 1-800-876-9880. They would love to cheer you on to victory in Jesus Christ.

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize”
(1 Corinthians 9:24).

This booklet is distributed by
Lutheran Hour Ministries
660 Mason Ridge Center Dr.
St. Louis, Missouri 63141-8557

In Canada, write:
LLL — Canada
270 Lawrence Avenue
Kitchener, Ontario
N2M 1Y4



**Lutheran Hour
Ministries**

**Our ministries are
designed to proclaim the
Gospel of Jesus Christ.**

We would be happy to hear your comments after you read this booklet. If you would like more materials for spiritual comfort and hope, or if you would like more information about Lutheran Hour Ministries, please write to us, or call us at:

1-800-876-9880

In Canada,

1-800-555-6236

*You can now reach
Lutheran Hour Ministries through:*

E-mail:

U.S.A.

lh-min@lhm.org

Canada

luthhourmin@lll.ca

or on the World Wide Web:

www.lhm.org

Printed in U.S.A.