

# MAGDALENA TODAY

... making a difference

## The Courageous Choice

by Lisa TerKeurst



Two years ago, I stood in the mirror and asked myself a tough question. “Am I willing to look down the road 10 or 20 years and face the consequences my choices now?” I had steadily been gaining weight for most of my adult life. I’d had a few successful dieting attempts, but the results were always short lived. I’d always gain back what I’d lost plus some.

The added pounds were more than a frustration. Now they had accumulated to the point where a doctor had labeled me obese.

I was humiliated and afraid. I was a leader in ministry. I encouraged people to let Jesus help them find victory in their lives. But now I felt like such a hypocrite. I knew my issue wasn’t just a physical problem. My issue was turning to food instead of turning God for comfort and help. I was becoming overweight physically and underweight spiritually. And my issues were becoming more and more visible with every added pound.

Getting healthy wasn’t just so I could look better in my jeans. I needed to recalibrate my soul and learn to turn to depend on God like never before. And I knew the kind of changes that needed to be made were going to require a courageous choice.

There are two kinds of courage. There’s the courageous act which is what makes our heart beat fast when the knight fights the dragon or the firefighter rushes into the burning building. These are extreme events most of us won’t ever face. And because most of us aren’t put in positions to participate in a courageous act, we don’t necessarily think of ourselves as courageous.

But there’s a second kind of courage, that dare I might say, is widely available but not widely embraced. It’s the courageous choice. This is the decision to do the right thing even when it’s hard, inconvenient and requires sacrifice.

In the context of our eating habits, the courageous choice is to embrace discipline in the area of our food choices. It’s coming to the realization that changes need to be made and making those changes in the quietness of our pantry when no one else is looking.

It’s me respecting myself enough to be courageous for me.

When I am courageous for me, I am sticking a stake in the ground and saying I’m more than the sum total of my screaming taste buds. My heart doesn’t want that junk food. My arms don’t want that junk food. My legs don’t want that junk food. My soul doesn’t want that junk food. And my hiney certainly doesn’t want that junk food.

Can you relate to this on any level? Maybe you feel stuck depending on food more than God just like I was for so many years. Can I breathe a fresh hope into your weary soul?

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It is possible to silence the screaming taste buds, sweet sister. It is possible to quiet the battle in our minds. It is possible to make the courageous choice. It is possible to stand in that pantry and declare, “I was made to consume food but food was never meant to consume me!”

It is possible to consume only that which will add to my health and not take away from it. It is possible. It all starts with one courageous choice.

What is the one courageous choice you could make today? If your issue is with food, than make one courageous choice in that area today. Or, maybe your struggle is completely different. Maybe it’s a breakdown in a relationship. Maybe it’s a financial struggle or wishing you had things that belong to others. Whatever it is, think about that area of your life where you’ve felt defeated, and one good choice that could get you started toward a positive direction.

Now, make that courageous choice. And then tomorrow make it again And the next day make it again.

Suddenly, the equation of those good choices will produce good results—mentally, spiritually and physically.

You are a courageous woman. Now, go out and prove it to yourself. And I can promise, you will inspire lots of women in your sphere of influence to make a courageous choice as well.

*Lysa TerKeurst is the President of Proverbs 31 Ministries, author of 14 books, and a national speaker who helps women live an adventure of faith through following Jesus. Her newest book, Made to Crave, hit the New York Times bestseller list. www.LysaTerKeurst.com*

# The Journey

Helen and her husband work with the couples’ ministry at their church in Minnesota. Over the summer they were asked to disciple a young couple having problems. In the process, they discovered the couple did not know Jesus, so they shared the Four Spiritual Laws with them. Neither accepted Christ at that time, but three weeks later they showed the couple the *Magdalena* film. After the movie the couple was asked if they would like to accept Christ—and both invited Him into their hearts. Since that time, the couple has grown in their faith; exhibiting fruit as a result of their salvation experience.

Helen also showed the 1-hour version of *Magdalena* at Crossroads Church in Woodbury, MN, in the fall (pictured at right). As a result of that showing, 20



women now attend an evening *Reflections of Hope* Bible study, and 40 women attend the morning Bible study.



*“It is great to talk about God and share with women in all walks of life! I have grown in my faith and really enjoy everyone! The readings are so deep and I love to hear other’s thoughts and stories.”*

*Reflections of Hope participant  
Woodbury, MN*

Share the Journey

www.MagdalenaToday.com



Following our Christmas Gathering (a ministry of The JESUS Film Project®) in our home, eight women from my neighborhood gathered to watch *Magdalena* and do the Bible study, *Reflections of Hope*.

The women really began to grow both in knowledge and in true faith in our Lord Jesus Christ. They didn't even have Bibles in the beginning. One 60-year-old lady dug up her Bible and brought it. Would you believe that it was a Young Life Bible she had gotten as a teenager when she went to a Young Life Camp? Her hunger for God and His Word grows each week.

I believe all of the women have come to true and solid faith in our Lord Jesus Christ as they have



discovered the Christ of Scripture who loves them, paid for their sins and has entered their hearts and lives as their personal Savior. It has been thrilling to see their eyes open through the Word and their hearts tender to God in so many areas of life.

Joyce, MN

Learn more about  
**Christmas Gatherings**  
by visiting  
[www.christmasgatherings.org](http://www.christmasgatherings.org)

# MAGDALENA in Action



*Alice is 58 and a recent widow. She has no children and was left to handle her husband's affairs as well as take care of his elderly mother, with whom they were living.*

*During a recent visit, Alice's brother asked her if she would like to watch *Magdalena*. After watching the short video, entitled *Free*, which is included with the DVD, Alice asked to watch it again. She said, "That's just how I feel. I am carrying all those concerns, but this is helping me see that I can give them to Jesus. I don't need to carry them."*

*The next day Alice's mother-in-law watched *Magdalena* and was comforted.*

Anonymous



*Elsie Allen, founder and CEO of Sisters S.O.S., relates, "Sisters S.O.S. is concerned with keeping women safe on the inside as well as the outside, which is why we have included the *Magdalena* movie as part of our events. Following a recent showing, 7 responded that they would like to grow in their relationship with Christ by joining the *Reflections of Hope* Bible study."*

*Sisters S.O.S. (Supernaturally Overcoming Situations), an organization in Fort Worth, Texas, provides women with information, tools, and training essential for a safe and secure life through classes, seminars and special events. Scan to view more about S.O.S.*



*"I started the *Magdalena* study with a group of single girls, and it is by far the easiest thing to prep for (which is good because we are all CRAZY busy to do super long stuff) but gives the BEST godly focused application conversations... we went 2 hours OVER! Such great stuff. Again and again, THANK YOU!"*

Christine, WI



*"Once a month I am using *Magdalena* and *Reflections of Hope* to lead the chapel services at a Gospel Rescue Mission in Tucson. Following the clip and lesson titled *God: Our Pursuer*, four of the 20 attending prayed with me! One was interested in seeing more of the movie."*

Holly, AZ



# A Fresh Perspective of God's Love

*Magdalena: Through Her Eyes* is now streaming in 7 languages on [www.MagdalenaToday.com](http://www.MagdalenaToday.com). (To view, click "Movie Night," then "Watch the Movie.") And it is easier than ever to share the movie with others. Get your FREE copy of the 1-Hour Edition by emailing your name, address, and *Code – Issue 5* to [info@MagdalenaToday.com](mailto:info@MagdalenaToday.com). Other products can be ordered at [www.JesusFilmStore.com](http://www.JesusFilmStore.com) or by calling 1-800-432-1997.



Scan to view video.



Women around the world ultimately face the same heart issues that we do. Magdalena USA/Americas and Global Media Outreach have partnered to create an inviting strategy that connects women from 195 countries with the gospel. Women seeking spiritual answers via the Internet are often directed

to [www.JesusForWomen.com](http://www.JesusForWomen.com), where they are given an opportunity to accept Jesus into their lives as they watch Sharon Jaynes, author and JESUS film ministry partner, share her personal story including a clear and compelling gospel presentation.



## MAGDALENA TODAY

[www.MagdalenaToday.com](http://www.MagdalenaToday.com)

The JESUS Film Project®

A Ministry of Campus Crusade for Christ

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