

Download **Begin With Christ First Place 4 Health Bible Study Series**

First Place 4 Health is the wildly successful, Christ-centered healthy living program that has helped people lose weight for over 25 years. In that time, First Place 4 Health groups have blossomed in more than 12,000 churches, and over half a million members have gone through the program since it began in 1981. **Begin with Christ**, the first in a new series of Bible studies for the First Place 4 Health program, will help members focus on surrendering to God. Through daily study and prayer, participants will learn how to overcome temptation and find true satisfaction in pleasing God. Lasting change from the inside out begins with Christ. Here's how to ...**Begin with Christ**, the first in a new series of Bible studies for the First Place 4 Health program, will help members focus on surrendering to God. Through daily study and prayer, participants will learn how to overcome temptation and find true satisfaction in pleasing God. Lasting change...First Place 4 Health offers a series of Bible Studies. These studies address many issues of everyday life and provide opportunities for growth in Christ. Members complete a weekly Bible study which—combined with prayer and Scripture reading—helps to impart God's strength, empowering members to overcome temptation and make long-lasting lifestyle changes. - **Begin With Christ First Place 4 Health Bible Study Series**