

THE MORE YOU KNOW



An invitation to more in your P-FIT Program



PFIT Patron Saint Spotlight St. Francis of Assisi

St. Francis is the perfect patron for this module because he was given the commission from God while praying in front of the San Damiano crucifix to rebuild the church. St. Francis literally rebuilt the actual church in San Damiano, but he soon came to realize that God had a greater mission for him – He was talking about the people. We are still being called to rebuild the church today! As Pietra Fitness Instructors, we have a unique opportunity to transform people's lives through our classes. Having a San Damiano crucifix in every class reminds us of this call.



OVERVIEW:

- P-FIT Patron
- Cathedral of You
- Your Pietra Fitness "WHY"

This resource is provided for you to enhance your training with additional information, tips, and more as you move through P-FIT.

BE PREPARED:

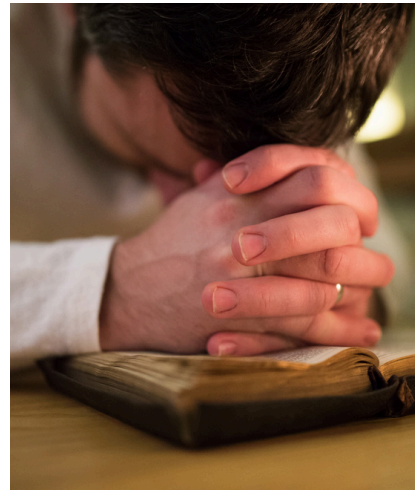
Have you completed the appropriate practicing teaching? Daily Meditation? Do you have points to discuss from the Catechism Course? Have you been practicing Pietra Fitness?

Embracing and Living the Cathedral of You!

As Pietra Fitness Instructors, it is essential for you to understand the concept of the body as a temple and the term “The Cathedral of You”. We use the term “Cathedral of You” to demonstrate how you are not only a temple of the Holy Spirit but were created to be a wondrous cathedral to glorify God in beauty and splendor. When you truly embrace this idea, it will transform how you see yourself, care for yourself, and view God’s purpose for your life. You then, in turn, can help others to do the same.

Sometimes, getting it from our heads to our hearts can take a while. We may know a concept, and it may make sense, but when it is not in our hearts, it

does not have the same effect on our lives. How can you not only embrace this knowledge intellectually, but incorporate it into your heart as well? By meditating on it. Ask God to make you aware that He dwells in you and to understand this place is sacred and holy. Sit in His presence and love. Allow God to speak to your heart, and then journal your thoughts and feelings or at least make note of them. Make a



resolution to remind yourself as you go through your day that God dwells in you and that you are meant to be a magnificent Cathedral for His glory.

As God transforms you, you may find yourself more motivated to be careful of the shows you watch, what you put in your mouth, and what you say to others – you will be honoring God with your body, as it says in 1 Corinthians 6:20.



"Why" Pietra Fitness: *Creating your Why Statement* by Betsy Hoyt

One important part of being a Pietra Fitness Instructor is knowing WHY you are doing this! When we have a definitive statement as to “why” we are doing something - or *not* doing something we have a better understanding of where we are headed in our lives. As an instructor, your why statement has the power to transform your practice and direct your focus to where God is leading you.

Take some time to write your why, try these tips:

- Use a format like: "To _____ so that _____."
- Keep it simple & clear
- Actionable
- focused on how you will contribute to others
- use affirmative language that resonates with you

A prayerful, intentional “why” statement is integral to your development - personally, professionally and spiritually.