

THE MORE YOU KNOW



An invitation to more in your P-FIT Program



PFIT Patron Saint Spotlight St. Gabriel

St. Gabriel is the patron for Module 8. He is the patron because he communicates the Will of God to man and prepares humanity to encounter Jesus Christ. His name connotes strength and that is what we can gain with our standing poses. We ask him to pray for us that we may be strengthened by the grace of God in our minds, bodies, and souls.



OVERVIEW:

- P-FIT Patron
- Forge Ahead
- Resting in God

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

BE PREPARED:

Arrive prepared to the next meeting in the Zoom Classroom with Module 8 completed. Have you completed the appropriate practicing teaching? Daily Meditations? Do you have points to discuss from the Catechism Course? Have you been practicing Pietra Fitness? Logs?

Forge Ahead...

Motivation when doubts creep in.

Take a moment and think back to that moment when you contacted Pietra Fitness with your interest in becoming a certified instructor. How did you feel when you had the opportunity to speak with someone? What thoughts raced through your head? Did you take it to God and lean on Him and His guidance?

Your "yes" and your "why" have paved the way for God to begin a new work in you. Take a moment and REST in our Lord's provision. Take a look back and see how you have grown, where you have improved, and thank Him ahead of time for what He's about to do in your life and in your Pietra Fitness journey.

This posture of trust and gratefulness is where we begin to truly live the Pietra Fitness



Lifestyle. A lifestyle rooted in trust in the Lord which assists us in learning more about ourselves and His holy will for each of us! When you choose to trust and lean into the fact that you are not alone and that God is with you, tremendous things will begin to unfold not only in your Pietra Fitness Practice but also in your entire life.

God has written on your heart the desire to become a Pietra Fitness Instructor. He has led you here, and through prayer, you said "Yes" to this training. Throughout this training, though, there may be times when it is daunting to look

ahead and see so many modules left. You may even feel overwhelmed at all the knowledge to be gained. Perhaps doubt in our Father's plans even come to mind. In these times, go to God.

If the Lord has written the desire to teach Pietra Fitness on your heart, He is going to open the doors. He has a place and a plan for you. He is taking care of ALL the details. He knows your struggles and meets you there. We should not be looking ahead at this mountain in front of us questioning how it will all come together. Instead, in every moment we need to say "yes" to the grace He is giving us to study, practice, and grow in knowledge.

He knows your heart and desires, and He has a beautiful path set out before you. He is preparing a place for you. Do not let your hearts be troubled. Invite Him in. He is waiting.

Resting in God

by: Elizabeth Hlavinka, Certified Pietra Fitness Foundation 3 Instructor

How often do I come to prayer with a bunch of words? My prayer may be filled with worries, complaints, and thanksgiving, too, but that still makes my prayer 'wordy'. I sometimes feel I need to continuously talk to God telling Him what is going on, what my thoughts are, worries are, thanks are. This is good, but the problem is I am not allowing enough time to receive. I am doing all the talking and not taking the time to listen. I am not allowing myself to rest in Him. He knows what is happening. He knows my worries. It is fine to talk, but what if I rested in Him more? What if I was more silent in prayer? Luke 10:21 it says that He has "hidden these things from the wise and learned but revealed to the little ones". I need to cultivate a more simple view of my Faith. I need to love others as I would want to be loved. I need to give love without expecting anything back. I need to lend a helping hand and see God in the small details of my everyday life. I need to love simply, no strings attached. If I loved simpler, acted simpler, and thought simpler how much rest would I be giving myself already?! Help me Lord to be meek and humble of heart. **Resolution:** During your prayer time this week, try to rest in the Spirit. Do not talk too much in prayer but really rest. How does this change your outlook on the coming week? What is God speaking to you? Do you feel refreshed? Share your experience of resting in God or your desire to do so at the next group session.