



FOR I KNOW THE PLANS I HAVE FOR YOU, DECLARES THE LORD, PLANS TO PROSPER YOU AND NOT TO HARM YOU, PLANS TO GIVE YOU A HOPE AND A FUTURE.

Jeremiah 29:11

## STATEMENT OF FAITH

Thin Within is a unique combination of two realities,

- 1.It is a unique approach to weight management.
- 2.It is a truly biblical approach to heart management.

### ***Thin Within believes...***

- The Bible to be the inspired, the only infallible, inerrant Word of God.
- There is one God, eternally existent in three persons: Father, Son, and Holy Spirit. He has revealed Himself in creation, history and Jesus Christ.
- In God's creation of the world and humankind with humanity's rebellion and subsequent depravity.
- In the person and work of Jesus Christ, including His deity, His virgin birth, His sinless life, His true humanity, His miracles, His substitutionary death, His bodily resurrection, His ascension to heaven, and His personal return in power and glory.
- That for salvation of the lost, sinful man, regeneration by the Holy Spirit is absolutely essential.  
Salvation is by grace through faith in Christ as one's Savior.
- In the present ministry of the Holy Spirit by whose indwelling the Christian is enabled to live a godly life and to grow in the knowledge of God and Christian obedience.
- In the resurrection of both the saved and the lost -- the saved unto the resurrection of life and the lost unto the resurrection of damnation.
- In the spiritual unity of believers in the Lord Jesus Christ and in the importance of church for worship, service and missions.

**To learn more about the Thin Within program or what Thin Within believes, call 1.877.729.8932 or visit us online at [www.ThinWithin.org](http://www.ThinWithin.org).**