

Thin Within Online Workbook Study 2014

January 13- My Body God's Temple- Group Discussion Questions-

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1. Isa. 43:18-19 tells us that God is doing a new thing. Right now, even as you read this, what's new? What is God showing you this day that you didn't see before? Are there any lies you have been believing? If yes, will you put them on your truth cards so you can renew your mind.?
2. If you have been experiencing an overwhelming flood of emotion since starting Thin Within, what does that indicate to you? Do you think it's a good or bad indication? What can you do when you're overwhelmed by it?
3. We have been directed toward a new focus in Thin Within, and given three tools to help us stay focused. List them here.
4. What is the best way to breakthrough the strongholds that prevent us from keeping within our 0-5 boundaries?
5. 0-5 is the Lord's boundary for our eating. If I go outside the boundary and eat before I'm at 0/hunger or continue eating past my 5/ satisfied, AM I A FAILURE? Why or why not? Explain. Will you make a truth card to help you next time you fail to keep your boundary? What will the truth say to you?
6. How does God see my failure?
7. What do you think would happen if you made a "God-List" and offered a "praise fest" to the Lord? Would it transform your life? If so, how? Does a praise fest seem like a good way to redirect your attention from food and your body onto God? Will you do that today?

8. Is self condemnation a sin? Why or why not? Does it honor God? How can you honor God after a failure? How can we learn to use the "club of condemnation" less often? As Heidi says, *"Exalt the Lord, don't beat yourself up."*

9. List a couple ways to practically let the Lord guide you personally to your 0-5 eating. Name some things that might alter your true 0 if consumed between meals.

10. How does eating 0-5 cause weight loss? What usually happens when we wait until a -3 before we eat? What is the best way to curb hypoglycemic symptoms in between meals and before a true 0?

11. What does your 0 feel like? Why do you think it is so uncomfortable for some of us during the beginning stages of Thin Within to wait for the 0 signal?