



Month One

Lessons &

Exercises

Hope

Welcome to Thin Within. We rejoice that you have accepted God’s invitation to join us. His Word says in Jeremiah 29:11 that he has a plan, purpose, hope, and a future for you. Together we will discover the blessings of His plan as He longs for you to be at peace with food, eating, your body, and your life.

Over the next twelve weeks and beyond, you will discover practical tools to assist you in this exciting adventure as you melt down to your natural God-given size. You will hear motivational testimonies and read about real men and women who have experienced God’s faithfulness in overcoming obstacles and accomplishing the impossible. You will search the depths and riches of God’s Word and excavate the vastness of His treasure found in the Bible.

The fact is many of us try one diet after the other, but discover the hard way that when we “lose” weight we often “find” it again—plus some! In fact, 95 percent of all diets fail. If you have experienced failure in dieting or other efforts regarding food and weight, you are definitely not alone. We will investigate this phenomenon and discover that by utilizing biblical principles you can become the thin, healthy person God intended you to be—from within. As you do, you will be able to rest in God’s embrace and not live in fear of “finding” your extra weight.

Spiritual Foundation

You are about to experience the beginning of something new and wonderful! Even now, God is doing a new thing. The prophet Isaiah encourages us with the following:

Forget the former things; do not dwell on the past.

See, I am doing a new thing!

Now it springs up; do you not perceive it?

I am making a way in the desert and streams in the wasteland.

Isaiah 43:18–19

The fact that you are here with this material in front of you indicates that God is at work doing something new in your life.

For many, the past has been filled with frustration regarding food, body, and dieting failures. Often we jumped on the latest bandwagon, committing ourselves to fads, counting points, fat grams, or calories. We plunged headfirst into the latest rigorous workout program only to burn out. We may have even lost weight—sometimes a lot of weight—but couldn’t manage to keep it off.

Many have been caught in the pendulum swing from one extreme to the other. On the one side we basked in our glory and ability to “do it all ourselves.” Unable to keep up the performance, we swung to the other extreme, bailing out of the diet and eating with wild abandon. In essence we went from law to license, rules to recklessness. The one side of the pendulum swing is a place of self-righteousness where we took credit for the weight we lost and for following the diet regulations. But when we couldn’t hold it together over time, we swung to the other side, beating ourselves over the head with the club of condemnation for yet another failure. All the while, we buried our pain in a half-gallon of ice cream. With this pendulum way of living, we move back and forth from one side to the other. This is the worldly path of my performance. On this path we discover the hard way that it leads only to frustration and discouragement.

Our hope is in Him, not in ourselves.

The great news, however, is that God never intended for life to be a swinging pendulum. The finished work of the cross of Christ is our stabilizing force. We rest in the fact that the grace of God is immeasurable and steadfast, which transforms and grounds us through His Word. When we stumble and fall, we rely in God’s amazing grace and the power of the Holy Spirit as He gently leads us back onto the path of His provision (Isaiah 40:11).

Our God is amazing! He who set the stars in the heavens and measured all of the waters of the earth in the palm of His hand desires intimacy with you (Isaiah 40:12). You are His beloved and He draws you with loving-kindness (Jeremiah 31:3). All the heavens declare His glory yet He esteems you (Psalm 8:3–8). It is this God who provides the grace, mercy, and strength needed for you to persevere as you trust and obey.

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Life on the swinging pendulum is dominated by fleshly lusts and fleshly pride, but a life surrendered to the cross of Christ leads directly to the Father. It may be a process of moving forward and sometimes faltering back, but the course is set; our hope is in Him, not in ourselves. Our direction and progress are assured. Slowly but surely, step-by-step, we make headway.

This is a path with a hope and a future that God has ordained for you because He loves you. Although He is highly exalted above all things, God chooses to love you because it is His nature to love. It gives Him pleasure to do so (Ephesians 1:5; Hebrews 12:2).

Christ died to set you free even while you were still rebellious, sinful, and without a care for Him (Romans 5:8). He has rescued you. He bought you with His blood. He has paid the price and you have been redeemed. It is finished. Because of His great love for you, God, who is very rich in mercy, chose to make you alive in Christ, even while you were dead in sin. His amazing grace has saved you (Ephesians 2:4-9).

God's love is relentless and immeasurable. His compassion knows no end. He is personally aware of your every breath and thought (Psalm 139:1-5). He shares your joys and victories as well as your pain and heartache. Let's look at the way He has approached His people in the past.

Our God is unchanging. He has always dealt with His people with mercy and grace. Even in the garden when Adam and Eve were given only one directive, which they broke, God Himself provided the first "sacrifice" by slaying the animals for the skins from which their clothing would be made.

With the Israelites, God again clearly made known His desires for His people in the Ten Commandments. Ten laws. Ten rules to break. The Israelites were like many of us. They struggled with a sin-repent-sin cycle. In His amazing love and mercy, God provided grace and forgiveness by instituting the sacrificial system. Ultimately it culminated in the sacrifice of Christ, the Lamb of God, who came and took away the sins of the entire world.

Eventually the people began to make a mockery of the very system God used to cover their sin. When they continued unashamedly in their idolatry, God gave them over to that which they wanted so much—to live like pagans. After years and years of warning, God allowed His people to be taken into captivity by the pagan Babylonians. Israel was handed over to a foreign king, removed from the land of promise, and taken into exile with no sense of identity, hope, or purpose.

Have you ever felt as if you were in captivity? Many of us have and do even now. Some of us feel captive inside a body that does not function well or that does not look like we would desire it to look.

Have you ever felt as if your very identity was stripped from you? Have you caught a glimpse of your reflection in a photograph or storefront window and gasped, "Who is that? That can't be me! I am not that size, that shape, or that large!" If this has happened to you, you probably wondered how you got to be that way. It may break your heart, but it also breaks God's heart for you because He wants you to experience His hope, His joy, and His peace. Jesus came that we might have

life and have it abundantly (John 10:10).

As He spoke to the Israelites years and years ago, He speaks to us today. There were natural consequences as a result of their choices. Those consequences led to their captivity in Babylon. We, too, as a result of our poor choices, face a "captivity" of sorts. This may be physically manifested in the form of high blood pressure, breathlessness, heart problems, or diabetes. It may also be exhibited in a variety of emotional or spiritual strongholds such as a low self-image.

However, even to those in captivity God offers a promise that the captivity will end. For the Israelites, it was seventy years. It can end for us today!

"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 hope and a future."

Jeremiah 29:11

He has plans for you. He has plans to prosper you to make you like Himself and to give you a hope and a future. We can rest in this

Many people never allow themselves to experience true stomach hunger.

promise. He who has promised is faithful. He is able. He is willing. He says He will do it and He will.

A choice is laid before us. As the Lord spoke to the Israelites through the prophet Jeremiah, He also speaks to us in words that are timeless.

“Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you,”

declares the LORD,

“and will bring you back from captivity.”

Jeremiah 29:12–14a

Consider the number of times the word “will” is used in this brief passage. Look at the things that God desires us to do as well as the things He says He will do. It is God who is at work in us to will and to do according to His good pleasure (Philippians 2:13). In fact, no one comes to Jesus unless the Father draws him (John 6:44). The word translated “draws” can also be translated “drags.” No one seeks after God at all according to Romans 3:11. Not even one. We must be “dragged” by the Father in order even to begin to be willing to do our part. Because He initiates, He puts it in our heart to will and to do His good pleasure. We love because He first loved us. Our seeking comes in response to a God who pursues.

As we cease from running and respond to God’s outstretched arms, we experience the joy of His presence as we choose to say yes to His will for us. He brings the captive out of captivity and restores us to a “land” of hope and promise. We are transformed from within by the renewing of our mind according to the Word of God.

Even now, He begins this work in us. Even now we sense that He draws us to Himself. Out of His love for us, He begins a new work.

The LORD appeared to us in the past, saying

“I have loved you with an everlasting love;

I have drawn you with loving-kindness.

I will build you up again and you will be rebuilt, O Virgin Israel. Again you will take up your tambourines and go out to dance with the joyful.

Jeremiah 31:3–4

We will be free from our captivity. He has a plan, a future, and a hope for us. Let us cast off every hindrance and lay hold of that for which Jesus laid hold of us.

Physiological Information

Your physical transformation will occur primarily through the God-designed mechanism of hunger. Did you know that the Bible teaches that you are one of God’s masterpieces (Ephesians 2:10)? It is true. You are His work of art. Psalm 139 teaches that you are fearfully and wonderfully made, an intricate design of mastery and creativity. Therefore you can trust that a loving God who made you knew what He was doing when He placed the natural signals of hunger and satisfaction within you.

Throw out the old ways of thinking about food and your body. Discard the diet laws and fat gram counters, the food measurers, and so on. We will not be constrained by human-made rules (Colossians 2:20–23). Instead, we have at our disposal God’s own perfectly designed and fail-proof approach to combating overeating and excess weight.

The Hunger Scale

Those on the Thin Within journey will learn to define their hunger with a tool we call the Hunger Scale. While marvelously simple, we believe you will find utilizing this scale very effective.

To illustrate what the Hunger Scale is, let’s walk through the hunger reading exercise. Prayerfully invite God to give you sensitivity to what He wants to show you about your body during this exercise.

Concentrate on your mouth, your throat, your stomach, and your abdomen. In succession, ask yourself the following questions: “What do I hear, feel, taste, or think that I associate with hunger? Is there anything going on in my mouth, throat, stomach, or abdomen that I think indicates I am hungry?”

After focusing on the areas of your body that represent a part of your digestive system, take all of the information that you have just gathered and evaluate whether you are physically hungry. We call this “taking a hunger reading.” Are you empty? Are you satisfied? Are you somewhere in between? Are you beyond satisfied? Are you stuffed? In Thin Within, we use the Hunger Scale to define our levels of hunger and fullness.

Although true hunger is physiologically complex, it is consistently associated with a stomach pouch that is empty. The only place you experience true hunger is your stomach. The other sensations that we may call hunger are usually

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related to other bodily processes. For instance, one participant upon taking a hunger reading realized that if she had a “bad taste” in her mouth, she considered it “hunger.” It is also a misunderstanding to believe that hunger is only a sound or a “growl.” It is a feeling of emptiness in the stomach that may or may not be accompanied by a growl. Hunger sensations emanate from just below your rib cage.

When your stomach is empty, we call that a 0 on the hunger scale. This week you will learn to recognize when you are at your 0.

When you are hungry and choose to eat only to a point of comfort, we call it a 5 on the Hunger Scale. It is when you have had “just enough” and your body does not need more food. A 5 is not “full” or “stuffed.” It is “satisfied.”

A 10 is that very uncomfortable feeling of needing to unbutton your pants and to lie horizontally. This occurs when we continue to eat beyond the point when our body signals that we have had enough food. This feeling may occur at least every year during Thanksgiving dinner if not more frequently.

As you consistently take hunger readings, you will find your body accurately indicating when it is hungry and full. Your goal will be to eat between 0 and 5 and thereby release excess weight. If you eat between a 3 and a 7, you will most likely stay your current weight and size. If you routinely eat between a 5 and a 10, you will gain weight.

Many people never allow themselves to experience true stomach hunger. It may take up to twenty-four hours or longer to experience a true 0. Just know that the wait will be worth it.

Before you eat, we suggest that you take a hunger reading to determine whether you are, in fact, at a 0. If you find yourself uncertain, we say, “When in doubt, leave it out.” If you aren’t sure you are hungry—at a 0—we encourage you to wait a while longer until you are certain.

When your body reaches its 0, you have the freedom to eat the food you desire unless your doctor has indicated otherwise. In the days and weeks ahead, you will develop more discernment regarding what most agrees with your body and enables you to feel your best. For now we suggest

that when you eat, sit down, focus on your meal, and eat slowly so that you will be able to recognize when you are approaching that point of “comfort” that we call a 5 on the Hunger Scale.

As you confine your eating to the parameters that God intended when He created you, you will discover many things about yourself and about your relationship with your Creator. Continue to take hunger readings prayerfully throughout the week. Note what your hunger levels are and pray that God will continue to help you to become better acquainted with the amazing biological machinery that is your body!

Integration

One of the most wonderful things about Thin Within is that we rely on the One who has a plan, future, and a hope for us. When we follow God’s lead through the Holy Spirit, we can know without a doubt that He never intends harm, but desires only that which is good. While waiting for a 0 may seem challenging, we can gaze steadfastly on our Lord and Savior Jesus Christ who redeemed us from the empty life of endless dieting failures, weight gain, rigid rules, and self-condemnation. The pendulum swing is over. He brought us out of slavery and captivity. He purchased us not

with perishable things such as silver or gold, but with His very own precious blood (1 Peter 1:18–19).

What, then, shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all— how will he not also, along with him, graciously give us all things?

Romans 8:31–32

The Lord does not want you to experience hunger as something negative. Instead He wants you to experience hunger so that you will see your need for Him and experience His awesome ability to meet all your needs according to His purposes. He longs to show you compassion and to pour out His blessings that will come to you as you choose to follow His plan,

Definitions:

- Hunger Scale – numbers given to define levels of hunger, 0 for hungry (absolutely empty stomach), 5 for satisfied, 10 for stuffed.
- Hunger Number – used to define a specific level of hunger.
- 0 to 5 eating – eating between the parameters of hungry (absolutely empty stomach) and satisfied.

purpose, and hope. Your future begins now with Him. Cling to the hope that He offers.

In closing this week's lesson, we want you to know we have prayed and are praying for you:

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you. . . .

Ephesians 1:18a

My Notes

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Introduction To The Exercises

The daily exercises are divided into the following sections:

- ◆ **Going Deeper:** This section asks questions that will lead you to a deeper understanding of the material and how the lesson relates to you personally.
- ◆ **Bible Study:** This will range from asking you for simple observations of a passage to having you explore the depths of Scripture with comparisons and contrasts.
- ◆ **Getting Practical:** In this section you will be given the tools to make the physiological principles of Thin Within real in your daily life.
- ◆ **Knowing God by Heart:** Within each week of the foundational material, this section will cover two different attributes of God. You will have opportunity to look for their definitions and synonyms, find them in the Word of God, and finally, allow God to use this study to increase your knowledge, understanding, and trust in Him.
- ◆ **Memory Challenge:** God's Word is a lamp unto our feet and a light unto our path. By memorizing pertinent Scriptures you will never find yourself without His light to guide you when times become difficult.
- **Review of the Week:** Space is provided at the end of the week to prepare for your support group meeting. Since the majority of Thin Within members will be actively involved in a group, our hope is that this review will help you make the most out of your meeting.
- **Support Group Meeting Notes:** Use this section to make notes during your support group meeting and refer to it during the following week.

The attitude of your heart is critical as you approach each day's exercise. This is not about working to earn favor, nor is it a contest to see who can do the most. It is about walking closer with God each day and following His will—spiritually, emotionally, and physically. You might want to pray this as a prayer each day before starting the exercises to help keep your motives pure and your focus on God.

Please don't condemn yourself for questions you don't answer or charts you don't fill out. If your schedule forces you to skip a day, that is OK. Yield your will to God and He will guide you in this process and you will not be disappointed as you trust in Him.

Knowing God

Our desire at Thin Within is to point you to the only One who can make a permanent and eternal difference in your life. He is the TRUE God and He wants to have a deep and close relationship with each one of us. Part of building that closeness is getting to know our Creator and allowing the knowledge and understanding of who He really is to permeate our hearts as He transforms us from the inside out. Many of the problems that we face with food or weight come from an inaccurate picture of who God is and of our relationship to Him. By gaining clarity on the character of God, it is our hope that the core issues that underlie our struggles with food and weight may be resolved.

Day One

Starting Today...

- ◆ At any given point in time, notice where you are on the Hunger Scale and recognize when your body is truly hungry.
- ◆ Ask God for strength to wait until you are stomach hungry (0 on the Hunger Scale) before you eat.
- ◆ When you reach that point of stomach hunger (0), eat the foods you enjoy without being preoccupied with the diet rules of the past (for example, counting calories, fat grams, carbohydrates, or protein).
- ◆ As you eat, be attentive to that point of satisfaction, 5 on the Hunger Scale and respectfully stop eating.
- ◆ Allow your conscience and the Holy Spirit to convict you as you are being conformed to the likeness of Christ.
- ◆ Take time daily for Bible study and prayer and invite God to speak to you through His Word.

Going Deeper

Hope is defined in the dictionary as “desire accompanied by expectation of or belief in fulfillment.” Into what kinds of things have you been putting hope?

Bible Study

Promote the renewing of your mind by making time each day to open the Bible and study it, even if you read only a couple of verses. Romans 15:4 says that the Scriptures were written to teach us and give us hope. Read Jeremiah 29:11 and replace the word “you” with your own name, then write down what God’s Word says to you. (Example: “For I know the plans I have for ‘Linda,’ plans to prosper ‘Linda’)

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Getting Practical

Look at the section in this week’s lesson that explains the Hunger Scale. Find your hunger number right now and evaluate whether or not you are physically hungry. Decide if you are empty, satisfied, beyond satisfied, or somewhere in between. Write down what you discover.

Knowing God by Heart: Love

We know also that the Son of God has come and has given us understanding so that we may know him who is true. And we are in him who is true—even in his Son Jesus Christ. He is the true God and eternal life.

1 John 5:20

For the next three days, we are going to look at how God is love so that you can experience understanding and knowing God in a tangible way. The goal is to have a change of heart so that you might come to know the One who loves you, forgives you, and promises not only eternal life but abundant life! The more we discover who He is and discover His ways, the deeper we can grow in Him to reflect His glory.

Look up the word “love” in the dictionary and write down a definition that you believe is consistent with God being love. Read 1 John 4:16 and relate your definition to this Scripture.

Memory Challenge

In an effort to begin dwelling on the new work that God has planned for you in the weeks ahead, start memorizing Isaiah 43:18–19. Take time to see the message proclaimed in this Scripture. Read the verses out loud several times and then look away and say them from memory.. (Note: For your convenience, a separate sheet of memory verse cards are included along with this workbook to cut out and carry with you throughout the week.)

Forget the former things; do not dwell on the past. See, I am doing a new thing!

Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland.

Isaiah 43:18–19

Thin Within Tip

Once you reach 0, sit down and pay attention to your food so that you won’t be distracted from the Lord’s provision for you. This will also help you recognize when you are approaching that point of “comfort” that we call 5 on the Hunger Scale.

Day Two

Going Deeper

This week's lesson refers to a performance-based pendulum swing. One side represents the pride associated with an ability to lose weight through sheer self-effort, and the other side depicts the extreme of giving up on the weight loss effort and eating everything in sight. Have you had any experience with these two extremes? How does this cycle contribute to a feeling of hopelessness?

Bible Study

Along with daily Bible study, go to God in prayer and invite Him to speak to you through His Word and the Holy Spirit who indwells all who belong to Christ (Romans 8:9). God uses His living and active Word to convict and call us to righteous choices (Hebrews 4:12). Read Ephesians 2:4–9. Note the things that God has done for you. According to verse 4, why has He done all this? Read Ephesians 1:3–8 and replace the word “us” with your own name. Try to put into words how all these verses speak to your heart.

Getting Practical

Journal as you reflect on the last twenty-four hours. As you have paid specific attention to your body and your hunger numbers, what have you discovered? Have you been able to find 0? Write down your body's specific indications of hunger. If you are having difficulty finding hunger, pray right now and ask God to help you wait it out until you have most definitely found hunger (provided you have no health conditions that would cause any adverse effects).

Knowing God by Heart

We continue to grow in our knowledge of God by looking at 1 Corinthians 13. Since God is love, replace the word “love” with God in verses 4–8. Record how God reveals Himself to you. Use this revelation of God to guide you in worship of Him.

Memory Challenge

Continue memorizing Isaiah 43:18–19 by saying or writing it several times. After some repetition, try repeating it from memory. Take the memory verse card with you and refer to it throughout the day.

EXERCISES

Day Three

Going Deeper

Do you feel as if you are held captive by food and eating? How has this area of your life kept you from doing all that God has planned for you?

Bible Study

Read Jeremiah 29:12–14a. What does it show you about God’s deliverance from any captivity that you may be experiencing? Read Jeremiah 31:3, Ephesians 1:5, and Zephaniah 3:17. Write down what these Scriptures say about God’s view of you and His plan for your life.

Getting Practical

Keep the phrase “when in doubt, leave it out” in mind as you wait for hunger. It is easy to convince yourself that you are hungry when you may in fact be a 1 or 2 on the hunger scale. Prayerfully invite God to direct you when you are uncertain or in doubt. Make a prepared plan for those times of doubt, so that you will be ready when you are bombarded by the overwhelming desire to eat.

Knowing God by Heart

Find synonyms for the word “love” in a thesaurus or at end of the definition in the dictionary (abbreviated as syn.). How do these words give you a deeper understanding of God as love? Read 1 John 4:8–10, 19 and John 3:16. What do these Scriptures tell you about God?

Memory Challenge

Review Isaiah 43:18–19 until you can repeat it from memory.

Thin Within Tip

Start out with half portions of the food you normally eat and determine if that satisfies you.

Day Four

Going Deeper

What brings you satisfaction? Write about the times when food does and does not satisfy you, and why you think this is true.

Bible Study

Read Psalm 145:14–16. Where does true satisfaction come from? What do these verses reveal to you about how God is concerned with the intricate details of your life? Psalm 63:1–5 paints vivid word pictures to illustrate what God wants us to experience in Him. Write your thoughts.

Getting Practical

In your quest to find hunger, have you discovered anything about yourself and your desire for food and eating? Journal on this topic. Make note of anything new you have discovered regarding your body's response to hunger.

Knowing God by Heart: Jealous

Look up the word “jealous” in the dictionary and write down a definition that you believe is consistent with God being jealous. (We often think of jealous in the negative terms of resentment and envy. But God's attribute of being jealous is one of not tolerating rivalry, competition, or unfaithfulness. It is being vigilant to guard a precious possession.) Read Exodus 34:14 and relate your definition to this Scripture.

Memory Challenge

Repeat Isaiah 43:18–19 from memory. Turn these verses into a prayer for yourself or someone you know.

EXERCISES

Day Five

Going Deeper

Identify the benefits of waiting for hunger.

Bible Study

Read Romans 5:8 and replace the word “us” and “we” with your own name. Write a prayer of response to God for the love He has shown you. In Psalm 139:1–6, find the extent of God’s care and knowledge of you and journal your thoughts.

Getting Practical

Why do you think that diets don’t work and have such a high failure rate? Name some diets that you have done, or seen others do, and note if you considered any of them a success.

Knowing God by Heart

Continue to grow in your knowledge of how God is jealous by reading Exodus 20:5–6 and write your thoughts.

Memory Challenge

Meditate on Isaiah 43:18–19 throughout the day and allow it to draw you closer to God. Ask Him to help you truly believe this Scripture so that it can set you free from all the deceptive lies of the world.

Thin Within Tip

Realize that beverages (including coffee, tea, soda, milk, sports drinks, and juices), mints, hard candy, and chewing gum all change your hunger number because your body takes everything into account. Consuming these things while waiting for hunger will keep you from reaching zero or will often give false hunger signals. Water, on the other hand, will only change your hunger number for a very short period of time. We encourage you to replace some of the other habit-forming beverages with water.

Day Six – Optional Exercises

Note that two days of each week’s exercises are labeled “optional” exercises. These are provided for times when your schedule gets the best of you and you need a break. While we encourage you to work through all of the daily exercises, if you feel you need a break, take one. However, a break from these optional exercises does not mean a break from conscious eating. Continue to invite God to be part of this area of your life as you eat from 0 to 5.

Going Deeper

How would you define “abundant life”? Have you ever experienced it?

Bible Study

Read John 10:10. What do you think Jesus meant by “abundant” or “full” life? According to Hebrews 10:22–23, where can we find the hope of abundant life? Journal about hope after reading Romans 15:13 and Colossians 1:27.

Getting Practical

What is the hardest part of finding hunger? Take this to the Lord in prayer. What is the best part of finding hunger? Rejoice in the Lord at this observation.

Knowing God by Heart

Find words that are synonyms with the word “vigilant” and “guard” in a thesaurus or at the end of the definition in the dictionary. How do these words give you a more complete understanding of God as jealous? Read James 4:5–6. What do these Scriptures tell you about God?

Memory Challenge

Repeat Isaiah 43:18–19 out loud and ask God to make these verses real in your life. What might God be leading you to “be” or to “do” in response to this passage?

EXERCISES

Day Seven – Optional Exercises

Going Deeper

Have you ever felt like you sought God and He didn't answer you? Jeremiah 29:12-13 promises that He will listen and answer. Why do you suppose there are times when God seems distant?

Bible Study

Do you believe God's promise in Jeremiah 29:12-13? If not, take your unbelief to Him. According to John 8:32, how will we be set free? Journal on what you would like to see happen in the days and weeks ahead concerning "truth" in your life.

Getting Practical

Now that you have had a whole week of practice, define hunger (0) according to your own body's response. You do not need to be concerned with or to compare yourself with another's experience. Simply come to understand your body and how God has crafted you. Pray that God will establish a consistent pattern within you of eating when your body is truly hungry.

Memory Challenge

Share your memory verse with a friend or family member, telling him or her how it relates to your Thin Within journey.

Thin Within Tip

You can plan your hunger by:

- ◆ not eating all the way to a 5. If you reach a 0 at 2:00 P.M. in the afternoon and dinner is at 6:00 P.M., you can wait or perhaps have a very small amount of food (for example, half of a banana or a few almonds) that will take you off of 0. By dinner you will be empty and ready to enjoy a nice meal.
- ◆ delaying when you eat for a period of time.
- ◆ adjusting the kind of foods you eat. Different foods vary in how well they satisfy you.

Review of the Week

Take time at the end of each week to review what God has taught you and how it is impacting your life. This will give you a great overview to take to your Thin Within Support Group Meeting

The most significant thing God taught me this week:

At least one change that has occurred in my life since last week at this time:

My experience in waiting for and finding hunger (0) this first week of Thin Within:

The most significant thing that God helped me to observe this week that I will focus on correcting next week:

What I have learned about the character of God as love and jealous, and how I have come to know and be drawn closer to him:

My prayer requests:

My praise and thanksgiving thoughts:

Support Group Meeting Notes

Use this section to make notes during your support group meeting and refer to it during the upcoming week.

Group prayer requests:

Group praise and thanksgiving thoughts:

Reminder to encourage a group member during this next week:

Additional Group Notes
