



Galvanized Grace

Weekly Summary Thought

Grace leads away from the extremes of legalism or license to the blessing of obedience in my eating.

Last week we saw that our beliefs affect our actions.

What we believe about ourselves and about God will radically impact whether or not we experience His victory over struggles with over-eating and in fostering godly respect for our bodies.

Fundamental to all the beliefs that we hold is **grace**. What *is* grace? What does grace look like in my everyday life? How do I keep from slipping over the grace line into that place of license? Has the law infiltrated my life in some way that is keeping me from experiencing God's best? Evaluating and finding honest answers to these questions, answers based on the truth of God's inerrant Word, is vital to our continued progress.

Assignment:

- Read Days 13-15 in *Thin Within*.
- Complete your study guide questions before attending your group meeting.

For the Leader:

Find out if any of the group members used the Food Log or Observations & Corrections chart in the last week. Did these tools help or hinder? What observations were made from their use and would it be beneficial to continue using them?

Crowd Breaker: Have each group member share about any pets they currently have or have had in the past.

Sample Prayer: Lord, Your Word says Your grace is sufficient. Teach us this week how Your grace can make a difference in our moment by moment choices. Open our eyes to the truth and give us the desire to let go of our own efforts so that You might infuse us with Your grace and power to accomplish much. In Jesus' name, Amen.

Week Five *Thin Within* Study Guide

- Pray for yourself and for your group members.
- Hide this week's verse in your heart.

Bible Verse of the Week

But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them—yet not I, but the grace of God that was with me. 1 Corinthians 15:10

- **Scripture Focus: Grace, Law, and License**

Did you receive the Spirit by observing the law, or by believing what you heard? Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort? Have you suffered so much for nothing—if it really was for nothing? Does God give you his Spirit and work miracles among you because you observe the law, or because you believe what you heard?

Galatians 3:2b–5

Sometimes, as we seek to cooperate with God on the restoration of our bodies, the temple where God's Spirit now resides, there are periods of intense discouragement and frustration. We may begin to get downcast and want to give up. We may even think that God isn't pleased with us. At times like these, we must be vigilant against the wiles of the enemy, who loves for us to think that God has "disqualified" us because we are not "obedient enough." To be sure that your beliefs are firmly rooted in biblical truth, one need only look to salvation. While we were still sinners, Christ died for us (Romans 5:8). We received the Holy Spirit of God, imparted to us forever, NOT because we had earned this immense, amazing privilege, but because of one thing and one thing only—God's amazing grace. Let us not lose sight of this truth as we strive for balance

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far from those places at polar extremes “license,” and “law.” What is biblical grace? Let’s look at several passages for an accurate picture.

Look up the following verses. In the space provided, summarize what each teaches about the law and/or about grace.

<u>Bible Reference</u>	<u>Teaching on Law</u>	<u>Teaching on Grace</u>
Galatians 2:21		
Galatians 3:2–6		
Galatians 3:10–11		
Galatians 3:24		
Romans 6:14–15		
Romans 7:5–6		
Romans 9:31–32		
1 Corinthians 15:10		
2 Corinthians 9:8		

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Use the notes you've made above to summarize what you have learned about grace and the law. Prayerfully include any practical applications that you feel the Lord would have you implement in your Thin Within journey.

🔑 **Key #4 Eat when my mind and body are relaxed.** When our minds are consumed with the cares of the day and our bodies are tense and stressed as a result of this preoccupation, it is very difficult to focus on the food we are eating when we reach a 0. In order to know when our bodies have had enough, we must be conscious of each bite put into our mouths. When it is time to sit down for a meal, take a few minutes beforehand to unwind and lay aside all the issues that are brimming over within your mind. Allow your body to shake off the stress and tension so that you might focus on the meal at hand and find the proper amount your body needs.

👁 **Focus Task**

Find at least one naturally thin person in your life, someone who is not following laws or formulas to maintain their natural size. Observe how he/she responds to food, eating, and his/her body.

- **Thin Within Book Focus**

Use the material in the Thin Within book to respond to the following questions.

Day Thirteen

Have you found yourself trying to make Thin Within work for you? After reading Day Thirteen, what new role do you see grace assuming in your walk toward freedom?

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Day Fourteen

Do you believe you were created to be free? In the spaces provided below, honestly evaluate what you believe about your body and your eating?

Do your beliefs match that which God has proclaimed to you these last four weeks? Pray that your heart would line up with the truth.

Day Fifteen

Are there parts of your day and your life where God is not even a consideration? Prayerfully consider how God can become an intentional part of each moment of your day.

- **Week Summary**

It is fascinating to study “grace” in God’s Word. We find that while we know we cannot *earn* God’s grace, it is poured out on us freely imparting a supernatural ability to do that which we could not do apart from it. Many are concerned about using God’s grace as a license to sin. For the child of God steeped in the rich potency of God’s Word, that is just not possible. God’s grace, as Paul says, is never a license to sin. But where rules,

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regulations, codes, and laws caused our rebellious flesh nature to respond in sin, God's grace causes us to respond in love for the Giver of that grace—the One who paid it all so that this grace might infuse my life. He is worthy of my heart, my soul, my life, my strength—my ALL.