



## Strengthened by Surrender

### Weekly Summary Thought

Getting to know the Lord through His Word and prayer causes me to trust Him and release myself to Him.

**F**ocus. So often we insist upon maintaining a focus that we

are sure is God's desire for us. Yet He may be gently insisting, "Release that to Me." Sometimes, even that which is "good" may not be His best. He may require a total surrender of what we are sure of, so that our faith and trust are rooted in Him and not in things we can see. This week we will openly ask God to expose anything to which we cling that He asks us to release to Him. Be ready to step out in faith. God is doing a work in you whether you recognize it through released weight or some other tangible form. Be ready to surrender what you have "known" as you step forward into that to which He calls.

### **Assignment:**

- Read Days 22–24 in *Thin Within*.
- Complete your study guide questions before attending your

### **For the Leader:**

What effect has the Gratitude List and the practice of a thankful heart had on group members?

**Crowd Breaker:** Have everyone that is willing share one eating experience this week where they felt victorious in the Lord.

**Sample Prayer:** Lord, we know that even though it is only through You that we can find freedom and victory in our eating, one element remains our choice. We can continue to cling to our practiced ways of eating and thinking about food, or we can relinquish those ways that have proven destructive and undermining to the godly building of our temples. Help us to surrender the food our bodies do not need and give You any greedy longing we have for food. We cannot do this in our strength. We need Your power and grace to move us away from our old path and into Your awesome victorious path. Thank you, Lord, for showing us the truth. In Jesus' name alone. Amen.

## Week Eight *Thin Within* Study Guide

group meeting.

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

### **Bible Verse of the Week**

*I say to myself, "The LORD is my portion; therefore I will wait for him." The LORD is good to those whose hope is in him, to the one*

- **Scripture Focus: Trust and Obey**

*Naaman's servants went to him and said,*

*"My father, if the prophet had told you to do some great thing, would you not have done it? How much more, then, when he tells you, 'Wash and be cleansed!'"*

*So he went down and dipped himself in the Jordan seven times, as the man of God had told him, and his flesh was restored and became clean like that of a young boy.*

2 Kings 5:13–14

Read 2 Kings 5:1–14. In the chart below, fill in the blanks that describe Naaman and determine if it is a positive or negative trait.

<b>Quotation</b>	<b>Positive or Negative Trait</b>
“C_____ of the army”	Positive
“He was a gr_____ m_____”	
“[he was] h_____ r_____”	
“He was a v_____ s_____”	
“But he h_____ l_____”	

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Based on the description of Naaman in this passage, tell what kind of person he might have been. (Notice that Aram and Israel were not allies, but rather enemies.)

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Reread the passage again and imagine each scene playing out like a movie in front of you. What details come to the forefront?

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Describe what Naaman might have thought in each of these scenes:

- Hear of someone in Israel that might be able to cure him—what might motivate him to do as the slave girl suggested?

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- Go to the King of Aram to make his request and receive permission.

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- Hear the response of the King of Israel to the letter from the King of Aram.

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- Elisha requesting to meet with him.

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- Hear the instructions of Elisha—dipping into the river seven times for healing.

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- The servants' rebuke to do what Elisha had said.

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- Choosing to go down to the Jordan and following Elisha's solution.

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- Emerging from the waters of the Jordan cleansed and restored.

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Can you identify with any part of the events in the life of Naaman?

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Do you have any preconceived ideas about the way in which God will heal you that might actually be hindering you? Is He asking you to let something go? Is He giving you any specific instructions as He did for Naaman?

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→ **Key # 7 Eat slowly and savor each bite.** What better way to maximize each eating experience and facilitate conscious eating than to slow down and enjoy each bite of food! Turn the meal's focus into a time of gratefulness to God as you delight in the variety and abundance of food He provides.

### 👁 Focus Task

In an effort to strengthen your beliefs and confidence in the Lord, use the Word of God to form your prayers this week. You might start with verses that are already written as prayers (Ephesians 1:16–23, 3:14–21, and many of the Psalms) and then adapt other Scripture into prayers of your own.

## Week Eight *Thin Within* Study Guide

- **Thin Within Book Focus**

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

### **Day Twenty-Two**

Look through the five Steps to Strengthening Your Belief System covered in this chapter and focus on doing at least one of these activities. Make note of the action you take and write a prayer that God will equip you to be strong and confident in Him.

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### **Day Twenty-Three**

As you did in the previous day's material, take one of the Steps to Strengthening Your Belief System to action and make note of it here. Ask for God's perseverance in continuing to be stretched to a deeper faith and trust in His promises and provision.

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### **Day Twenty-Four**

Meditate on the following quote from Day Twenty-Four. "Look on your trials as an opportunity for the Lord to form and shape your character. He will provide a way of escape if you are open to it. You can be confident that He will not allow anything to prevent the accomplishment of His plan and purpose for His beloved, *you*. He will provide the grace and the strength you need to emerge victorious." In light of your current circumstances, how can this truth move you out of a place of distraction, discouragement, or defeat, and into the way of escape and victory God has for you?

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## Week Eight *Thin Within* Study Guide

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- **Week Summary**

Sometimes we have to lay aside what we think we know and allow God to give us His direction and answers for this moment. We must, in humility, accept that we have yet to arrive at all the answers. We are told in Colossian 3:17 that the reality is found in Christ. This might require us to set aside a great deal for the sake of obtaining that which Christ offers us—a marvelous and complete healing. It makes you wonder, “Can this be so simple?” Yes, beloved, it can.