

Thin Within Online Workbook Study 2014
February 17- Week 7: Counting the Cost- Group Discussion Questions-
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Note: These questions are not meant to bring condemnation. They are meant to help us observe and correct any incorrect assumptions we have made. If you feel condemned, remember Romans 8:1, but do allow the truth to set you free.

1. “Insanity is doing the same things and expecting different results.” I am not sure who originally said this, but Heidi mentioned this in the Webinar. How does this apply to dieting mentality and to our relationship with Jesus Christ? Explain.
2. Another statement that Heidi made that is profound is this: “When the pain of staying the same outweighs the pain of change, we will choose change.” Are you ready to embrace the change the Lord wants not only in your eating but also in your life? What old mindsets do you now see are going to have to change? How do we change those mindsets? (Hint: See 2 Corinthians 10:3-5).
3. What are some things you enjoy that do not involve eating? Discuss this with your group. (Take the time to enjoy those things. Most of all, take the time to feast on God’s word, and you will be filled.)
4. Are you truly ready to “count the cost” and make adjustments accordingly? Be honest with yourself and with God. Discuss with each other as the Lord leads you.
5. Are you trying to combine dieting mentality with Thin Within? Will this bring the lasting change God desires for you? Why or why not?
6. Does placing the blame on others or our circumstances solve our problems? Why or why not?
7. Why does it scare us to stop running to the scales, stop counting calories, or give up some other dieting principle?

8. Jeremiah 17:9 says that the heart is deceitful. 1 John 3:20 says that God is greater than our hearts. Are you deceiving yourself or being deceived in some way concerning food? If so, God is greater than your heart, and He can change this.