



Joy in the Journey

Weekly Summary Thought

As I continue to submit to the Lord and live a holy life, I will consistently experience His abundance and deep abiding joy.

Joy. There is nothing like it. When it is missing from our lives, it is noticeable. God has made a way for us to experience His complete joy in each and every circumstance of our lives. Skeptical? Take time to study this week's lesson and see God's intricate plan to weave joy through your heart that will transcend any and everything you face on a day-to-day basis.

Assignment:

- Read Days 28–30 in *Thin Within*.
- Complete your study guide questions before attending your group meeting.
- Pray for yourself and for your group members.
- Hide this week's verse in your heart.

Bible Verse of the Week

You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. Psalm 16:11



For the Leader:

Consider making this final meeting a time of celebration and testimony to the glory of God's work in this book study. This can include a special time when all the group members share what God has done in their lives both physically and spiritually in these last ten weeks. Personalize this event to meet the needs and desires of the group, even adding special elements such as music and/or sharing a meal together.

Crowd Breaker: What one word would you use to describe the experience you have had in this book study over the last ten weeks?

Sample Prayer: Oh Lord we are so grateful for how You faithfully brought us to the end of this study. Thank You so much for the provision You made for this class and for the work You have done in our hearts. Remind us continually of what we have learned so it can be a natural and integral part of our lives and bring the abiding joy and victory that You have promised. With thankful hearts we pray. Amen.

Week Ten *Thin Within* Study Guide

- **Scripture Focus: Joy!**

joy | /'jɔɪ| n : the source of ecstatic satisfaction; a glorious and triumphant state; possessing what we love or desire; exhilaration of spirits.

Psalm 28:7 says *“The LORD is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song.”* The true source of joy comes from the Lord alone. As we trust in Him to be our shield and strength, our hearts will leap with joy.

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

According to Romans 15:13, where does joy come from? Are there any conditions on having joy and peace? What will be the result and how is it possible?

Meditate on each of these verses and note what each passage teaches you about God’s way of instilling joy in your life.

Passage on Joy	God’s Plan for Joy in Your Life
Psalm 19:8	
John 15:9–11	
Psalm 21:1–7	

Week Ten *Thin Within* Study Guide



➔ **A last look at the eight Keys to Conscious Eating.** What key(s) have you found to be most beneficial these last ten weeks to facilitate conscious eating? Are there any keys that you've struggled with and yet see the need for them to be practiced in your eating? Prayerfully ask God to internalize these keys within you so that you are transformed into a naturally thin eater.

How do we have complete joy? John 15:9–11 answers this question.

“As the Father has loved me, so have I loved you. Now remain in my love. If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.”

Jesus offers us unconditional love that is not dependent on what we do. We don't have to eat within hunger and satisfaction in order to receive His love and acceptance.

However, the complete joy that He offers us comes when we remain in His love by obeying Him. We can rest and abide in Him, staying under the covering of His love. That is what enables us to obey, and when we obey, He lavishes us with His absolutely complete joy!

God blesses us whether or not we obey because He is incredibly good. But the abundant life that He wants to bowl us over with is ours for the taking. He has already done what it takes for us to have abundant life, we just need to walk in it. Amazingly enough, He even gives us the power and ability to do that, as well.

We can trust that God has the best in mind for us, and our only part is to choose to remain in His incredible love so that we might obey Him. Joy is a choice. God promises it to those who remain in Him.

👁 **Focus Task**

Week Ten *Thin Within* Study Guide

Strive to incorporate 0 to 5 eating and the Keys to Conscious Eating into each day of your life. With continual practice by the strength of the Lord, these tools will become a natural part of life.

Thin Within Book Focus

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

Day Twenty-Eight

Read Chuck Swindoll's quote at the bottom of page 300. How can you abide more deliberately in Christ?

What specific ways is God calling you to rest and relax in a tangible way?

Day Twenty-Nine

What measures can you take to create an opportunity to keep Thin Within and the support you have received in this group as part of your lifestyle?

After comparing your responses in the "Before you Begin" questionnaire to the "Where I've Come From" questionnaire, list all the ways God has begun the restoration of your temple.

Day Thirty

Week Ten *Thin Within* Study Guide

What things have you learned about yourself and about God in these last ten weeks?

What promise from God's Word sums up this experience and gives you something to cling to for the journey up ahead?

Week Summary

We may have come to the conclusion of this book study, but we certainly haven't come to the end of experiencing the abundant life that God has to offer. Every day is an opportunity to remain in Him so that He might pour His love over us and enable us to walk in obedience, experiencing indescribable joy!