

## Thin Within Workbook Study 2014

### March 10 Lesson 09 Boundaries - Group Discussion Questions

Written by Cathy Maher

1. Boundaries are fundamental in life. Why do we set our eating boundaries?
2. In Lesson Two we learned that our body is God's Temple. If that is true, then who's boundary is eating 0-5...*really*?
3. Have you been able to respect and honor your 0-5 (or hunger and no longer hungry) boundaries this week? Why or why not?
4. One of the tools Heidi talked about is the TRUTH CARDS. How are you planning to use this tool? Do you believe going over your truth cards often is worth the time? Why or why not?
5. If you haven't been successful with your boundaries or truth cards are you willing to start or to re-start today?
6. How will you use your truth cards this week?
7. Do you think that ***delaying the regret*** of that "last bite" is helpful to you? Since there always will be a last bite, would you be willing to stop a little sooner? What do you think might happen as a result?
8. What does over eating do to your heart? What do you commonly break your boundaries over, thus hurting your heart?
9. Do you generally feel freer inside or outside of your eating boundaries?
10. Tina advised inviting God into any type of interaction we have with food, not just eating. List some other ways (ex, grocery shopping) you interact with food. Will you invite God into those areas and ask Him what His boundary for you should be?
11. Truth is a pretty serious thing with God. So why do we have eating boundaries? What is their purpose? What do boundaries keep us from? (She read this from a Pastor friend)
12. When we go outside our boundaries and carry excess weight, it can hinder our intimacy. Have you ever felt disqualified from ministering to others because of your focus being so much on your weight? How could honoring your boundaries help?
13. Does God see us as over weight people? What do you identify with most? Heidi strongly reminded us to not take on the false identity of being over weight. That is not how God sees us. We're not over weight people in God. Don't listen to your idol! What will you identify with this week?
14. Describe preventative eating? (41minute marker)