

*Video Two**
Support Group Leader Discussion Guides
&
Group Notes

**Video Two is also labeled Quarter 2, 2002*

Video 1

Week 1

Lesson/Exercises

Discussion Questions:

1. What practical tip helped you eat between 0 to 5 this week?
2. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
3. What Bible verse or portion of your lesson most spoke to you this week?
4. Show how God used the lessons/exercises to meet a specific need this week.
5. What has the material taught you about the character of God and His power to change you?
6. John 8:32 says, "Then you will know the truth and the truth will set you free." How has the Truth set you free this week?

Q 2 Video Week 1: Introduction of all Testimonies

Discussion Questions:

1. Which testimony spoke to you the most and why?
2. What bit of practical advice can you take from this video segment?
3. What did you learn about God's role in weight loss from this video segment?
4. Do you perceive a specific change that needs to happen in you this week?

Key Bible Verses

Psalm 25:4-5 "Show me Your ways, O LORD, teach me Your paths; guide me in Your truth and teach me, for You are God my Savior, and my hope is in You all day long."

- We may find ourselves putting our hope in losing weight to possess that "perfect" body or in obtaining deliverance from overeating. The Truth is that our hope is in God alone. The enemy's desire is for us to put our hope in anything besides God.
- God's desire is for me to walk in His path of Truth through God's Word. That is my hope.

Psalm 40:1-3 "I waited patiently for the LORD; He turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; He set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD."

- As I patiently wait for Him, He will hear my cry for help.
- He can lift me out of any slimy pit in which I find myself.
- He has a firm, secure place for my feet to rest on when he pulls me out of the pit.
- Not only does He move me to His place, but He totally changes me and my whole outlook on life....giving me a praise song for Him.
- As He rescues me, He will use that experience to help me and others to trust Him.

Psalm 73: 23-26 "Yet I am always with You; You hold me by my right hand. You guide me with Your counsel, and afterward You will take me into glory. Whom have I in heaven but You? And earth has nothing I desire besides You. My flesh and my heart may fail, but God is the strength of my heart and my portion forever."

- God will hold my hand and guide my every step if I allow Him.
- There is nothing on earth that compares to God!
- I will fail, but God promises to be my strength.
- Portion is defined as an allotment, dividend, or share. It is also the part of an estate given to a child or heir. What a comfort to know that the Creator of the Universe and the all-powerful God is my portion!



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Review the "Progress" line on the support group log. Is the group as a whole making progress? _____

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Video 1

Week 2

Lesson/Exercises

Discussion Questions:

1. What practical tip helped you eat between 0 to 5 this week?
2. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
3. What Bible verse or portion of your lesson most spoke to you this week?
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Q 2 Video Week 2: Heidi

Discussion Questions:

1. Has anyone in this group had an experience similar to Heidi's of "success" in losing weight (through exercising, dieting, purging, etc.) but then realized that permanent weight loss was not possible because you continued to be preoccupied with thoughts of food and eating?
2. Discuss ways in which God has shown you that you can trust your body's signals.
3. How can the hunger graph be a tool of grace rather than a club of condemnation?
4. Talk about the fear of hunger (0) and what might be the cause.
5. How can forgiveness play a role in the ability to let go of overeating (or any coping mechanism we might use)?

Key Bible Verses

I Samuel 16:7 "The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart."

- God is more concerned with our heart's inclination than He is with our body's outward appearance.

Matthew 6:19-21 "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasure in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

- Treasure is something of great worth or value that you hold dear.
- Our heart is ruled by what is most dear to us.

Hebrews 4:12 "For the Word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

- God's Word will reveal the thoughts and attitudes of our heart.
- His living and active Word is precisely what we need in order to correct any heart issues.

Mark 12:30 "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

- God wants our hearts to be completely His as we love Him with all we possess.

Deuteronomy 30:11-14 "Now what I am commanding you today is not too difficult for you or beyond your reach. It is not up in heaven, so that you have to ask, 'Who will ascend into heaven to get it and proclaim it to us so we may obey it?' Nor is it beyond the sea, so that you have to ask, 'Who will cross the sea to get it and proclaim it to us so we may obey it?' No, the word is very near you; it is in your mouth and in your heart so you may obey it."

- The things that God asks us to do are not too difficult to accomplish because with Him all things are possible.
- As we avail ourselves of God's Word, He writes His Word on the tablet of our hearts. As our faith and trust in Him deepens, we obey His commands by the power of the Spirit within.



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Video 1

Week 3

Lesson/Exercises

Discussion Questions:

1. What practical tip helped you eat between 0 to 5 this week?
2. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
3. What Bible verse or portion of your lesson most spoke to you this week?
4. Share how God used the lessons/exercises to meet a specific need this week.
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Q 2 Video Week 3: Pam

Discussion Questions:

1. Discuss how Thin Within is a weight loss and a weight maintenance program. (Once you have allowed God to clarify your body's hunger & satisfaction signals in order to release your weight, then maintaining that 0 to 5 eating is all you need to do.)
2. Highlight some of the suggestions Pam made about social eating:
 - Planning to be at a zero so that when it is time to eat, you will be ready to enjoy it.
 - Enjoy the eating experience and not just the food
 - Order a small amount or share with a companion
 - Plan ahead to "carry out" the extra food in a container rather than in an overstuffed stomach
 - Move the leftover food out of your reach once you have reached 5
1. How can the scale be a stumbling block? What can you do to ensure that it is not one?
2. Talk about how God can use the process of releasing weight to fulfill His promise of abundant life. (John 10:10)
3. Discuss how costly choices are required in order for each of us to change. Share any testimony of obedience and God's response.

Key Bible Verses

Matthew 16:24 "Then Jesus said to His disciples, 'If anyone would come after Me, he must deny himself and take up his cross and follow Me.'"

- There is a cost to following Jesus.
- Denying self involves death to my will/agenda and a willingness to embrace God's will instead.

I Peter 4:1-2 "Therefore, since Christ suffered in His body, arm yourselves also with the same attitude, because he who has suffered in his body is done with sin. As a result, he does not live the rest of his earthly life for evil human desires, but rather for the will of God."

- This passage says I can make a choice to suffer (give up my selfish will) rather than to sin.
- In the moment of temptation, sin is the "easy way out". We are choosing to avoid the discomfort of an obedient choice.
- However, the ultimate outcome is to be done with sin in the moment and do the will of God!



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Video 1**Week 4****Lesson/Exercises**

Discussion Questions:

1. What practical tip helped you eat between 0 to 5 this week?
2. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
3. What Bible verse or portion of your lesson most spoke to you this week?
4. Share how God used the lessons/exercises to meet a specific need this week.
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Q 2 Video Week 4: Jan

Discussion Questions:

1. We tend to think our only goal is to be thin. What is God's primary goal for our bodies according to 1 Corinthians 6:19-20?
2. Discuss Jan's analogy of how we treat the church building vs. how we treat the dwelling of the Holy Spirit (our body).
3. Share what the analogy of the river of forgiveness means to you.
4. How might the reminder of God's continual forgiveness influence your response?

Key Bible Verses

Micah 7:18-19 "Who is a God like you, who pardons sin and forgives the transgression of the remnant of His inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea."

Psalms 103:1-5 "Praise the LORD, O my soul; all my inmost being, praise His holy name. Praise the Lord, O my soul, and forget not all His benefits-- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's."

- God is so gracious to us as He pardons and forgives all of our sin.
- He delights in showing mercy and in His great compassion He casts our sin into the depths of the sea.
- After sin has "aged" us and made us weary, God's love and compassion renew our youthfulness.

Psalms 32:1-5 "Blessed is he whose transgressions are forgiven, whose sins are covered. Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit. When I kept silent, my bones wasted away through my groaning all day long. For day and night Your hand was heavy upon me; my strength was sapped as in the heat of the summer. Then I acknowledged my sin to You and did not cover up my iniquity. I said, 'I will confess my transgressions to the LORD'- and You forgave the guilt of my sin."

- God has already forgiven and does not count our sin against us.
- When we hold onto that sin and fail to confess it, we deceive ourselves and may even cause physical harm to our body.
- Our acknowledgement of sin is for our benefit.
- In repentance, we see things as they really are, and then are able to receive forgiveness and be set free from the weight of shame and guilt.



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Video 1**Week 5****Lesson/Exercises**

Discussion Questions:

1. What practical tip helped you eat between 0 to 5 this week?
2. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
3. What Bible verse or portion of your lesson most spoke to you this week?
4. Share how God used the lessons/exercises to meet a specific need this week.
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Q 2 Video Week 5: Jerry

Discussion Questions:

1. Discuss Jerry's analogy of the creek in her back yard and the storms of life.
2. Can anyone relate to Jerry's statement that her weight problem is "a storm of (her) own creation"?
3. How can a "created storm" be God's tool to increase trust and bring us closer to Him?

Key Bible Verses

Psalm 9:9-10 "The LORD is a refuge for the oppressed, a stronghold in times of trouble. Those who know Your name will trust in You, for You, LORD, have never forsaken those who seek You."

- No matter what oppression or trouble we face, God is the shelter and protection we need.
- As we grow in our knowledge of God, we recognize His trustworthiness and that we can trust Him without hesitation.
- God will never abandon those who seek Him.

Isaiah 61:1-3 "The Spirit of the Sovereign Lord is on me, because the LORD has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion-- to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of His splendor."

- Jesus came to establish the Good News that would heal broken hearts and free the captives/prisoners.
- God wants to take our bondage or captivity and replace it with something unimaginably good.
- He can transform the ashes, mourning, and despair into a display of His magnificence in our lives!

I Peter 1:6-8 "In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith-- of greater worth than gold, which perishes even though refined by fire-- may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. Though you have not seen Him, you love Him; and even though you do not see Him now, you believe in Him and are filled with an inexpressible and glorious joy."

- We can rejoice in our trials, for even though they cause suffering, they are used by God to refine our faith.
- Through this refined faith, we can love and believe the God we cannot see as we are filled with inexplicable joy!
- Our faith in God is worth more than gold and brings praise, glory, and honor to Jesus Christ.



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Video 1**Week 6****Lesson/Exercises**

Discussion Questions:

1. What practical tip helped you eat between 0 to 5 this week?
2. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
3. What Bible verse or portion of your lesson most spoke to you this week?
4. Share how God used the lessons/exercises to meet a specific need this week.
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Q 2 Video Week 6: Bill #1

Discussion Questions:

1. Share some things in your life that may have contributed to your beliefs about food.
2. Have you ever felt like your size determined your "history"?
3. Has food become a hiding place or refuge?
4. Do you know the fear of rejection or the fear of success that Bill talked about? (Bill feared success because he felt that if people didn't like him after he lost the weight, he couldn't use the weight as an excuse anymore.)

Key Bible Verses

Psalm 27:1 "The LORD is my light and my salvation--whom shall I fear? The LORD is the stronghold of my life--of whom shall I be afraid?"

Psalm 118:5-8 "In my anguish I cried to the LORD, and He answered by setting me free. The LORD is with me, I will not be afraid. What can man do to me? The Lord is with me, He is my helper. I will look in triumph on my enemies. It is better to take refuge in the Lord than to trust in man."

- There is nothing to fear when the Lord is our life because He has provided us with everything we need for life and godliness.
- With our confidence in the Almighty God, we can triumph over fear.
- Man will fail us, but God alone is trustworthy and will never forsake us.

I John 4:4 "You dear children, are from God and have overcome them because the One who is in you is greater than the one who is in the world."

Romans 8:37 "In all these things we are more than conquerors through Him who loved us."

I John 5:4-5 "For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only he who believes that Jesus is the Son of God."

- The power within us as Christians is greater than all other power in existence, including the Enemy.
- We can overcome and we are more than conquerors because of the life of Christ and the power of the Holy Spirit within us. Christ in us, the hope of glory! (Colossians 1:27)
- Our faith in Him and His transforming power overcomes every obstacle in our lives.



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Video 1**Week 7****Lesson/Exercises**

Discussion Questions:

1. What practical tip helped you eat between 0 to 5 this week?
2. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
3. What Bible verse or portion of your lesson most spoke to you this week?
4. Share how God used the lessons/exercises to meet a specific need this week.
5. What has the material taught you about the character of God and His power to change you?
6. John 8:32 says, "Then you will know the truth and the truth will set you free." How has the Truth set you free this week?

Q 2 Video Week 7: Bill #2

Discussion Questions:

1. What lies have you used to justify eating more than you need?
2. Can you relate to Bill's story about using exercise as a method of weight loss?
3. What did Bill mean by "the scariest lies are wrapped around a grain of truth"?
4. Read Matthew 15:1-11, 17-20; Luke 11:39; Luke 16:15; Acts 15:5-11, and John 14:6. Discuss the Pharisees' attempt to find righteousness by following tradition and how Jesus showed a different way.

Key Bible Verses

John 8:31-32 "To the Jews who had believed Him, Jesus said, "If you hold to my teaching, you are really My disciples. Then you will know the truth, and the Truth will set you free."

- As the Pharisees believed that self "works" would earn their way to God, some may think that exercise or dieting will earn their way to weight loss.
- Truth reveals the lies that the Enemy uses to deceive us.
- Through God's Truth we can find the answers that will set us free.

Romans 12:2 "Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-- His good, pleasing and perfect will."

2 Corinthians 10:5 "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

- In order for the Truth to set us free, we need to turn away from worldly misconceptions and allow the Word of God to renew our minds.
- As we delve into the Word of God, we will recognize the lies the Enemy sets against the Truth.
- Through the power of the Holy Spirit & weapons of warfare (2 Corinthians 10:3-4), we are able to turn our thoughts toward that which is true as we walk in obedience to Christ.



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Video 1**Week 8****Lesson/Exercises**

Discussion Questions:

1. What practical tip helped you eat between 0 to 5 this week?
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4. Share how God used the lessons/exercises to meet a specific need this week.
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Q 2 Video Week 8: Karen & Debi

Discussion Questions:

1. If you have used the Observation & Correction chart, how has it helped you in eating when you are hungry and stopping when you are comfortable?
2. Have you seen a distinct difference in the amount of food you are consuming?
3. Share any experience you have had of adjusting your eating so that hunger comes at an appointed time of the day.
4. Can you relate to Karen's description of the condemnation cycle i.e., eating too much, feeling condemned, then eating more?
5. Read Hebrews 9:8-15, 22, 27-28 and discuss redemption of sin and how it is accomplished through the blood of Christ. (Read the whole chapter 9 in class if there is time or assign the group to read it later.)

Key Bible Verses

I John 1:7-9 "But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness."

- His blood purifies us from all sin.
- We are to confess our sins and disobedience before God; living no longer as slaves to sin but slaves to righteousness.
- His forgiveness is already established and we can stand on His promise of purity.

Hebrews 10:19-23 "Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, His body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unwaveringly to the hope we profess, for He who promised is faithful."

Hebrews 10:10 "We have been made holy through the sacrifice of the body of Jesus Christ once for all."

- We can enter God's throne with confidence because of the blood of Jesus.
- As we bring our guilty conscience to God, drawing near to Him with sincerity, He gives us full assurance of His acceptance.
- We are made holy once and for all by the sacrifice of Jesus.
- We are not a failure because of eating more than we need. It is not necessary to repeatedly dig up our past sins because "as far as the east is from the west, so far has He removed our transgressions from us." (Psalm 103:12) He has forgiven us and sees us as righteous through the blood of Jesus Christ.



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Video 1**Week 9****Lesson/Exercises**

Discussion Questions:

1. What practical tip helped you eat between 0 to 5 this week?
2. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
3. What Bible verse or portion of your lesson most spoke to you this week?
4. Share how God used the lessons/exercises to meet a specific need this week.
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Q 2 Video Week 9: Lara

Discussion Questions:

1. Lara talked about "perfection in thinness". What is your perception of thinness? How do you think it affects the way you look at weight loss and eating?
2. Briefly share your experience of "yo-yo dieting" and the emotional roller coaster of losing and regaining weight. (SGL: Limit the amount of time on this discussion because it could easily take the entire class time.)
3. Have you tried all the "diet rules" (cut out sweets & fats, excessive exercise, etc.) and yet still feel like you haven't gotten it?
4. What does John 15:5 say about trying to do things on your own power and strength?
5. An important element of Thin Within is learning to rely on God's strength to do that which you are unable to do in your own strength. When looking at eating between hunger and satisfaction, what does God call you to do?

Key Bible Verses

Proverbs 3:5-6 "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight."

2 Corinthians: 12:9-10 "But He said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."

Philippians 4:13 "I can do everything through Him who gives me strength."

- You are not to lean on your own understanding and strength.
- God promises to lead you on a straightened path if you will trust in Him.
- Your weaknesses provide opportunity for Christ's power to shine in you!
- With the power of the Holy Spirit, you have all you need to do all that is required.



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Video 1**Week 10****Lesson/Exercises**

Discussion Questions:

1. What practical tip helped you eat between 0 to 5 this week?
2. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
3. What Bible verse or portion of your lesson most spoke to you this week?
4. Share how God used the lessons/exercises to meet a specific need this week.
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Q 2 Video Week 10: Lori N.

Discussion Questions:

1. Lori's story is different in that she talks of how she controlled her consumption of food down to a bare minimum. The common issue with overeating and "undereating" is control over the body. Discuss how both are similar.
2. Lori spoke of how a controlled environment facilitated her extreme eating habits. When that environment was taken away, she could no longer maintain those habits. How is this further evidence that we need to be changed from within, rather than just changing the external circumstances in our eating through dieting?
3. The National Eating Disorders Association promotes hunger/satisfaction as a way to avoid falling victims to diseases like anorexia and bulimia. Talk about how important it is to listen to your body. What were some of the things that Lori did to avoid listening to her body? What are some of the things you do to drown out your body's signals?
4. Conscious eating is an important part of Thin Within. How can the extreme consciousness that Lori spoke of be brought into balance under the power of the Holy Spirit to be helpful in everyday eating?

Key Bible Verses

Matthew 16:24-25 "Then Jesus said to His disciples, "If anyone would come after Me, he must deny himself and take up his cross and follow Me. For whoever wants to save his life will lose it, but whoever loses his life for Me will find it."

Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave Himself for me."

I Corinthians 6:19-20 "Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."

- As Christians, we do not have the right to do whatever we please with our bodies.
- Jesus said we are to deny ourselves and take up our cross to follow Him. The cross represents a death to trying to get our own way, so that He can have His way.
- Christ paid the price of His own life for the salvation of our souls.
- Since our body is indwelt by the Holy Spirit, we are to honor God by caring for it with the utmost respect so that He might use it for His glory.

2 Corinthians 9:8 "And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work."

- God is able.
- His grace is available in every situation to provide all we need to abound in good works.
- He will provide the means for us to eat consciously between the natural signals of hunger and satisfaction so that we might glorify Him.



Support Group Discussion Guides

Supplimental Group Notes

Things I Want To Follow Up On From Last Week

Answers to prayer: _____

Answers to questions: _____

Notes: _____

Reminders For Next Week

People who need extra encouragement / accountability: _____

Questions I need to get answers to: _____

Members who were absent: _____

Members who deserve recognition for their progress: _____

Prayer Requests: _____

Review the "Progress" line on the support group log. Is the group as a whole making progress? _____

Notes: Time to order the next support group video and next set of workbooks.

Video 1**Week 11****Lesson/Exercises**

Discussion Questions:

1. What practical tip helped you eat between 0 to 5 this week?
2. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
3. What Bible verse or portion of your lesson most spoke to you this week?
4. Share how God used the lessons/exercises to meet a specific need this week.
5. What has the material taught you about the character of God and His power to change you?
6. John 8:32 says, "Then you will know the truth and the truth will set you free." How has the Truth set you free this week?

Q 2 Video Week 11: Judy #1

Discussion Questions:

1. Can you relate to Judy's statement that "food was love"?
2. Where does "the way that seems right to a man" lead? (Proverbs 14:12)
3. Judy spoke of trying so many different things to fill the void that only God could fill. Read Colossians 2:20-23 and discuss how all the world's basic principles will not really fill the void and change us from within. What does Colossians 3:1-3 direct us to do?
4. Judy mentioned that she was believing the lie that she was "the master of her destiny". How does this lie affect behavior?

Key Bible Verses

2 Corinthians 4:5-11 "For we do not preach ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. For God, who said, 'Let light shine out of darkness,' made His light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body. For we who are alive are always being given over to death for Jesus' sake, so that His life may be revealed in our mortal body."

- Our lives are all about Jesus and what He has done for us.
- God inhabits us and reveals the knowledge of His glory in us and through us.
- We are just ordinary vessels that God wants to use for extraordinary purpose.
- God wants to change us to reflect His glory. Change often involves some form of loss. That loss involves death of some kind....death to the old way. But in that death, we are conformed to the image of Christ and He is revealed in our lives!

Titus 2:11-14 "For the grace of God that brings salvation has appeared to all men. It teaches us to say 'No' to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope--the glorious appearing of our great God and Savior, Jesus Christ, who gave Himself for us to redeem us from all wickedness and to purify for Himself a people that are His very own, eager to do what is good."

- God provides the grace that enables us to say "No" to sin.
- Jesus gave His life to redeem us and purify us from all wickedness.
- Along with His redemption He gives us an eagerness to do that which He desires.



Support Group Discussion Guides

Supplimental Group Notes

Things I Want To Follow Up On From Last Week

Answers to prayer: _____

Answers to questions: _____

Notes: _____

Reminders For Next Week

People who need extra encouragement / accountability: _____

Questions I need to get answers to: _____

Members who were absent: _____

Members who deserve recognition for their progress: _____

Prayer Requests: _____

Review the "Progress" line on the support group log. Is the group as a whole making progress? _____

Notes: _____

Video 1**Week 12****Lesson/Exercises**

Discussion Questions:

1. What practical tip helped you eat between 0 to 5 this week?
2. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
3. What Bible verse or portion of your lesson most spoke to you this week?
4. Share how God used the lessons/exercises to meet a specific need this week.
5. What has the material taught you about the character of God and His power to change you?
6. John 8:32 says, "Then you will know the truth and the truth will set you free." How has the Truth set you free this week?

Q 2 Video Week 12: Judy #2

Discussion Questions:

1. Judy shared how the Bible is a blueprint for her life and how God re-built the Thin Within ministry on His Word. Share your own story of how God's Word has transformed you these last few weeks.
2. Read Jeremiah 29:11. In light of being in the Thin Within program for several weeks, what does this verse say to you today?
3. Philippians 2:13 says, "For it is God who works in you to will and to act according to His good purpose." What evidence do you see of this verse in action in your life?

Key Bible Verses

I Corinthians 1:4-9 "I always thank God for you because of His grace given you in Christ Jesus. For in Him you have been enriched in every way--in all your speaking and in all your knowledge-- because our testimony about Christ was confirmed in you. Therefore you do not lack any spiritual gift as you eagerly wait for our Lord Jesus Christ to be revealed. He will keep you strong to the end, so that you will be blameless on the day of our Lord Jesus Christ. God, who has called you into fellowship with His Son Jesus Christ our Lord, is faithful."

- God's grace was given through Jesus and His sacrificial gift to you.
- He enriches you with everything you need to live a life that reveals His majesty and glory.
- The One who called you is the One who will strengthen you in His purpose.
- Great is His faithfulness!



Support Group Discussion Guides

Supplimental Group Notes

Things I Want To Follow Up On From Last Week

Answers to prayer: _____

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Notes: _____

Reminders For Next Week

People who need extra encouragement / accountability: _____

Questions I need to get answers to: _____

Members who were absent: _____

Members who deserve recognition for their progress: _____

Prayer Requests: _____

Review the “Progress” line on the support group log. Is the group as a whole making progress? _____

Notes: _____

