

Thin Within Class 2014
Affirmations - Truths to Replace the Lies
Renewing Our Minds - Romans 12:2

I have the mind of Christ and I will choose to eat within my God-given boundaries and not out of my emotions.

My value is in Christ, so I can go to social events and not compare my figure to every other person in the room.

I feel immediate joy when I choose to honor my godly boundaries.

My value is not based on the size of my body.

I can get through the evening and not snack when I'm not hungry. I can overcome this too.

God has given me an amazing body! I will treasure this gift and respect it and honor Him with it.

I can sit with my feelings and bring them to God without grabbing food in an attempt to numb my feelings.

I am led by the Spirit of God; not by my emotions.

I am perfect in God's eyes right now!

I am tired of eating from the "Tree of Good and Evil" (dieting) and ready to eat from the "Tree of Life."

I eat nutritious food to fuel my body so that I can be less distracted by food, eating, and body weight issues and be freer to live my purpose to share God's love and peace in the world.

I am a good steward of the body that God has given me to care for.

I care for my body lovingly and responsibly, acknowledging that it is yet another unmerited gift from my Creator.

I can stop at 5 and if I want more at a different time it will still be here.

I will be okay if I am at a social event and am not hungry. I do not need to eat the food there. There will be another social event when I can eat party food. I will just make sure I am hungry next time.

I don't have to eat just because family or friends want me to eat! I am here to please God...not people.

I can spend my time at the church buffet engaging others in conversation, sharing Christ's love and seeing where I can meet their heart and encourage what God is doing for them. I can get up and visit around if what they are eating or how they are eating is discouraging me too greatly.

Although this journey can be lonely, when it seems like everyone around me eats with no limits or restrictions and I have boundaries, I am not alone --nor am I without help during times of struggle. Isaiah 41:10 says, "Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." I am never alone, nor am I helpless.

Teamwork makes the dream work! We need each other to get through with success.

I do not need to eat up the cookie dough in the fridge. In fact, makes me feel not so good. It is a teaser and realizing this is huge. I can freeze the dough and eat it in cookie form the next time I want to make cookies.

I can wait until I'm at a 0 to eat.

I can leave food on my plate if I am content (at a 5 or less).

I can enjoy all food, but I don't have to have all food.

I don't have to eat breakfast in the morning if I'm not hungry. There's no magic in that meal.

I don't need to sip-on/drink coffee to avoid feeling hungry -- God wants to address the pain I want to numb. He can and has already proven Himself faithful and able to provide all that I need. God promises to give me everything I need to accomplish the tasks He set for me today, go to Him when I am overwhelmed, tired, and don't want to feel hungry.

...and it doesn't matter the "low" calorie count in my coffee or whatever I put in my mouth if it is taking my dependence off of God in any anxiety or sadness I feel. I choose not to have any other idol in front of God. I can enjoy all things 0 to 5, not 2-5 or 3-7 or 0-10.

God is good to provide for my needs. I do not need to eat more than I require out of fear of lack of provision.

I need you, Jesus, not the food to comfort me. Amen. Help me eat only when I am truly hungry and stop when pleasantly full. Thank you Jesus, Amen.

I change my taste according to the healthy food and I can eat in right amount everyday. I don't eat more than I need.

Your fears will work out as you draw nearer to God in this process. You are fearfully and wonderfully made, and your body was designed by God to function perfectly.

Don't get ahead of yourself or God...put one foot in front of the other.

Don't stress, just trust the Lord and the process and he will walk us to victory.

"And if our God is for us, then who could ever stop us!"

I love it when we progress along the path far enough that we are eating healthy foods—not because we're forcing ourselves because of a diet, but because they actually taste pretty good, we desire them, and we love the way we feel when we eat them. It takes time and patience, but there is truly a joyful freedom.

Such freedom in all He commands. His laws are good for us – all for good and never to harm. The free us from slavery to a lot of things.

I don't want to be so consumed with that (losing weight) that I miss out on the preciousness of a lasting, intimate relationship with You. I need to be changed from the inside out. Only You can do that. Thank You for Your grace and love.

God has shown me...that I am looking to Him for the change to freedom in Him. It's not a matter of seeing how much you can not eat. It's a matter of eating to boundaries of not gluttony...of enough. And He is enough!!

It doesn't matter how slow you go just as long as you don't stop.

Thanksgiving can play a huge part every morning in getting our thoughts in the right place – on God.

When we have had stronghold/habits for years it takes time to change our thinking and behaviors. I pray we all give ourselves grace and understanding for this. We are learning a new way of thinking, eating, trusting...the list can go on. It is a process, so please be patient with yourself.

I don't have to distract myself from eating alone by watching TV or reading a book. I can savor my food and also enjoy God's presence while I eat.

God is good to provide for my needs. I do not need to eat more than I require out of fear of lack of provision.