



Meant for Majesty

Weekly Summary Thought

Many things contribute to my tendency to eat when my body isn't calling for food. Discovering those things can help me relate to food and my body as God intends.

As we draw closer to our Lord, we will experience

the tender touch of His Holy Spirit. So many things cause us to think we are “hungry,” when in fact our hearts hunger for something food can never satisfy. We often mistake this “heart hunger” for physical hunger and err by feeding it with food.

This week we will learn more about many of the things that draw us to food even when we are not physically hungry. We will discover that our Lord is more than enough to supply what is needed to fill all of the “empty places” in our hungry hearts.

Assignment:

- Read Days 7–9 in *Thin Within*.

For the Leader:

While searching for hunger and satisfaction, it probably became clear that there *are* other factors at work that draw us to food. As we investigate and expose them, we can begin to fight against these tendencies. This is a wonderful discovery and it will unlock many possibilities for your participants.

Crowd Breaker: Ask each group member to share their favorite activity on a Sunday afternoon.

Sample Prayer: Dear Lord, thank You that our bodies are so amazing. Please open our eyes to see all the reasons we are drawn to food. Give us strength to face them. We invite You to reveal the truth to us during our time together. In Your precious name, Amen.

Week Three *Thin Within* Study Guide

- 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

Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything. James 1:2-4

• **Scripture Focus: Our
God Supplies Our Needs**

The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings. Isaiah 58:11-12

Fill in the following blanks either with your name or the appropriate pronoun based on the verse above. (The first one is done for you.)

*The LORD will guide _____ **me** _____ always; he will satisfy _____ needs in a sun-scorched land and will strengthen _____ frame. _____ will be like a well-watered garden, like a spring whose waters never fail. _____ will rebuild the ancient ruins and will raise up the age-old foundations; _____ will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.*

List all of the things that God promises to do for YOU in this passage:

G _____ S _____ S _____

Think about ways you know you need God's guidance today, this week, and this year.

What impact would it make on your life if you were to truly believe God will satisfy your needs?

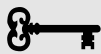
Week Three *Thin Within* Study Guide

Can you think of any way your life might metaphorically be like “ancient ruins?”

Referring to the passage above, what are the promises that God makes to you regarding these “ancient ruins” and “age-old foundations.”

Can you apply this to any emotional stimuli that motivates you to eat when you are not hungry?

The Lord never encourages us to deny pain that we have experienced in our past. Instead, He walks with us through the difficult circumstances, enabling us to face the truth in the light of His power, strength, guidance, love, and hope. He knows many things in our past affect our approach to food and our bodies today. He plans to heal us, giving us freedom from negative past influences and a new beginning in the power of His Spirit.



Last week you may have found that there were tendencies to be drawn to food even when you weren't hungry (for example: when you were feeling stressed, lonely, bored, emotional or any number of other things). This week, we will focus on:

🔑 **Key #2 Eat in a calm environment by reducing distractions.** As you apply yourself to using this key, you can begin to gain a more purposeful approach to your food. Sometimes we “eat” what doesn't really fill the need. We “drink” when our **soul** is actually in need. If you take the time to remove distractions and to be calm, you will have a chance to sort through whether or not it is truly physical food you need or if your soul is thirsty or hungry instead. Food won't satisfy a thirsty or hungry soul. Only the bread and drink that our Lord offers can satisfy.

Week Three *Thin Within* Study Guide

Focus Task

Seek the Lord in finding alternative ways to deal with emotions rather than eating.

Continue to practice waiting for hunger and stopping when comfortably satisfied.

• **Thin Within Book Focus**

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

Day Seven

Are there any specific emotions that relate to your overeating? According to Day Seven, how can you overcome this Fat Machinery?

Day Eight

Write down any beliefs you have about food, eating, and your weight and then assess whether or not these beliefs have validity according to God's Word and Day Eight.

What is present-time eating and how can you incorporate it into your life more?

Day Nine

How does the way you react to trials affect your eating and the way you relate to your body?

What are God's intentions for the trials that come into your life and how can knowing this derail "Fat Machinery"?

Week Three *Thin Within* Study Guide

- **Week Summary**

Our marvelous and wonderful King and God can take anything in our lives—anything at all—and spin it into gold. He is a Master—the Supreme Magician. He uses no sleight of hand or deception but works purely and completely with a heart given over to Him. He will even bless the heart that is **willing to be made willing**. Precious child of God, offer Him all of your broken dreams, heartaches, mistakes, and tears. He will be sure that each is used to glorify Him and to form and shape your character, bringing forth joy bubbling up from deep within you.