



## Bolstering Belief

### Weekly Summary Thought

What you truly believe in your heart will manifest itself in your choices and actions.

**Y**ou act on what you believe. If you believe that

you are a predisposed overeater that can never overcome obsession with food, then you will act that way. Likewise, if you listen to God’s Word, it says that those who believe Him are more than overcomers! It’s important to observe what you have been believing and correct it if necessary. Delve in to God’s Word, find out what is true, and allow the Author to give you the desire and ability to believe it. What you believe has a profound impact on what you do.

### **Assignment:**

- Read Days 10–12 in *Thin Within*.
- Complete your study guide questions before attending your group meeting.
- Pray for yourself and for your group members.

### **For the Leader:**

Listen carefully to everyone that shares and work together to find all the “unworkable beliefs” for which individuals are basing their actions. As a group, talk through these false beliefs and redirect each other to the truth.

**Crowd Breaker:** Ask the group “Which of these would be top on your list of desired activities: a sporting event, a family gathering, or reading a good book?”

**Sample Prayer:** Lord, May the untruths that have driven us in the past be identified and may we clearly see and remember Your truth to firmly base all our thoughts, actions, and responses. Empower us God. We are weak, but You are strong and the one and only who can undergird and implement all You’ve asked us to do. In Jesus’ name, Amen.

## Week Four *Thin Within* Study Guide

- Hide this week’s verse in your heart.

### **Bible Verse of the Week**

*I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. Ephesians 1:18–19*

- **Scripture Focus: Belief Propels Us Into Action**

*“You are my witnesses,” declares the LORD, “and my servant whom I have chosen, so that you may know and believe me and understand that I am he.*

Isaiah 43:10

Isn’t it wonderful the subtle difference in the meaning between “believe IN God” and “Believe God”? In Isaiah 43:10, God clearly states that we can **believe** Him. Believing IN Him is crucial, of course, but the Lord has chosen you, dear servant, **to believe** Him—to believe what He says is true. To believe that what He says about YOU is true. To believe that what He says about giving you a hope and a future is true. He wants food, eating, and your body to become something that no longer causes you anxiety, fear, or concern. It is His plan that it be so. It is His desire. Will you believe Him for it?

Read Isaiah 43:1–11. From the reading of these verses, list all of the things that God takes responsibility to do for His people.

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Read the same verses again. This time make a note of responses God desires from us.

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**Week Four *Thin Within* Study Guide**

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Based on these verses, how does God feel about you?

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What are some of the deep waters and fires that you are currently called to walk through?

What promises do you find here that you can apply to these circumstances?

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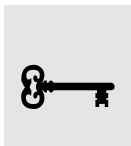
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What does it mean for you to choose to BELIEVE God (to believe what He says about you and to you) in these deep waters and fires in which you find yourself?

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➔ **Key #3 Eat while sitting.** Conscious eating is affected by where you are and what you are doing when you eat. Have a seat at the table with only one goal in mind — to feed your body the proper fuel it needs! You'll be amazed at how this simple guideline will help you reach a point of pleasant satisfaction and solidly register the eating event in the halls of your mind.

👁 **Focus Task**

Choose to use at least one of the tools, Food Log or Observation and Correction Chart, at least three days this week. Prayerfully submit this to God so that you can experience His grace rather than bondage to a chart. Consider journaling what you learn.

- ***Thin Within* Book Focus**

## Week Four *Thin Within* Study Guide

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

### **Day Ten**

What is your response to the following quotes from Day Ten: “Perceived failures become opportunities.” “Failure is delay, not defeat. It is a temporary detour, not a dead end.” “He knows we will fail even before we do, but it is not His will that we fail without benefiting or maturing in some way from the experience.”

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Is anything currently happening in your life that you perceive as a failure? How can the perspective on failure in Day Ten impact your response to what is going on in your life?

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### **Day Eleven**

Identify one lie that has influenced your eating this week. Prayerfully refute that lie with the truth and record it here.

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### **Day Twelve**

How are legalism and fixed formulas incompatible with our freedom?

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Reflect on the grace of God. How is your response different when grace, rather than condemnation, is the motivator?

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## Week Four *Thin Within* Study Guide

- **Week Summary**

The mind is a powerful thing. The battles we face wage war in our minds, wrestling with overeating, the view of our body, and God's ability to heal us. We must choose to believe our wonderful God and King. What He says is irrefutably true, and He has the power to back up every bit of it. This week let your prayer be to know and believe God more, and in knowing Him better, believe how precious you are to Him. May this confidence in what He says affect the choices you make.