

Thin Within Online Workbook Study 2014

January 6- Orientation- Group Discussion Questions-

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1. Romans 8:1 tells us that there is no condemnation to those who are in Christ Jesus. As Heidi stated in the webinar, “We are called NOT to dwell on the past.” She also stated that we condemn ourselves for past poor choices. What are some ways that you are discovering that you condemn yourself? What are some steps you can take to overcome the mindset of condemnation?
2. God’s love is not dependent upon our behavior. His love for us cannot be diminished. With God’s unconditional love in mind, what does this do to make our Thin Within journey more positive? (Find scriptures concerning the love of God.)
3. Does feeling define fact? According to scriptures such as Romans 8:1, Isaiah 43:18-19, and Philippians 1:6, what are some facts that we tend to forget when overwhelmed by negative emotions?
4. According to Philippians 1:6, does God give up on the work He began in us? If He does not give up, should we? What should we do when tempted to give up after a failure?
5. How can we think differently about failure? Can good come from our failures (see Romans 8:28)?

6. How can we perceive the new thing that God is doing? Where does our focus need to be?

7. When we are tempted to eat outside of our boundaries this week, what are some ways that we can take our thoughts captive and get back on track?

8. Will the work God is doing in you take place on the inside before we see results on the outside? What are some ways we can motivate ourselves to be patient during the process?