



Fearfully and Wonderfully Made

Weekly Summary Thought

My body will give signals about true hunger and true satisfaction. I can learn to listen to these signals as a method for arriving at my natural God-given size.

O

ur God is blessedly good. He has made each one of us unique and special, according to His divine creativity. His purposes will stand. Psalm 138:8 says: “The LORD will fulfill his purpose for me.” Isn’t it wonderful to know that He has a purpose and a plan? It is His to accomplish! We have the privilege of participating in such a wonderful adventure. We delight fully in what He is doing!

As we quest onward together, we will want to be sure we are prepared for the road!

For the Leader:

Please see the suggestions and tips at the beginning of this Study Guide. We suggest that you begin each week’s session with a “crowd breaker” and prayer. Suggestions will be provided along the way. Each Study Guide assignment is designed to be done before a participant comes to class. Then, each week, you can move directly through the material as presented in the study guide

Assignment:

- Read Introduction, Before You Get Started, and Days 1-5 in Thin Within.
- Complete your study guide questions before attending your group meeting.
- Pray for yourself and for your group members as God so leads.

Week One Thin Within Study Guide

- **Scriptural Focus: Our God Gives Us Hope!**

*For I know the plans I have for you,” declares the LORD,
“plans to prosper you and not to harm you,
plans to give you hope and a future.*

- Jeremiah 29:11

- **Scriptural Focus Questions**

1. Can you picture your Lord, Your King, speaking this verse to you?
“I know the plans I have for YOU, _____.” (Insert your name
there!) “I have plans to prosper YOU, _____, and not to harm
you, plans to give YOU, _____, a hope and a future.”

What images does this stir in you as you consider your gracious
King and Lord speaking this verse directly to you? _____

2. What does God have in store for you, according to Jeremiah 29:11?

3. Relate this promise to the areas of food, eating, and your view of your
body. What does this verse say with regard to His plans for you in this
regard? _____

Estelle Shares Part 1

After moving here from Scotland three years ago, I was surprised at the first Thin Within workshop meeting. I had expected a magic formula, but I found out that there is no such thing. I thought, “Here’s something else I am going to have to work at.” But Thin Within approached weight-loss from a different angle, and it kept me motivated. Best of all, it offers freedom without judgment. I like the way you can eat the foods you want if you wait until you’re hungry. Now I take time to think about what my body wants to eat.

Week One Thin Within Study Guide

Heidi Bylsma Filename: SG Week 1

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God's word is relevant and His promises are worthy of trust. God's promises span an unfathomable breadth. He never intended for food to be used by the Enemy to torment us.

4. If you are like many of us, you have eagerly laid out plans before with regard to food, eating and your body. What “plans” have you had previously? How have they worked out? Isn't it wonderful that our God is so amazingly gracious! Praise His Name!

5. What does “hope” look like to you at this point in your life and in this part of your journey? _____

6. Read Matthew 6:25-24 and Philippians 4:6-7. What hope, plan and future do you think God intends for you regarding food, eating and your body? _____

7. Read Isaiah 43:10. Fill in the blanks below based on this verse.

“You are my _____,” declares the LORD, “and my _____ whom I have chosen, so that you may know and _____ and understand that I _____.”

*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!*

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*Believing IN Him is crucial, of course, however, 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 desires so very much for 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?*

8. Look up the following verses in your bible: Psalm 25: 4,5; Psalm 62:5 and Isaiah 40:31. In what is our hope to be placed? _____

9. Check the boxes below of anything that you have placed your hope in previously.

- | | | |
|-------------------------------------|----------------------------------|---|
| <input type="checkbox"/> Dieting | <input type="checkbox"/> Purging | <input type="checkbox"/> Excessive exercise |
| <input type="checkbox"/> Starvation | <input type="checkbox"/> Denial | <input type="checkbox"/> Other _____ |

10. Read Proverbs 23:18. What promise does God again state in this passage? _____

11. Read Isaiah 14:24. How positive is God about the things He has stated? _____



The means by which God will accomplish a remarkable transformation within you over the next six weeks, is through a simple cue that He has already placed within your amazing body.

*Simply stated, it is: **Hunger**.*

*→ **Key #1 of the Eight Keys to Conscious Eating is to eat only when hungry.** As you begin to wait for true physiological, stomach hunger and use food to supply only this need, you will be amazed at the results that will begin to be evident physically. Even now, your body is ready, willing, and able to be used by the Lord to signal you in such a way that is reliable.*

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God has created you a most wonderful masterpiece. He is a Divine Craftsman Who has formed you perfectly, molding and making you so that your body can be relied upon in this way.

✦ **Key #8 of the Eight Keys to Conscious Eating is to stop when you are comfortable.** *When the discomfort that was present that signaled you that your body needed food is no longer present, your body needs no additional food. Eating this way will result in you releasing weight until you are your natural God-given size! Believe Him for it!*

👁 Focus Task

Eat only when you are hungry. Take note of the discoveries you have in doing this as well!

• Thin Within Book Focus Questions

Use the material in the Thin Within book to respond to the following questions. These may be done concurrently to your own reading of the material or after you have read all of the material. Whichever works best for you!

Day One

1. List the keys to conscious eating in the spaces below.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

2. What is the difference between dieting and the approach encouraged by Thin Within? _____

Estelle Shares Part 2

At age 17, I had done a powdered drink diet, and I lost weight and put it all back on. I also tried a low-fat diet with lots of liquids. Until I went to the work-shop, I didn't realize I had a food addiction. I thought I just really enjoyed my food. But I recognized the fact that I go to food anytime something arises that I don't think I can cope with. When I walk in the house, I go straight to the fridge. I still catch myself looking inside and asking, *Why am I here?*

Week One Thin Within Study Guide

Day Two

3. What are some characteristics of God mentioned in the text?

1. _____
2. _____
3. _____
4. _____

4. What are some questions that you have about God's character that you would like to investigate further before our study is through? _____

Day Three

5. What are the two primary reasons that you are alive?

1. _____
2. _____

6. How does knowing that God has designed you for specific purposes affect the way you view:

1. Your role with your family? _____

2. Your role with your friends? _____

3. Your role at church? _____

4. Anything else about your life? _____

Week One Thin Within Study Guide

Day Four

7. Name the two paths that can be chosen to walk upon and describe each briefly.

1. _____

2. _____

8. Which path have you found yourself on most often? Describe what makes you say so.

Day Five

9. How does the Lord view you and your body? Can you cite verses to justify your answer? Sure you can! (Hint: You can use scriptures from the Thin Within book to help!) _____

10. How did you feel while you did the Mirror, Mirror Exercise? Why?

Estelle Shares Part 3

The exercise where we learned to appreciate our bodies really helped me. We read Psalm 139:14, "I am fearfully and wonderfully made," and we thanked God for our bodies, from the feet up. It was hard because I didn't like my body. I thought I couldn't please God because I didn't like the body He had made for me. I try to remember that my body is the temple of the Holy Spirit and God created it.

Week One Thin Within Study Guide

Heidi Bylsma Filename: SG Week 1

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- **Week Summary** *Life is truly a wondrous adventure! Our amazing, gracious, good, loving and incredibly creative God has a plan for you. He has a plan to give you a hope and a future. His plan includes freedom from anxiety over issues related to your body and food. You can choose to believe Him that He will accomplish this amazing work. The means by which He will do so is already at work within you! It is your physical body, “fearfully and wonderfully made,” with the ability to signal you that fuel is required as well as signal that no more fuel is required. As we progress down this road to freedom from issues related to food and our bodies, we will develop an ability to hear and respond to this internal mechanism and watch the extra weight slide right off of our bodies!*

“Forget the former things; do not dwell on the past.

See, I am doing a new thing! Now it springs up; do you not perceive it?

I am making a way in the desert and streams in the wasteland.”

- Isaiah 43:18-19

[I am] confident of this, that he who began a good work in you

will carry it on to completion until the day of Christ Jesus.

- Philippians 1:6

Use the lines that follow to journal or write prayer requests or answers to prayer that occur during the week. Feel free to personalize this guide, making it personally your own chronicle of your journey to freedom!
