



Treasures in the Temple

Weekly Summary Thought

As you release past experiences, foster a thankful heart, and set godly boundaries, you'll unearth treasures within holy living.

Holiness—a daunting expectation! First Peter

1:15–16 admonishes us to be holy in everything we do, yet as long as we live on this earth with our flesh, some of what we do, say, and think will not be holy. We can refuse to allow our weaknesses to impact our quest for holiness (righteousness), and we can press on in spite of our failings knowing that Christ *is* sufficient. It is Christ *in* us who is the hope of glory, after all.

This week, we will discover things that may affect our pursuit of practical holiness—things from our past as well as our present. Yet we can rely on the fact that God has given us everything we need for life and godliness (2 Peter 1:3). Every day we can avail ourselves of His power to deny ourselves, follow His directives, and gleam with a holiness that radiates from Him within us.

For the Leader:

Discuss what the group found when observing a naturally thin person. What were the pronounced differences in his/her approach to eating and view of his/her body? How might these observations be incorporated into the lives of the group members?

Crowd Breaker: Discuss where each group member went on vacation in the last year or two.

Sample Prayer: Father, You said that we are to be holy as You are holy. We know that we can only do that in the shadow of the cross, since Jesus' sacrifice redeems us and cleans us from our unrighteousness. Help us, Lord, to hear You as You share specifics this week about how to live a holy life in the Holy Spirit. In Jesus' name, Amen.

Week Six *Thin Within* Study Guide

Assignment:

- Read Days 16–18 in *Thin Within*.
- 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

So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. Colossians 2:6–7

- **Scripture Focus: Pursuing a Holy Life**

Is holiness achieving perfection? What will holiness look like in my life?

Against all hope, Abraham in hope believed and so became the father of many nations, just as it had been said to him, "So shall your offspring be." Without weakening in his faith, he faced the fact that his body was as good as dead—since he was about a hundred years old—and that Sarah's womb was also dead. Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he had promised. This is why "it was credited to him as righteousness."

Romans 4:18–22

Read Romans 4:18–22 and Genesis 15:1–6. What did God attribute to Abraham? What did Abraham “do” to “deserve” this from God?

Week Six *Thin Within* Study Guide

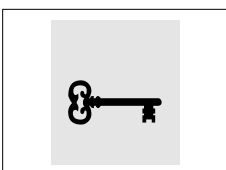
Based on what you know about Abraham, what hurdles did Abraham overcome in order to arrive at the place of belief?

Is there any mention of Abraham’s “good behavior” playing a role?

Read 2 Corinthians 5:21; Romans 5:8; Romans 1:16–17; and 1 Corinthians 1:30–31. As you choose to believe the truths about God, about you as His child, and about how He is at work in you, does God attribute righteousness to you?

Meditate on 2 Corinthians 5:14–15. If we follow Paul’s example, what will motivate us to make choices that are in keeping with the righteousness that God attributes to us?

We can fall down in humble gratitude to our God who leads us in a triumphant procession in Christ! He is the victor and we as His army are victories as well. God calls us to make every effort to live out our calling—not as a means of assuring salvation, but as a way of expressing our gratitude for all God has done for us.



Week Six *Thin Within* Study Guide

☛ **Key #5 Eat and drink what your body enjoys.** Many of you already know that when you are “forced” to consume particular foods and drinks, whether from the rules of a diet, because it is all that is available, or for any number of other reasons, your body is often not truly satisfied, and this may spur you on into a cycle of overeating in pursuit of that satisfaction. Rather than settling for just anything, purpose to eat and drink only those things that satisfy both your taste buds and your body’s need to operate at optimum efficiency. Consuming satisfying foods and drinks will prove to be a big factor in the ability to stop at a comfortable 5.

👁 **Focus Task**

With an open and honest mind, use the hunger graph this week and seek the Lord in adjusting your daily habits to more consistency in 0 to 5 eating.

- **Thin Within Book Focus**

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

Day Sixteen

As you engage in the Significant Times Exercise, evaluate whether or not you’ve allowed things from the past to influence your eating. Pray that you can experience God’s grace and healing, seeing things from His purposeful perspective.

Day Seventeen

Make a list of some of the ways you are blessed today and give thanks unto the Lord.

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Notice how thankfulness breaks down selfish tendencies and allows you to get your focus back on the Lord. Prayerfully consider how you can nurture a more thankful heart.

Day Eighteen

What is a whole-body pleaser? List some of your own personal whole-body pleasers.

Consider using the *Thin Within* Food Log to rate your food and discern more foods and drinks you can add to the above list.

- **Week Summary**

First Corinthians 6:11–13 reminds us that our holiness isn't about straining and struggling until we "get it right," working until our "performance" is just perfect. We are told in these verses that we **were** washed, sanctified, and justified in Jesus by the Spirit of the Living God! Because He has done so much for us in making us His, our response in gratitude is

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not to allow anything but our Lord Jesus Christ to master us. "Everything is permissible for me'—but I will not be mastered by anything" (1 Corinthians 6:12b). As we continue to fix our eyes on Jesus, the author and perfecter of our faith, our gratitude to Him for His inexpressible gift will pour out in our choices to allow Him to own and master us in the momentary decisions of life. The path of a holy life is taken one baby step at a time.