

Thin Within Online Workbook Study 2014

March 3- Week 9: Celebration of God's Grace Part 2 - Group Discussion

Questions-

Written by: Allison Mitchell

1. How does “wearing the overeating challenge” cause you to be withdrawn? Does it affect the ministry God has called you to? Does it affect your relationships? How can utilizing God's grace help you to overcome how you see yourself?
2. According to Judges 6, Gideon was hiding from those who would oppress him? Who or what are you hiding from? If you are no longer hiding, what have you hidden from in the past? When we allow the light of God's love to shine in our darkness, what can happen?
3. Who are you in Christ? What are some parts of your identity in Christ that were discussed in the Webinar? Speak those out loud every day regardless of how you feel, and read Ephesians 1 out loud.
4. The Lord called Gideon a mighty warrior. Do you suppose Gideon felt like a mighty warrior while he was hiding? Based on Gideon's experience, is your identity in Christ supposed to be wrapped up in how you feel about yourself? Why or why not? (Note: If you begin believing what God says about you, you will begin to feel peace and condemnation fades.)
5. John 10:10 states that the enemy comes to kill, steal, and destroy, but Christ came to give abundant life? What is abundant life?
6. Have you allowed yourself or the enemy to convince you that the abundant life is not for you? Have you forgotten who you are in Christ? If you answered “yes” to either question, what can you do to change that?
7. Even when Gideon was unsure of himself, God's grace was there to cover Gideon. God's grace is there to meet you in your lack of confidence in who you are in Christ. How can you allow God to strengthen you in your identity?

8. Ask God to help you to enjoy every bite you eat. What steps can you take to make sure you enjoy eating? How will this help you to avoid overeating?

