

thin within

Win at Thin Within This Summer!

*This is **my** plan for this summer!*



Move toward victory!

While most diets don't say much about the value of investigating the emotional and spiritual influences that have affected our eating, one of the wonderful things about [Thin Within](#) is it promotes consideration of the entire person: Body, Spirit, Mind—a "whole person" approach to health!

Many people balk at the thought of involving God in their "eating program," feeling that there is no need to ask the Lord about it since it is outside the realm of what they consider "spiritual."

I beg to differ! Consider:

Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, glorify God with your body. 1 Corinthians 6:19-20

So whether you eat or drink or whatever you do, do it all for the glory of God. 1 Corinthians 10:31

Apparently, the Lord cares about what I do with my body and my eating. Inviting him into this choice is a wonderful decision!



Here is a strategy that works!

Ask God for Conviction



One of the best **FIRST** things a person can do as they start (or re-start) [Thin Within](#) is to ask the Lord for conviction about eating between the parameters of physical hunger and physical satisfaction and whether this is His will for you. We encourage you to then wait on Him to see if He grants the conviction—or not. Sometimes it can help to ask Him about a set period of time. "Lord, for the next ten weeks (or two months, or three months, etc.), what would you have me do about food and eating? Do you want me to eat when I am hungry and stop when I am no longer hungry? Is this from you for me at this time?" Then, be willing to wait until you have **NO** doubt about His answer. Without a godly conviction that [Thin Within](#) is from the Lord for you, when the going gets tough, you may hop over to a diet!

Set Goals with the Lord



The best next thing to do, then, is to prayerfully (maybe with your bible or preferred [Thin Within](#) materials at hand) sit in God's presence and ask Him, "Lord, between now and the end of August (or whatever time increment you asked about in the first step), "What are Your goals for me emotionally, spiritually, and physically?"

Sometimes there may be overlap between these three areas so please allow for that.

These are my answers for the time between now and the end of July (when [coaching groups](#) wrap up):

- Emotionally - Forgive those I need to forgive. (This also overlaps into the "spiritual," of course!)
- Spiritually - Commit to renew my mind and see my thinking change.
- Physically - Fit into a certain pair of shorts in my closet.

Create Action Steps



As is typical with goals, these are somewhat broad and not very measurable or objective. So the **third thing** I will do is to prayerfully break each goal down into "Action Steps," so that I know if I have made headway or not at the end of each day. These Action Steps can be changed as I go along, if need be. If I don't accomplish them, I use the tool of "Observation and Correction" to create a plan of action that accounts for the reason I didn't do the Action Step today. (More on this in our next email.)

Here are some examples of what I will use the first week or two as Action Steps for each of my goals above:

Emotional Goal: To forgive those I need to forgive

- Action Step Example: Make four columns on a journal page: Who Hurt Me, What was Done that Hurt Me, The Impact on Me, What God's Thoughts are about it. I will fill in each column for one "incident" or "wound" each day.

Spiritual Goal: Commit to Renew my mind

- Action Step Example: Each day, use one mind renewal tool (these are included in [Fresh Wind Fresh Desire](#)) to tell myself what to think. This can be truth cards, questions from Barb Raveling's I Deserve a Donut book or app, adding to my God List, PraiseFest, Giving Gratitude or any of the other mind renewal strategies we use.

Physical Goal: Fit into a pair of shorts in my closet.

- Action Step Example: Each time I eat or drink, I will be at a 0 and I will stop when I am no longer feeling hunger.
- Action Step Example: I will drink only water except at mealtimes.

As you can see, each one of the goals is vague, but the Action Steps are very specific and *observable*. Over time, I may adjust the Action Step. For instance, the next Action Step for me to accomplish the emotional goal might be to read my column from my journal of "What God's Thoughts Are" out loud each day for 5 minutes and to pray that he will work in my heart to be able to forgive each person. If I get to a point where I am ready to forgive, I can move to a new Action Step of writing out forgiveness phrases, listing specifically that I choose to forgive so-and-so for such-and-such **and** the impact it has had on me. (The more specific, the better.) These steps are not done all at once, but over the course of time, this IS my plan for this summer, in fact.



Arrange Accountability

Fourth, there is an extra blessing that comes when we are accountable to a person or group of people for doing our Action Steps. (We do this in our [coaching groups](#).) Finding a partner or small group who is on this journey supercharges this process! Ask God to show you who, what and where. It can be in person, through email, a Facebook private group, or join our [coaching groups](#)! I recommend establishing what accountability might look like for your partnership or small accountability group. Deciding *in advance* how often you will check in, how you will check in, and when you will end your partnership (or consider "re-upping") helps prevent peoples' feelings from getting hurt.

Keeping check-ins short and to the point is super helpful. Listing no more than four action steps and saying "yes" or "no" as to if you accomplished them daily will be incredibly helpful! Go a step further and make an observation and correction for any "No" answer so today's "No" becomes a "Yes" tomorrow!

Summary

Here is a summary of the process I have just shared...

When can, carve out time to sit with the Lord and ask Him:

1. "Lord, please grant me a conviction about eating 0 to 5" (between hunger and satisfaction).
2. "Lord, what three goals do you have for me to accomplish between now and _____" (you pick the date).
3. "Lord, please show me what Action Step or Accountability Points I can start with", (one for each goal is best and remember it is ok if they overlap).
4. "Lord, please show me if and when to adjust my accountability points and what to adjust them to in order to meet the goal you have given me."
5. "Please show me who can be an accountability partner or an accountability group for me between now and my goal date."

Remember each day, %FIRSTNAME, to evaluate if you have accomplished the Action Steps or not. If you have a "No" answer for any of them, prayerfully evaluate what you can do differently so that you accomplish it tomorrow! Sometimes, the Action Steps need to be adjusted. Be prayerful as you do that as well.

I would love to hear what you land on for your set of Action Steps as you begin! It would be even more amazing to have you in one of our [coaching groups](#) starting at the end of May and going through the end of July! Let's WIN this summer!

