



Support Group Discussion Guides

*Video Four**

Support Group Leader Discussion Guides

&

Group Notes

***Video Four is also labeled Quarter 4, 2002**



Support Group Discussion Guides

Quarter 4

Week 1

Special Note about the Quarter 3 & 4 Videos: Some of the people in these videos took part in the Thin Within program prior to the integration of Biblical principles and may or may not be Christians. We are including their testimonies to show how the program works over the long term and to illustrate some of the issues that non-Christians face with weight loss and their worldview. Our hope is that it will provide an opportunity for you to reach out to non-Christians and introduce them to the hope of the Gospel and the hope offered through Thin Within.

Lesson/Exercises

Discussion Questions:

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Q 4 Video Week 1: Introduction to all Q4 Testimonies

Discussion Questions:

1. Which testimony spoke to you the most:
 - Linda- roller coaster of loss and gain
 - Beth- searching for acceptance and being accepted by God
 - Karen- pushing zero- it's okay to be hungry
 - Linda- viewing disordered eating as a gift from the Lord
 - David & Joanie- changing the cycle for yourself and for your children
 - Elizabeth- the courage found to live life
 - Sheira- listening to hunger, the issue of respecting my body by doing that which is best
 - Janice- living consciously- pulling off the layers and turning life over to God in safety
2. What practical help can you use from this video?
3. From what you heard on this segment, what is God's role in weight release?
4. Is there any specific change you need to make?

Key Bible Verses

Isaiah 44:22 "I have swept away your offenses like a cloud, your sins like the morning mist. Return to me, for I have redeemed you."

Isaiah 49: 15-16 "Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands; your walls are ever before me."

- Regardless of our past, God has not forgotten us.
- We are forgiven. All our sins have been swept away.



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Supplimental Group Notes

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Reminders For Next Week

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Quarter 4 Week 2

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Q 4 Video Week 2: Beth

Discussion Questions:

1. Beth shared her insight on the small amount of food she needed. How do you respond to the idea that your stomach is the size of your fist and you require about that much food to satisfy your body's needs?
2. Why do you think it is so important to be involved in a group setting in order to work through your disordered eating?
3. We all have a silent hunger within us to be loved and accepted and to feel wanted and secure. What happens when we rely on other people or other things to make us feel this way? According to Isaiah 43:1-7, how does God demonstrate His love for us?
4. Beth shared changes she made to her exercise routine. Talk about finding a balance between an obsession to exercise and no desire to exercise at all. Have you made any changes in this area since starting Thin Within?

"As my relationship with God changed, my desire for food decreased. As my intimacy with God increased, my desire for food decreased."

Key Bible Verses

Psalm 63:5 "My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you."

Luke 6:21a "Blessed are you who hunger now, for you will be satisfied."

- God provides the only true and lasting satisfaction.
- His complete provision is worthy of all our praise!

Psalm 3:3 "But You are a shield around me, O LORD; You bestow glory on me and lift up my head."

- Even amidst shameful hidden secrets, God removes them and lifts you up.
- He offers freedom from shame and guilt.



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Week 3

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Q 4 Video Week 3: Karen #1

Discussion Questions:

1. According to Ecclesiastes 6:7, why do diets and self-deprivation fail?
2. Since 1994, Karen has never returned to dieting. Diets provide fast results, but not lasting change. Karen shared that it took 1 and 1/2 years to release 50 lbs in Thin Within. She has maintained that new weight since 1996. Does Karen's testimony provide any measure of comfort or reassurance to you?
3. Karen benefited by utilizing the TW tools. Which tools provide you with the most help and why?
4. Is hunger a welcomed sensation or something you fear? Why?
5. Describe what 0 (hunger) feels like to you. What does a 5 (comfortably satisfied) feel like? How do you know when you have eaten outside 0 to 5?
6. What can you learn from Karen's testimony about body image? Psalm 139 reminds us that we were fearfully and wonderfully made. Do you know this and does your view of yourself and your body reflect this knowledge?

"Am I at a 0? Do I want to be?"

Key Bible Verses

Ecclesiastes 6:7 "All man's efforts are for his mouth, yet his appetite is never satisfied."

- Over-eating and diets are man's efforts to satisfy- yet they both leave us unsatisfied.
- God alone can truly satisfy all our needs.

Psalm 139:13-16a "For You created my inmost being; You knit me together in my mother's womb. I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. My frame was not hidden from You when I was made in the secret place. When I was woven together in the depths of the earth, Your eyes saw my unformed body."

- God knew what He was doing when He made you.
- Since He made you and His works are wonderful, YOU are wonderful.
- Even before you were created, God knew you and loved you.



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Q 4 Video Week 4: Karen #2

Discussion Questions:

1. What is conscious eating and how can we benefit from it? Look over the Keys to Conscious Eating (below) and share how they have benefited you.
2. Why will selecting the food that your body really wants help you find a 5? If you eat whatever is in front of you at the moment, do you think it might be more difficult to find satisfied? Discuss the need for being sensitive to the food/drink your body wants and how you might know what that is.
3. Has excess weight kept you from doing certain desired activities? Do you find yourself looking for a "someday" down the road? Consider ways your life can change in the future if you take the risk and step out now.

Key Bible Verses

John 10:10 "The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly." NASB

- Satan would love to keep you on the sidelines and steal your joy.
- "Abundant" means fully sufficient, ample, plenteous, bountiful, exuberant, rich, teeming, and overflowing.
- Jesus came so that you might abundant life!

Keys to Conscious Eating

- Eat only when my body is hungry.
- Reduce the number of distractions in order to eat in a calm environment.
- Eat when sitting down.
- Eat when my body and mind are relaxed.
- Eat and drink the food and beverages my body enjoys.
- Pay attention to my food while eating.
- Eat slowly and savor each bite.
- Stop before my body is "full."



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Week 5

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Q 4 Video Week 5: Linda #1

Discussion Questions:

1. Linda refers to "peeling off her grave clothes." To better understand the concept she is referring to, read John 11:1-44. Lazarus had new life and freedom, but there were grave clothes to be removed. Do you perceive any of your own grave clothes that need to be removed through God's provision?
2. Why is it important to deal with buried issues? What happens if we continue to stuff those emotions down with food?
3. Fat machinery is unconscious, automatic, or inappropriate eating that is activated by internal/external stimuli. Linda shared her struggles in the evening of wanting to eat because she was tired from the day's work. One example of fat machinery is believing that eating gives energy when tired. Share other examples of fat machinery.
4. What corrections can you employ to keep you from stumbling over fat machinery?

Key Bible Verses

John 11:33-39, 44 "When Jesus saw her weeping, and the Jews who had come along with her also weeping, He was deeply moved in spirit and troubled. "Where have you laid him?" He asked. "Come and see, Lord," they replied. Jesus wept. Then the Jews said, "See how He loved him!" But some of them said, "Could not He who opened the eyes of the blind have kept this man from dying?" Jesus, once more deeply moved, came to the tomb. It was a cave with a stone laid across the entrance. "Take away the stone," He said. . . . The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, "Take off the grave clothes and let him go."

- Jesus' love for Lazarus and for us is not distant or detached.
- He shares our suffering.
- Our relationship with Him is an intimate one, but this intimacy will not spare us the anguish of loss or the reality of suffering.
- God provides the means for our grave clothes to be unwrapped.



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Q 4 Video Week 6: Linda #2

Discussion Questions:

1. How has Thin Within impacted your relationship with God? With others?
2. How does knowing who God is and how He perceives you motivate you to change? How does the grace of God differ from the legalistic rules you have tried in the past?
3. Are there emotions and feelings that seem to surface just as you are approaching 0? How do you deal with them?
4. Linda shared how she now views her disordered eating as a gift that brought her to her knees. How has God used your current situation and weight to draw you closer to Him?

Key Bible Verses

Philippians 3:4, 7-9, 12-14 "Though I myself have reasons for such confidence. If anyone else thinks he has reasons to put confidence in the flesh, I have more. . . . But whatever was to profit I now consider loss for the sake of Christ. What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ and be found in Him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ--the righteousness that comes from God and is by faith. . . . Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

- Paul does not hide from his past, nor does he find reason to boast in it.
- Knowing Christ has changed everything for Paul.
- Our righteousness comes only from Christ's sacrifice on the cross. No amount of "doing" on our part can save us.
- Instead of wallowing in the mistakes of the past, we "press on" through Christ's power working in us.



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Q 4 Video Week 7: David & Joanie

Discussion Questions:

1. Joanie shared about being a people pleaser and always trying to do the right things in order to please others. Can you relate? What does Galatians 1:10 say on this subject. How was surrender the key for Joanie?
2. How can your times of failure be of benefit?
3. David talked about teachable moments. Have you experienced any teachable moments in the Thin Within program?

"God wasn't looking for me to do anything differently to love me."

Key Bible Verses

Isaiah 54:10 "'Though the mountains be shaken and the hills be removed, yet My unfailing love for you will not be shaken nor My covenant of peace be removed,' says the LORD, who has compassion on you."

Jeremiah 31:3 "The LORD appeared to us in the past saying: 'I have loved you with an everlasting love; I have drawn you with loving-kindness.'"



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Week 8

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Q 4 Video Week 8: Elizabeth

Discussion Questions:

1. What are the differences between physiological hunger and appetite?
2. How does our relationship with God affect our eating choices?
3. In what ways has finding your identity in Christ given you the courage to do things you would have otherwise not done?
4. What are ways we try fill the void within? From where does ultimate satisfaction come?

Key Bible Verses

Deuteronomy 8:3 "He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD."

Revelations 7:16-17 "Never again will they hunger; never again will they thirst. The sun will not beat upon them, nor any scorching heat. For the Lamb at the center of the throne will be their Shepherd; He will lead them to springs of living water."



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Q 4 Video Week 9: Linda

Discussion Questions:

1. In disordered eating, how is dependence on food, dieting, the scales, or excessive exercise similar to other addictions?
2. Since life's circumstances are always going to affect us, what can we do to maintain 0 to 5 eating even during difficult circumstances?
3. What impact does knowing your body is the temple of God have on your eating?
4. How can we pass on to our children appropriate eating choices and behavior?

Key Bible Verses

1 Corinthians 6:19-20 "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 honor God with your body."

1 Peter 2:16 "Live as free men, but do not use your freedom as a cover-up for evil; live as servants of God."



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Q 4 Video Week 10: Shiera

Discussion Questions:

1. How do strict food rules set a person up for failure? Discuss the freedom of eating according to hunger and fullness.
2. How can learning to respect your body affect your view of yourself and your eating?
3. God has designed your body with the ability to know when food is needed and when it has had enough. Do you trust God and His internal hunger/fullness signals for you?
4. Sheira said, "When I am at 5, I **respectfully** stop eating." Discuss her comment in light of the verses below.

Key Bible Verses

1 Corinthians 6:19-20 "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 honor God with your body."

Psalms 139:14-16 "For You created my inmost being; You knit me together in my mother's womb. I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well. My frame was not hidden from You when I was made in the secret place. When I was woven together in the depths of the earth, Your eyes saw my unformed body. All the days ordained for me were written in Your book before one of them came to be."



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Q 4 Video Week 11: Janice #1

Discussion Questions:

1. Janice shared a humiliating memory of being weighed in front of others. Have you experienced humiliation over your disordered eating? In light of those experiences, how does Psalm 3:3 speak to you about God's personal provision?
2. In what way does what we think affect what we do?
3. Discuss Janice's conclusion when faced with a plateau in her effort to release weight. What might be reasons for a plateau?
4. We often try to fix things when they are not going as we desire. What kinds of things have you tried in order to get a "jump start" after a period of no change? To what end do these efforts serve if they are works of the flesh and not led by the Spirit of God?

Key Bible Verses

Psalm 127: 1-2 "Unless the LORD builds the house, its builders labor in vain. Unless the LORD watches over the city, the watchmen stand guard in vain. In vain you rise early and stay up late, toiling for food to eat--for He grants sleep to those He loves."

Galatians 5:18 "But if you are led by the Spirit, you are not under the law."



Support Group Discussion Guides

Supplimental Group Notes

Things I Want To Follow Up On From Last Week

Answers to prayer: _____

Answers to questions: _____

Notes: _____

Reminders For Next Week

People who need extra encouragement / accountability: _____

Questions I need to get answers to: _____

Members who were absent: _____

Members who deserve recognition for their progress: _____

Prayer Requests: _____

Review the "Progress" line on the support group log. Is the group as a whole making progress? _____

Notes: _____



Support Group Discussion Guides

Quarter 4

Week 12

Special Note about the Quarter 3 & 4 Videos: Some of the people in these videos took part in the Thin Within program prior to the integration of Biblical principles and may or may not be Christians. We are including their testimonies to show how the program works over the long term and to illustrate some of the issues that non-Christians face with weight loss and their worldview. Our hope is that it will provide an opportunity for you to reach out to non-Christians and introduce them to the hope of the Gospel and the hope offered through Thin Within.

Lesson/Exercises

Discussion Questions:

1. What practical tip helped you eat between 0 and 5 this week?
2. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
3. What Bible verse or portion of your lesson most spoke to you this week?
4. Show how God used the lessons/exercises to meet a specific need this week.
5. What has the material taught you about the character of God and His power to change you?
6. John 8:32 says, "Then you will know the truth and the truth will set you free." How has the Truth set you free this week?

Q 4 Video Week 12: Janice #2

Discussion Questions:

1. How would you define "silent hunger," and what types of things have you tried to stifle that hunger in the past. Did those methods work?
2. As intimacy with God grows, what will happen to your dependency on food?
3. How have you been "living consciously" since joining Thin Within?
4. Why do we often need to reach the end of ourselves before we can experience God's grace and power more completely?

Key Bible Verses

Romans 8:28 "And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."

2 Corinthians 12:9 "But He said to me, 'My grace is sufficient for you, for My power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

Ephesians 2:8-10 "For it is by grace you have been saved, through faith--and this not from yourselves, it is the gift of God--not by works, so that no one can boast. For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."



Support Group Discussion Guides

Supplimental Group Notes

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