



*Thin Within Support Group*

*Video #1*

*Leader Discussion Guides*

*&*

*Group Notes*



# Support Group Discussion Guides

*General Discussion Questions for Lessons & Exercises*

1. What practical tip helped you eat between 0 to 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?

## Week One

### Video Segment #1: Introduction of all Testimonies

#### Discussion Questions:

1. Which testimony spoke to you the most and why?
2. What bit of practical advice can you take from this video segment?
3. What did you learn about God's role in weight loss from this video segment?
4. Do you perceive a specific change that needs to happen in you this week?

### Key Bible Verses

Isaiah 43:18–19 *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.*

- \* God is doing a new thing and it will relieve the frustration you've had with food, body and dieting failures.

Jeremiah 29:11 *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.*

- \* God has plans for you.
- \* He keeps His promises. He is able. He is willing. He says He will do it and He will.
- \* God promises to end your "captivity."

Isaiah 40:11 *He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.*

- \* We can rest in God's stabilizing force of grace
- \* We are transformed and renewed by His Word.
- \* When we stumble and fall, God picks us up through His grace and the power of the Holy Spirit.

Colossians 2:20–23 *Since you died with Christ to the basic principles of this world, why, as though you still belonged to it, do you submit to its rules: "Do not handle! Do not taste! Do not touch!"? These are all destined to perish with use, because they are based on human commands and teachings. Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.*

- \* We are not bound by the world's food and diet rules.
- \* Hunger (completely empty) is defined as 0, satisfied is 5, and absolutely stuffed is 10.

*Week One – Group Notes*

Follow Up On From Last Week

Answers to prayer:

Answers to questions:

Notes:

Reminders For Next Week

People who need extra encouragement/accountability:

Questions needing answers:

Absent Members:

Members who deserve recognition for their progress:

Prayer Requests:

Describe the progress of the group as a whole.

Notes:

## Week Two

### Video Segment #2

#### Discussion Questions:

1. Sharon stated that she developed poor eating habits when she was young. Before Thin Within she was in a low place physically and spiritually. She knew that she needed to make a change. Discuss what led you to the realization that you needed to make a change.
2. Nancy stated she has seen changes within her heart and that there is hope. Where have you seen changes this week? Are there any changes you'd like to see over the next week?
3. What have you gleaned from this video segment?

### 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.*

- \* Your body is fearfully and wonderfully made.
- \* Christ in you is the hope of glory.
- \* Many people hunger for God, but don't realize that God is the only one who can satisfy the need.

Psalms 42:2 *My soul thirsts for God, for the living God. When can I go and meet with God?*

- \* God intends that all our needs be met in our relationship with Him.
- \* Heart hunger is a deep demand that screams to be met, but food cannot fill the place that God created to be filled by Him.

Philippians 1:6 *Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.*

- \* He will finish what He started in you!

*Week Two – Group Notes*

Follow Up On From Last Week

Answers to prayer:

Answers to questions:

Notes:

Reminders For Next Week

People who need extra encouragement/accountability:

Questions needing answers:

Absent Members:

Members who deserve recognition for their progress:

Prayer Requests:

Describe the progress of the group as a whole.

Notes:

## Week Three

### Video Segment #3

#### Discussion Questions:

1. Jan stated Thin Within has been an incredible journey and God keeps teaching her new truths every day. Share a truth God has revealed to you since you began your Thin Within journey.
2. Jan said that she learned to trust God in all areas of her life. What area have you learned to trust God more and how has this changed your heart, mind, and spirit?
3. Debi stated that in the Bible, people ate when hungry, didn't eat when not hungry, and when God told them to put food aside for a time they did. Discuss what would happen if you had this attitude of obedience.
4. What have you gleaned from this video segment?

### Key Bible Verses

*Matthew 7:24–27 Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.*

- \* It is important to not just hear God's Word or simply know it but to act on it, obey it, and build your life upon it.

*Romans 12:2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

- \* Replace your old belief system with the solid truth of God's Word.
- \* God's work in you brings about a transformation from within.
- \* Don't become ingrained in the old identity of our flesh, but be transformed by the truth of your identity in Christ.

*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.*

- \* Your body isn't yours to do with as you will. You were bought and paid for by Jesus' blood. Will you acknowledge that your body belongs to God and give up your right to treat it any way you want?
- \* By replacing old thinking and belief system with the new way of thinking, your behavior will change as you are conformed to the image of Christ.
- \* God delights in showing mercy and in His great compassion allows us to be changed from the inside out.



*Week Three- Group Notes*

Follow Up On From Last Week

Answers to prayer:

Answers to questions:

Notes:

Reminders For Next Week

People who need extra encouragement/accountability:

Questions needing answers:

Absent Members:

Members who deserve recognition for their progress:

Prayer Requests:

Describe the progress of the group as a whole.

Notes:

*Week Four*

## Video Segment #4

## Discussion Questions:

1. Cindy shared how she did everything she could do to lose weight but nothing connected until Thin Within. Is there anything you need to let go of to experience the release Cindy described?
2. Terri shared that she wouldn't know God like she does now if not for her life experiences. How can the experiences with overeating and food obsession lead us to a deeper relationship with God?
3. We are learning to wait for a 0 before eating. Is there anything stopping you from experiencing true physical hunger?
4. What have you gleaned from this video segment?

## Key Bible Verses

*Zechariah 4:6 So he said to me, "This is the word of the LORD to Zerubbabel: 'Not by might nor by power, but by my Spirit,' says the LORD Almighty."*

- \* Acknowledge that it is not by your own power but by His Spirit you can be transformed.
- \* Acknowledge the truth about your situation and condition with confidence that God has the solution for you.
- \* Submit to His will alone. Your action shows what you believe.

*2 Timothy 1:1–2 Paul, an apostle of Christ Jesus by the will of God, according to the promise of life that is in Christ Jesus, To Timothy, my dear son: Grace, mercy and peace from God the Father and Christ Jesus our Lord.*

- \* Don't be filled with doubt. Instead *know* whom you have believed!
- \* State with conviction that you are a child of God and His promise is what matters.
- \* Trust in the living God because His promises do not come back void.
- \* Declare that the process of working through repentance of your sin and God's forgiveness can be a benefit to lead you to a deeper, more intimate relationship with the Lord.

*Week Four – Group Notes*

Follow Up On From Last Week

Answers to prayer:

Answers to questions:

Notes:

Reminders For Next Week

People who need extra encouragement/accountability:

Questions needing answers:

Absent Members:

Members who deserve recognition for their progress:

Prayer Requests:

Describe the progress of the group as a whole.

Notes:

## Week Five

### Video Segment #5

#### Discussion Questions:

1. Lisa shared she tried everything to lose weight but by God's grace she was lead to Thin Within. How has God's grace impacted you?
2. Lisa shared that distractions in her life pulled her from God. What distractions have kept you from staying connected with God? What steps can you take to keep from letting distractions get in the way of your relationship with the Lord?
3. Mark stated he had to let God be in charge. Share with your group recent changes in your life that allow God to be in charge.
4. Discuss how you feel about Lisa's statement that you *can* be healed and live a life of freedom.

### Key Bible Verses

Ephesians 4:22–24 *You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.*

- \* Our foundation is firm and secure when we build it on our new identity in Christ.
- \* We are dead to sin and now alive in Christ!
- \* Is your attitude that of Christ or of the world?
- \* We have been brought out of captivity by Christ's death on the cross.

Romans 6:1–2 *What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We died to sin; how can we live in it any longer?*

- \* We are to walk responsibly in our freedom in Christ.
- \* We surrender our will to Him and allow Him to direct our paths.
- \* Observe and correct by God's wonderful grace and mercy.

*Week Five – Group Notes*

Follow Up On From Last Week

Answers to prayer:

Answers to questions:

Notes:

Reminders For Next Week

People who need extra encouragement/accountability:

Questions needing answers:

Absent Members:

Members who deserve recognition for their progress:

Prayer Requests:

Describe the progress of the group as a whole.

Notes:

*Week Six**Video Segment #6*

## Discussion Questions:

1. Lisa and Mark shared how they have experienced a peaceful environment in their lives because they have invited God in. Discuss places where we all might need to invite God. How will our lives be affected when we share more of it with God?
2. Lisa shared that she didn't initially release weight because she was not walking in love. Discuss what walking in love means to you.
3. "What God does for one He does for all." How does that statement encourage you?
4. How does 2 Corinthians 12:9-10 explain Lisa's statement, "I am weak and proud of it."

*Key Bible Verses*

Colossians 3:2 *Set your minds on things above, not on earthly things.*

- \* Our minds need to focus on things of the Spirit rather than the flesh.
- \* Our flesh dwells on the past and contemplates the future—what life will be like when we're the "right" size. It operates out of our own power.
- \* The Spirit dwells on God's Word, His provision, and our identity in Christ.

Romans 8:6 *The mind of sinful man is death, but the mind controlled by the Spirit is life and peace.*

- \* When our mind is controlled by the Spirit we trust God and have a sense of peace as our bodies melt down to our natural size.
- \* Use the tool of observation and correction in order to turn your flesh-focused mind to a Spirit-filled mind.

1 Peter 5:10 *And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.*

- \* God is our deliverer and in Him we find strength and freedom.
- \* We grow stronger as we experience each victory over sin in our lives.
- \* We encounter success when we choose God over our fleshly desires.

*Week Six - Group Notes*

Follow Up On From Last Week

Answers to prayer:

Answers to questions:

Notes:

Reminders For Next Week

People who need extra encouragement/accountability:

Questions needing answers:

Absent Members:

Members who deserve recognition for their progress:

Prayer Requests:

Describe the progress of the group as a whole.

Notes:

*Week Seven**Video Segment #7*

## Discussion Questions:

1. Pat shared her family reunion story. Do you have a different approach to a reunion, wedding, graduation or other special event with the abundance of food since beginning Thin Within? How could you prepare to eat within 0 to 5 in these kinds of situations?
2. Pat shared that eating at a 0 was astonishing to her. What truths have you learned with Thin Within that “astonish” you?
3. Discuss ways you can be alert to God’s urging to stop when satisfied or at a 5.

*Key Bible Verses*

Hebrews 11:1, 6 *Now faith is being sure of what we hope for and certain of what we do not see. . . . And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.*

- \* Faith pleases God.
- \* Faith is the unshakable certainty that what God has promised He will fulfill.
- \* Faith firmly puts our confidence in God and His abilities rather than our own.

1 Peter 5:8–9 *Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.*

- \* The enemy wants us to focus on our doubts, fears and weaknesses.
- \* The enemy wants us to become complacent in our freedom and forget the source of our strength.
- \* Stand firm in your faith by turning to God in your weakness, setting your mind on things above, and remaining humble and dependent on God.

Romans 14:17 *For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit.*

- \* A mind focused on God does not focus on food.
- \* Be willing to make the choices that God is leading you to make.



*Week Seven – Group Notes*

Follow Up On From Last Week

Answers to prayer:

Answers to questions:

Notes:

Reminders For Next Week

People who need extra encouragement/accountability:

Questions needing answers:

Absent Members:

Members who deserve recognition for their progress:

Prayer Requests:

Describe the progress of the group as a whole.

Notes:

## Week Eight

### Video Segment #8

#### Discussion Questions:

1. Nancy discussed her stronghold with the scale. How can the scale be a stumbling block? What can you do to ensure it doesn't take control in your life?
2. Jan described a "food hangover" that she has experienced. How can we avoid experiencing "food hangovers"?
3. Nancy shared how helpful the tool of observation and correction has been for her. Have you used observation and correction to make necessary changes in your life? If you haven't used this tool, can you see the value in it?
4. What did you glean from this video?

### Key Bible Verses

Galatians 5:1 *It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.*

- \* We are free from the burden of sin because Christ set us free.
- \* God provides the strength to see this journey through to its conclusion.

Philippians 4:13 *I can do everything through him who gives me strength.*

- \* Praise Him for every area of your life that you have turned over to His control.
- \* Rejoice and be glad that the Lord is at work in your life!
- \* Belief leads to Action which leads to Results.

*Week Eight – Group Notes*

Follow Up On From Last Week

Answers to prayer:

Answers to questions:

Notes:

Reminders For Next Week

People who need extra encouragement/accountability:

Questions needing answers:

Absent Members:

Members who deserve recognition for their progress:

Prayer Requests:

Describe the progress of the group as a whole.

Notes:

## Week Nine

### Video Segment #9

#### Discussion Questions:

1. Kim shared how her spiritual experience has changed since she began to experience physical hunger. Have you had any such experiences?
2. Describe what physical hunger is to you (everyone's experience is unique). How do you determine if it is true physical hunger or the spiritual hunger your body also needs?
3. Discuss ways you can receive Scriptures within your heart similar to receiving food into your body.
4. What did you glean from this video segment?

### Key Bible Verses

1 Corinthians 6:12 *"Everything is permissible for me"—but not everything is beneficial. "Everything is permissible for me"—but I will not be mastered by anything.*

- \* As you depend more and more on the Lord, He will guide and direct you.
- \* A boundary is a line you are not to cross.
- \* Establish and maintain godly boundaries in all areas of your life.
- \* Godly boundaries protect what God has entrusted to each of us and allow us to become more like Christ.

Psalm 16:5–6 *LORD, you have assigned me my portion and my cup; you have made my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.*

- \* Have joy in what the Lord gives you.
- \* Stand firm in the godly boundaries of 0 to 5 eating and turn to the Lord instead of food to meet all your needs.
- \* Spend time with God as He wants you to have time with Him to develop and deepen your relationship with Him.
- \* God's boundary lines are for our benefit.

*Week Nine – Group Notes*

Follow Up On From Last Week

Answers to prayer:

Answers to questions:

Notes:

Reminders For Next Week

People who need extra encouragement/accountability:

Questions needing answers:

Absent Members:

Members who deserve recognition for their progress:

Prayer Requests:

Describe the progress of the group as a whole.

Notes:

*Week Ten*

## Video Segment #10

## Discussion Questions:

1. Denise looked to the world to solve the pain of her eating. Discuss the changes that occurred in her life once she followed Christ.
2. Denise had to forgive to see changes. Think about whom you need to forgive. Through the mercy provided by the Holy Spirit, how can we go about acting in obedience to forgive someone?
3. What did you glean from this video segment?

## Key Bible Verses

Romans 5:3–5 *Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.*

- \* The Holy Spirit gently leads us and stands with us during our times of trial.
- \* Self-condemnation is a lie that keeps us from hearing the godly voice of conviction which leads to correction.
- \* Observe and correct, persevere, and rejoice as God's character develops in you.

Matthew 18:21–22 *Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."*

- \* Our flesh wants revenge but God calls us to forgiveness.
- \* The flesh seeks to blame but as we seek the Lord, admit our fault, and allow His heart of love to cleanse us, then we can truly forgive.
- \* Forgiveness is not forgetting. Forgiveness is a choice, something God has empowered you to do, in faith, by His grace.

Romans 12:19 *Do not take revenge, my friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.*

- \* Walk in faith believing God will take care of those that have hurt or offended you. Ask God to change your heart toward them to reflect how He sees them.
- \* Forgiveness frees us from the flesh machinery that pulls us toward food when we aren't hungry.
- \* When we walk in the freedom of forgiveness, we no longer live in the darkness of our bitterness, anger, and resentment. A load is lifted off our shoulders and a peace comes into our souls.

*Week Ten – Group Notes*

Follow Up On From Last Week

Answers to prayer:

Answers to questions:

Notes:

Reminders For Next Week

People who need extra encouragement/accountability:

Questions needing answers:

Absent Members:

Members who deserve recognition for their progress:

Prayer Requests:

Describe the progress of the group as a whole.

Notes:

## Week Eleven

### Video Segment #11

#### Discussion Questions:

1. Kim shared that she felt like an onion with layers being peeled away. Has God been peeling layers off you? How will this lead to a deeper, more intimate relationship with the Lord?
2. Discuss what you have found to be personally valuable from being apart of a support group? How has the experience of having a group of individuals with similar experiences helped you to see changes in your life?
3. Has your perspective or direction changed since the start of Thin Within?
4. What have you gleaned from this video segment?

### Key Bible Verses

Psalm 139:23 *Search me, O God, and know my heart; test me and know my anxious thoughts.*

- \* When we open our hearts to Him and allow Him to teach and correct us, He gives us insights into our struggles.
- \* He reveals what we need to release, including things of which we are unaware.

2 Corinthians 10:4 *The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.*

Hebrews 4:16 *Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

- \* We are not in this battle alone.
- \* God is there and has promised to give us grace and help in our time of need.
- \* We approach God's throne through prayer.
- \* He taught us to pray intentionally and preventively to keep us from falling.
- \* Prayer is our offensive weapon so we can continue to go forth praising, trusting, and knowing God has won the battle within us.



*Week Eleven – Group Notes*

Follow Up On From Last Week

Answers to prayer:

Answers to questions:

Notes:

Reminders For Next Week

People who need extra encouragement/accountability:

Questions needing answers:

Absent Members:

Members who deserve recognition for their progress:

Prayer Requests:

Describe the progress of the group as a whole.

Notes:

*Week Twelve*

## Video Segment #12

## Discussion Questions:

1. Thin Within teaches about the abundant life in Christ. What does this abundant life mean to you?
2. Discuss what “bathing yourself in God’s Word” means to you personally.
3. What heart changes have you seen on this journey?
4. What do you think is the most important lesson or truth the Lord has taught you over the last twelve weeks?

## Key Bible Verses

Philippians 3:12–14 *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.*

- \* People in process trust God to continue His work. They don’t dwell on their failures or successes and they fix their eyes on Jesus and the hope He gives.
- \* As we persevere and let go of our failures and focus on God, we draw near to Him and feel his loving arms around us.
- \* Listen to His heart beating for you.

Hebrews 12:2 *Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.*

- \* Humbly depend on the Lord in all areas of your life each and every moment.
- \* Submit to Him and trust He will continue His good work in you and through you.
- \* Fix your eyes on Jesus and He will perfect your faith!

*Week Twelve – Group Notes*

Follow Up On From Last Week

Answers to prayer:

Answers to questions:

Notes:

Reminders For Next Week

People who need extra encouragement/accountability:

Questions needing answers:

Absent Members:

Members who deserve recognition for their progress:

Prayer Requests:

Describe the progress of the group as a whole.

Notes: