



## Support Group Discussion Guides

*Video Three\**  
*Support Group Leader Discussion Guides*  
&  
*Group Notes*

**\*Video Three is also labeled Quarter 3, 2002**



## Support Group Discussion Guides

### Quarter 3

#### 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:

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?

#### Q 3 Video Week 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

**Psalm 34:8-10 "Taste and see that the LORD is good; blessed is the man who takes refuge in Him. Fear the LORD, you His saints, for those who fear Him lack nothing. The lions may grow weak and hungry, but those who seek the LORD lack no good thing."**

- Drawing closer to the Lord and fellowshiping with Him satisfies in a way that food can not.
- Those who reverently fear Him will lack nothing and God will not withhold the good things He has planned.

**Psalm 145:14-19 "The LORD upholds all those who fall and lifts up all who are bowed down. The eyes of all look to You, and You give them their food at the proper time. You open Your hand and satisfy the desires of every living thing. The LORD is righteous in all His ways and loving toward all He has made. The LORD is near to all who call on Him, to all who call on Him in truth. He fulfills the desires of those who fear Him; He hears their cry and saves them."**

- God is the God of the downtrodden. He lifts up those who have fallen.
- When we look to God He provides all our needs....even the food we need at the proper time.
- God's provision is perfect and He completely satisfies in that provision.
- He is righteous, loving, and near to all who call on Him.
- God hears your cries and will save you from whatever you are going through right now.



# Support Group Discussion Guides

## **Supplimental Group Notes**

Things I Want To Follow Up On From Last Week

Answers to prayer: \_\_\_\_\_  
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Answers to questions: \_\_\_\_\_  
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### Reminders For Next Week

People who need extra encouragement / accountability: \_\_\_\_\_  
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Questions I need to get answers to: \_\_\_\_\_  
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Members who were absent: \_\_\_\_\_  
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Members who deserve recognition for their progress: \_\_\_\_\_  
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Prayer Requests: \_\_\_\_\_  
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Review the "Progress" line on the support group log. Is the group as a whole making progress? \_\_\_\_\_  
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## Support Group Discussion Guides

### Quarter 3 Week 2

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#### **Lesson/Exercises**

Discussion Questions:

7. What practical tip helped you eat between 0 to 5 this week?
8. Share ways you were able to resist the temptation to eat when your body was not at zero or had already reached 5.
9. What Bible verse or portion of your lesson most spoke to you this week?
10. Show how God used the lessons/exercises to meet a specific need this week.
11. What has the material taught you about the character of God and His power to change you?
12. 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 3 Video Week 2: Deb #1**

Discussion Questions:

5. Can you relate to Deb's experience of yo-yo dieting and her embarrassment as a result of overeating and excess weight?
6. What role does faith have in Thin Within?
7. Why do you think we often resist trusting God and placing our faith in His plan?
8. In your group setting, share evidences of God's faithfulness and trustworthiness.

#### **Key Bible Verses**

**I 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."**

- Even though we often view ourselves as in charge of our bodies, we did not create them and do not own them.
- God paid a very high price by providing the sacrifice of His only Son in order to establish His relationship with us and indwell us through the Holy Spirit.
- Out of a natural sense of love and devotion resulting from God's gift, we want to honor our precious Father in any way we can.

**2 Thessalonians 1:11-12 "With this in mind, we constantly pray for you, that our God may count you worthy of His calling, and that by His power He may fulfill every good purpose of yours and every act prompted by your faith. We pray this so that the name of our Lord Jesus may be glorified in you, and you in Him, according to the grace of our God and the Lord Jesus Christ."**

- As we seek to honor God with our bodies, we want to allow God to establish Himself in us in such a way that we are worthy of His calling. We are unworthy in and of ourselves, but HE is worthy and HE lives in us!
- We can only fulfill His good purposes for us and our lives as we put our faith in Him. He provides the power to accomplish this in us.
- What an incredible thought....to think that we bring glory to Him and honor the Living God just by obeying His directives for us!



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#### **Q 3 Video Week 3: Deb #2**

Discussion Questions:

1. What is the difference between Thin Within and the old "start the diet again on Monday" mentality?
2. Have you ever found yourself eating before you were truly hungry (eating "ahead of hunger") because you were afraid that there would be no food available when you reached 0?
3. Think of a recent example of "free food" or an occasion that was very difficult to resist the food offered. How did you successfully resist overeating, if not what could you have done differently to resist the temptation?
9. Share any freedom that you have experienced in Thin Within.

#### **Key Bible Verses**

**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.**

- We can be confident in God completing His work in us.
- He is actively carrying that work on to completion....it is a process that will take our entire lives.
- He began it...He will finish it!

**2 Corinthians 3:17 "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."**

**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."**

- Our freedom is found in the Spirit of the Lord that lives within us.
- Christ came to set us free from the bondage of sin's entanglement.
- We can stand firm in that freedom that He provides and resist the pull of slavery to any sin or burden.



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## Support Group Discussion Guides

### Quarter 3 Week 4

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#### **Lesson/Exercises**

Discussion Questions:

- 1 What practical tip helped you eat between 0 to 5 this week?
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- 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.
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#### **Q 3 Video Week 4: Lisa**

Discussion Questions:

- 1 How much do outside influences affect your eating? (Examples: You have a strict rule that you won't eat anything past 7 P.M. You eat only certain foods in the morning. You avoid all high fat/high sugar foods, etc.) Why do you think it is hard to disregard these "rules"?
- 2 Do you ever feel guilty about what you eat? Discuss Lisa's statement that refers to the TW concept--It is not only about what we eat, but when and how much we eat.
- 3 Talk about the ease of living Thin Within rather than a diet where ever you are.
- 4 What is "present time" eating? How can living in the present time (not past, not future, but right now) affect all areas of your life?

#### **Key Bible Verses**

**2 Corinthians 3:18 "And we, who with unveiled faces all reflect the Lord's glory, are being transformed into His likeness with ever-increasing glory, which comes from the Lord, who is the Spirit."**

- We reflect His glory by looking intently into His face.
- Our transformation comes solely from the Spirit's work within us.
- We become more and more like Him through a process called sanctification which He takes us through.

**Galatians 5:16-18 "So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want. But if you are led by the Spirit, you are not under the law."**

**Galatians 5:24-25 "Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit."**

- As a Child of God, the Holy Spirit lives within you! He enables you to steer away from sinful desires.
- Think about walking along side a tour guide in a national park forest. What would you need to do in order to keep in step with one who is very knowledgeable concerning the path ahead?





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## Support Group Discussion Guides

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#### **Lesson/Exercises**

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#### **Q 3 Video Week 5: Jeff**

Discussion Questions:

- 1 Are you surprised at how little food your body requires in order to be satisfied?
- 2 Discuss how checking in with your internal hunger scale helps you to slow down and savor food.
- 3 Do you have a tendency to want to be in charge and in control of everything? Why do you think it is so hard to "let go and let God"?
- 4 Jeff mentioned frequently feeling satisfied physically (but not mentally or emotionally) from eating. Where does mental and emotional satisfaction come from?
- 5 Consider your relationship with God; what is His role and what does He require of you.

#### **Key Bible Verses**

**Philippians 3:10-11 "I want to know Christ and the power of His resurrection and the fellowship of sharing in His sufferings, becoming like Him in His death, and so, somehow, to attain to the resurrection from the dead."**

- Knowing God is the key to entering into the abundant life He has for us.
- As we grow in our relationship with Him and allow Him to mature us, we are equipped with all we need for a life of victory.
- Knowing Him in a more intimate way is costly, requiring us to share in His sufferings as we die daily to our own will.
- The rewards of those costly choices include finding Him and His good, pleasing and perfect will as we rejoice in the resurrected life!



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## Support Group Discussion Guides

### Quarter 3 Week 6

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#### **Lesson/Exercises**

Discussion Questions:

- 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?

#### **Q 3 Video Week 6: Donna**

Discussion Questions:

- 1 Many people have lost weight doing diets only to gain it all back- plus some. What is the effect of this kind of failure?
- 2 Can you relate to Donna's comment that refers to feeling in bondage to what she thought she should eat and feeling guilty about what she did eat.
- 3 Before Thin Within, was physical hunger your primary reason for eating?
- 4 Food is often used to "stuff down feelings". Share a testimony of how God helped you release those feelings instead of numbing them with food.

#### **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.**

- Christ went to the cross and died for us so that we might be free!
- Stand firm in Christ's established redemption and don't allow anything to weigh you down in bondage.

**Matthew 9:27-30 "As Jesus went on from there, two blind men followed Him, calling out, 'Have mercy on us, Son of David!' When He had gone indoors, the blind men came to Him, and He asked them, 'Do you believe that I am able to do this?' 'Yes, Lord' they replied. Then he touched their eyes and said, 'According to your faith will it be done to you'; and their sight was restored."**

- We may get discouraged and feel as if there is no way for us to change and overcome these areas of defeat. God says He is able.
- Jesus said that it will be done unto you according to your faith. Do you believe that He is able to restore your life so that victory is your reality?
- He promises to do just that...and so much more. (Ephesians 3:20) Believe Him!



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## Support Group Discussion Guides

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#### Week 7

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#### **Lesson/Exercises**

Discussion Questions:

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- 3 What Bible verse or portion of your lesson most spoke to you this week?
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- 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 3 Video Week 7: Donna #2**

Discussion Questions:

- 1 Donna speaks of a truth that made a difference in her transformation. Have you grasped how much God loves you? Discuss God's love for you.
- 2 Donna also shares that a big part of the journey is God's forgiveness. What role does forgiveness have? Has it made a difference in your life?
- 3 Share the gifts that God has given you since participating in Thin Within.
- 4 Discuss and share any boundaries you have set.
- 5 What goals do you have for your future?

#### **Key Bible Verses**

**Romans 3:23-24 "For all have sinned and fall short of the glory of God, and are justified freely by His grace through the redemption that came by Christ Jesus."**

- Sin cuts us off from our holy God. All sin leads to death, regardless of how big or small our sin is. All sin separates us from God.
- Now here is the good news! Justified means to be declared not guilty. When God forgives our sins our record is wiped clean. It is as though we had never sinned.
- Redemption refers to Christ setting sinners free from slavery to sin. Christ purchased our freedom and the price was His life.

**Ephesians 3:17b-19 "And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge--that you may be filled to the measure of all the fullness of God."**

- God's love is total! It reaches every corner of our existence.
- Its width covers the breadth of everyone's experience.
- God's love is long--it continues the length of our lives.
- It is high--it rises above the heights of our celebration and elation.
- His love is deep--it reaches to the depths of discouragement, despair, and even death.
- God's love goes beyond all that we know and is the key for us to experience the fullness of God as we submit our lives to Him.



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## Support Group Discussion Guides

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#### **Q 3 Video Week 8: Lyn**

Discussion Questions:

- 1 Observation and correction have been very helpful to Lyn's success. Share your experience with this tool.
- 2 Lyn talked about praying as she was tempted to eat while standing in front of the refrigerator or pantry. How has prayer been helpful? What are the ways you keep from giving in to temptation?
- 3 Lyn says that she was a fix-it person. Discuss ways to stop trying to control and fix everything. Discuss ways to set godly boundaries?
- 4 Like Lyn, do you have a hard time trusting God and letting things go? What steps can you take to put all your confidence in the Lord?

#### **Key Bible Verses**

**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."**

- The real issue is not simply eating and drinking, it is doing all these things in obedience to the leading of the Holy Spirit.
- Look up Galatians 5:22-23 and read the content of the fruit of the Spirit.
- Our eating and drinking will fall into its proper place when the main thing becomes the main thing.

**Galatians 5:16 "So I say, live by the Spirit, and you will not gratify the desires of the sinful nature."**

- As believers in Jesus Christ, we have been given a new spirit. The old man or sinful nature has been crucified.
- Galatians 5:16 tells us to live and walk by the Spirit. As new creatures in Christ we now have the power of the Holy Spirit indwelling us which equips us to resist giving in to the desires of the flesh.





# Support Group Discussion Guides

## **Supplimental Group Notes**

Things I Want To Follow Up On From Last Week

Answers to prayer: \_\_\_\_\_  
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Answers to questions: \_\_\_\_\_  
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### Reminders For Next Week

People who need extra encouragement / accountability: \_\_\_\_\_  
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Questions I need to get answers to: \_\_\_\_\_  
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Members who were absent: \_\_\_\_\_  
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Members who deserve recognition for their progress: \_\_\_\_\_  
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Prayer Requests: \_\_\_\_\_  
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Review the "Progress" line on the support group log. Is the group as a whole making progress? \_\_\_\_\_  
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## Support Group Discussion Guides

### Quarter 3

#### Week 9

*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 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?

#### **Q 3 Video Week 9: Lianne**

Discussion Questions:

- 1 Lianne spoke of several things she tried in order to make sure she ate within the parameters of hunger and satisfaction (portion control, etc.). Share anything that has helped you in this area.
- 2 Often we fill our lives with things that keep us from God's best and may even harm us. Make a list of actions that would help keep your eyes on Jesus rather than be distracted by fleshly temptations.

#### **Key Bible Verses**

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

- When God starts a project He always completes it. He promises to grow us in His amazing grace until He completes the work He has begun in us.
- We can be confident that we are a work in progress, that God is going to mold, fashion, and shape us using every bump in the road.

**I Peter 1:15-16 "But just as He who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.'"**

- Peter is telling us to be like our heavenly Father--separate from sin and be holy in everything we do.
- God justifies us and makes us holy through the blood of Jesus. And He empowers us daily to turn from sin and choose to follow Him and His ways rather than indulge in our old sinful ways.



# Support Group Discussion Guides

## **Supplimental Group Notes**

Things I Want To Follow Up On From Last Week

Answers to prayer: \_\_\_\_\_  
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Answers to questions: \_\_\_\_\_  
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### Reminders For Next Week

People who need extra encouragement / accountability: \_\_\_\_\_  
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Questions I need to get answers to: \_\_\_\_\_  
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Members who were absent: \_\_\_\_\_  
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Members who deserve recognition for their progress: \_\_\_\_\_  
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Prayer Requests: \_\_\_\_\_  
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Review the "Progress" line on the support group log. Is the group as a whole making progress? \_\_\_\_\_  
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## Support Group Discussion Guides

### Quarter 3 Week 10

*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 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?

#### **Q 3 Video Week 10: Donna Jean & Judy**

Discussion Questions:

- 1 Donna Jean talked about peeling off the layers of grave clothes to reveal the things that had been hidden since early childhood. How can you relate to this process?
- 2 Who or what do you turn to in times of conflict, stress, loss, or tragedy? As Donna Jean described, is food used for sustenance alone or do you also use it to feed your emotions?
- 3 What are the benefits of attending a support group? Share how this support group has helped you.
- 4 Judy spoke of broken dreams and unrealized expectations. In what ways can wounded earthly relationships impact our relationship with God?
- 5 Why is forgiveness so important? How will the restoring work of forgiveness enable you to release weight?

#### **Key Bible Verses**

**Psalm 56:8-9 "Record my lament; list my tears on Your scroll--are they not in Your record? Then my enemies will turn back when I call for help. By this I will know that God is for me."**

- Each and every tear matters to the heart of God.
- Because of our intimate relationship with God we can call out to Him in times of trouble and know that He hears us and cares for us. (Exodus 3:7)
- God Himself will wipe our tears away. (Revelation 7:17 and 21:4)

**I 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."**

- Restoration comes from God. It is His desire that we would not only be reconciled with Him, but would also be reconciled in our relationships with others.
- Our trials are always used to fortify and strengthen us so that we are continually more grounded and steadfast in our relationship with Him.



# Support Group Discussion Guides

## **Supplimental Group Notes**

Things I Want To Follow Up On From Last Week

Answers to prayer: \_\_\_\_\_  
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Answers to questions: \_\_\_\_\_  
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### Reminders For Next Week

People who need extra encouragement / accountability: \_\_\_\_\_  
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Questions I need to get answers to: \_\_\_\_\_  
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Members who were absent: \_\_\_\_\_  
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Members who deserve recognition for their progress: \_\_\_\_\_  
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Prayer Requests: \_\_\_\_\_  
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Review the "Progress" line on the support group log. Is the group as a whole making progress? \_\_\_\_\_  
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## Support Group Discussion Guides

### Quarter 3 Week 11

*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 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?

#### **Q 3 Video Week 11: Kristin #1**

Discussion Questions:

- 1 Kristen spoke of her longing for unconditional love and acceptance. Read Isaiah 49:15-16 and discuss what kind of love God has for you.
- 2 Kristen shared how she learned to see God as her father. What does having God as a father mean to you?
- 3 In what ways does a restrictive diet with taboo foods set us up for failure? How does knowing you can have what you want keep you from overdoing it?
- 4 The demands of others often impact us physically, mentally, and spiritually. Are you able to let go of what others think is "the right package" for you and embrace God's unique, personalized plan for your body and life?

#### **Key Bible Verses**

**Romans 8:15-16 "For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by Him we cry, 'Abba, Father'. The Spirit Himself testifies with our spirit that we are God's children."**

- As God's beloved children we are able to call Him Father "Abba".
- Our heavenly Father's love is unconditional. He will never leave us, abandon us, give up on us, or stop loving us.
- We love Him because He first loved us.
- It is by grace that we are adopted by God and called His children.



# Support Group Discussion Guides

## **Supplimental Group Notes**

**Things I Want To Follow Up On From Last Week**

**Answers to prayer:** \_\_\_\_\_  
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**Answers to questions:** \_\_\_\_\_  
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### **Reminders For Next Week**

**People who need extra encouragement / accountability:** \_\_\_\_\_  
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**Questions I need to get answers to:** \_\_\_\_\_  
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**Members who were absent:** \_\_\_\_\_  
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**Members who deserve recognition for their progress:** \_\_\_\_\_  
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**Prayer Requests:** \_\_\_\_\_  
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**Review the “Progress” line on the support group log. Is the group as a whole making progress?** \_\_\_\_\_  
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## Support Group Discussion Guides

### Quarter 3 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 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?

#### **Q 3 Video Week 12: Kristin #2**

Discussion Questions:

- 1 In Thin Within we often talk about how the fat machinery in our lives triggers us to eat even when we are not hungry. Kristen shared how we often eat according to what the clock says (i.e. noon means lunch time). Discuss other things that prompt you to eat outside of the bounds of hunger and satisfaction.
- 2 We have the freedom to eat whatever we want when our body calls for food, but this freedom carries responsibility. How are you moving towards more beneficial food choices with each eating occasion?
- 3 We often lack trust in God to handle every part of our lives. We insist on being in control and allow the circumstances in our lives to dictate our behavior. Discuss God's trustworthiness (including testimony of how He has shown His faithfulness and provision to you lately). What will it take to surrender every part of your life to Him?

#### **Key Bible Verses**

**Proverbs 3:13-14 "Blessed is the man who finds wisdom, the man who gains understanding, for she is more profitable than silver and yields better returns than gold."**

**James 1:5-6 "If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind."**

**Proverbs 3:5-6 "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight."**

- God has given us access to His wisdom and direction for our lives.
- The Word says to ask and He will generously give to us.
- He tells us to believe Him without doubt and put all our trust in Him and not ourselves.
- He will straighten out our paths.





# Support Group Discussion Guides

## **Supplimental Group Notes**

Things I Want To Follow Up On From Last Week

Answers to prayer: \_\_\_\_\_  
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Answers to questions: \_\_\_\_\_  
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### Reminders For Next Week

People who need extra encouragement / accountability: \_\_\_\_\_  
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Questions I need to get answers to: \_\_\_\_\_  
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Members who were absent: \_\_\_\_\_  
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Members who deserve recognition for their progress: \_\_\_\_\_  
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Prayer Requests: \_\_\_\_\_  
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Review the "Progress" line on the support group log. Is the group as a whole making progress? \_\_\_\_\_  
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