



BREAKTHROUGHTM

Series 1

*For those committed
to never going back...*

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DAILY THOUGHT QUESTIONS

- ❑ What has been the biggest revelation that hit your heart this week from the video? This is called a...

BREAKTHROUGH CONVICTION.

Write these out and collect them over the next eight weeks. Record them each week and rewrite them on the permanent Breakthrough Conviction Chart in the front of the book. You can have several of these convictions per week. Make sure to go over these every week. Even if it seems stupid [that is satan's whisper], write them down. *Example: I am finally realizing that the only way to lose weight is to wait for true hunger each time.*

- ❑ Now take this *Breakthrough Conviction* and make a change in your life. When you make a small or big change in your lifestyle from these convictions it is called a...

BREAKTHROUGH LIFESTYLE CHANGE.

Record them each week and rewrite them on the permanent Breakthrough Lifestyle Change Chart in the front of the book. Praise God for them and make sure you note the weight lifted off of you because you are changing to obey God rather than Self.

- ❑ REPETITION OF SINS MUST STOP. You may not get another chance to get it right. What sin are you repeating, and what have you done today to stop that?



BLESSINGS FOR OBEDIENCE

- ☐ Praise God for the Breakthrough!!! Use this space to praise God for what He has done so far. Record these each week and rewrite them on the Blessings for Obedience Chart in the front of the book. How neat that the whole world is wonderful and life is worth living if we just focus on God for the day! *Example: I feel a heavy burden being lifted off my mind and body when I obey God.*

CURSES FOR DISOBEDIENCE

- ☐ Use this space for the unfortunate times that you take your eyes off of God. [Also rewrite them on the Curses for Disobedience Chart in the front of the book.] I have been at this for years, and I have seen that people are quick to forget the problems and curses that are caused by taking their eyes off of God. Make this a frequented page. It will turn you around before you binge.

- ☐ Did you deny head hunger this week? Did you eat with mouth hunger? Totally analyze your head hunger—with who, what, when, where, how, and why did it happen, and write this down.

- ❑ Hour by hour is key to this class's goal: a relationship with God. Waiting for the growl is not about weight loss—it is about surrendering control so that you can have a relationship with God. Slow down. You need to take one hour at a time, one week at a time, one month at a time. If you think about it, you have 8 hours of sleep and 8 hours of working for someone else—where you should be—because you are paid to be focusing on someone else. If you are a stay-at-home mom, it is no different. You are working for your husband, and he wants you to cook, clean, do laundry and homeschool—and that is an 8-hour job at least! That adds up to 16 hours out of the 24 hours. Now...concentrate on those last 8 hours. What are you doing with those last 8 hours? Fill in the following blanks with what you have been doing.

4:00 pm _____
 5:00 pm _____
 6:00 pm _____
 7:00 pm _____
 8:00 pm _____
 9:00 pm _____
 10:00 pm _____
 11:00 pm _____

We have got to surrender the night hours. Now turn to the “Hour by Hour” Activity on page 46 to begin this process of keeping a NEW Spirit-led evening. Record what you do in your journal and rate it. Is it God-focused/Christ-focused? Or is it greedy/self-focused? Your goal is to surrender the last 8 hours of your day to your King.

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- ❑ Did you get re-focused today by listening to an audio or by reading your workbook? What did you do? Which resource did you use? When did you do it?

- ❑ Learn to send yourself reminders/alerts on your phone [especially during those difficult hours]. It wouldn't hurt to get someone in the class to be your Accountability Partner, and you two could pray together each night. Your phone reminders could be as follows:
 - “Growl to growl...give up control!”
 - “Pray more!”
 - “Remember the pain of greed.”
 - “If you end the greed, you will stop the overeating.”

- ❑ DIETING has gotten you into a complicated mess, and it is NOT God's plan for your body. Write out how your past dieting has caused pain and problems in your life.

- ❑ People lie to themselves so that they can get away with extra eating. If you are telling yourself, “It's okay to go on and eat this once even though I'm not quite hungry or growling yet” or... “It's okay to go past full just this once. I'll get back on track tomorrow...”—then you are lying to yourself. Some other examples of lies you could be falling for are:
 - “I will be empty/bored for the rest of the night if I don't get to spend the time eating food...”
 - “This one time of overeating will not matter...”



- “I can go beyond full and just wait longer tomorrow to eat...”
- “I can overeat tonight and just fast tomorrow...”
- “Even if I gain a little bit of weight, I can get that back off...”
- “I’m tired. I’m hurting. I’m depressed. Food can comfort me.”

Now write down the lies you fall for—the ones that you have listened to for years—and be familiar with them so that you can turn them OFF [refuse to believe them] when the situation comes back around!

LIE #1 _____

LIE #2 _____

LIE #3 _____

LIE #4 _____

LIE #5 _____

- ☐ What do you focus on when you come to class? Do not focus on the people who have not lost their weight, but rather focus on those who have. If need be, watch the “20,000 Pound Lineup” YouTube video [www.youtube.com/watch?v=lwvaj1Dy_5A] every day so that you can end the lies that say, “People cannot lay down the love of food... People cannot really permanently lose their weight... People cannot stop sinning.” Stop and refocus. Look at all the people who were obese and now have been thin for two, five, and ten years! It CAN be done! People CAN wait for the stomach to growl. People CAN stop eating beyond full. Even little children stop when they are satisfied. Remember back...you used to do that when you were young. Go back and remember when you used to eat like a thin eater [or if you never did, then watch a child eat for a day...] and write out some examples here of HOW they wait for hunger, HOW they stop when

they are satisfied or full, **HOW** they quickly go to the next event the moment they feel satisfied, and **HOW** they are simply **NOT** focused on the food at all—all day:

- ☐ You must show restraint, moderation, and temperance in your eating. If you've got weight to lose, it will probably be only 1-3 times per day in small amounts [with the exception of children and pregnant women]. You should eat slowly but without drawing the experience out longer than it should. What are some practical ways that you can show restraint at the table? List them all and put a check mark by ones you use. For example:
 - ☐ Pray before the meal
 - ☐ Slow down
 - ☐ Interpose a delay in the middle of the meal
 - ☐ Look up and visit with those around you
 - ☐ Sip between bites
 - ☐ Read a Truth Card in the middle of a meal
 - ☐ Ask for a to-go box at the beginning of the meal so that you can get your food “out of sight, out of mind” as soon as you feel satisfied
 - ☐ Instead of being the last person to finish, try being the first person to stop eating

and more out of ourselves. How have you spoiled yourself? List expectations that you should have of yourself at your age.

Example:

I am ____ years old. I should be able to wait for stomach hunger.

I am ____ years old. I should be able to stop at one glass of wine.

- ❑ These next two questions are on the BLESSINGS OF HEALTH that you receive when you eat less food.

How does it feel when you deny yourself extra food and mobilize the stored energy all over your body? Describe in detail how much energy you have when you wait on God and obey His amounts.

How does it feel when you keep eating, past full, as if for an overweight body instead of a thin body? Describe in detail how tired you are when you overeat. Please share these with your classmates online.



☐ Complications of Obesity/Related Diseases

Overweight and obese people are at an increased risk for developing the following conditions [in no particular order]:

- Type 2 [non-insulin dependent] diabetes
- Cardiovascular disease
- Stroke
- Hypertension
- Hypothyroidism
- Dyslipidemia
- Hyperinsulinemia, insulin resistance, glucose intolerance
- Congestive heart failure
- Angina pectoris
- Cholecystitis
- Cholelithiasis
- Osteoarthritis
- Gout
- Fatty liver disease
- Sleep apnea and other respiratory problems
- Polycystic ovary syndrome [PCOS]
- Fertility complications
- Pregnancy complications
- Psychological disorders
- Uric acid nephrolithiasis [kidney stones]
- Stress urinary incontinence
- Cancer of the kidney, endometrium, breast, colon and rectum, esophagus, prostate and gallbladder
- Death

☐ Here are 20 diseases or conditions related to Obesity:

1. Diabetes, a disorder where the pancreas is not producing enough, or sometimes not any, insulin. Diabetes can lead to a whole host of other medical issues, and obesity is one of the main causes.
2. Cancer has many different forms and types; many of them could be prevented with more attention to eating healthily and avoiding obesity.
3. Congestive heart failure is a condition in which your heart can't pump enough blood to your body's other organs.
4. Enlarged heart is another heart condition where the muscle of your heart becomes larger due to being overworked, which naturally happens if you are overweight.

5. Pulmonary embolism is a sometimes fatal blockage of an artery. Being overweight causes most people to reduce activity, and after time, lack of activity can result in an embolism.
6. Polycystic ovarian syndrome is a condition in which cysts develop in your ovaries. These can burst, causing even further problems.
7. Gastro-esophageal reflux disease happens when stomach acid and juices flow from your stomach back up into your esophagus. It is common in overweight people.
8. Fatty liver disease is a reversible condition in which large pockets of fat accumulate in liver cells.
9. A hernia is caused when the hole in the diaphragm weakens and enlarges.
10. Erectile dysfunction is the inability to develop or maintain an erection, which can be caused by a medical problem due to obesity.
11. Urinary incontinence is the inability to control urination. It is frequently associated with obesity, weak bladder and pelvic floor muscles.
12. Chronic renal failure, meaning your kidneys fail to work, is a much greater risk to those who are overweight or obese.
13. Lymph edema is a condition that occurs from a damaged or dysfunctional lymphatic system, sometimes caused by people suffering from obesity actually crushing their own lymphatics.
14. Cellulitis is a spreading infection, involving both the dermis and subcutaneous skin tissues, resulting from poor lymph flow caused by obesity.
15. Stroke is caused by a lack of blood supply to your brain.
16. Pickwickian syndrome is characterized by sleep apnea resulting from obesity placing an excessive load on your pulmonary system.
17. Depression is a condition where a person feels miserable constantly, even to the point of being suicidal. It can be worse for someone who also has a weight problem.
18. Osteoarthritis is a clinical syndrome in which low-grade inflammation results in pain in your joints. It is caused by abnormal wearing of the cartilage, oftentimes due to obesity.
19. Gout occurs when uric acid accumulates in your blood. Nerve endings then become irritated, causing extreme pain, which is made worse by carrying extra weight.
20. Gallbladder disease commonly affects overweight people as a result of high blood cholesterol levels, which cause gall stones.



- ❑ According to a Surgeon General report, obesity is responsible for 300,000 deaths every year in the United States. Your homework this week is to watch the YouTube videos, “The World’s Fattest Child” or “700 Pound Man.” As America is getting larger and larger and more and more insensitive to hunger and fullness, they are getting more and more unhealthy. We are witnessing the first generation in over two centuries that has a shorter life expectancy than their parents.
- ❑ It would be unfortunate if God saw any sadness in you while you were denying yourself and obeying His will. No looking back like Lot’s wife! Write down the consequences of sin or backsliding, and write down the rewards for moving forward! Look at the contrast! This is the Committed Class—let’s break through!!

Consequences/Curses:

Rewards:

- ❑ Do not be discouraged by anything in the past, but rather be happy and joyful that you have this chance! This is huge!! Read Psalms 103 and write out verses 1–5.

PRAYER

To get started, you will need to humble yourself every day—every day—getting down and praying, “O God, I’m so sorry. Thank You for an opportunity to pray to You more, but God, I’m just praying that You forgive me, and thank You for this chance. O God, I don’t want to do anything to hurt a relationship with You. Open my eyes to this incredible chance. Help me, God, to give up control.”

So start with a prayer, and then get down an hour later and pray again, because satan will try to inject you with pride and fear to get you to return to taking over control with dieting. Yet you need to replace control with contriteness and dependence on the great decisions of God. It becomes a way of life.

ANSWERED PRAYERS

You can break through into this freedom of being connected to God’s Spirit hour by hour, by constant input, then constant praying, and then looking for the answered prayers. Through this obedience and these amazing answered prayers, the power is incredible; it is showing the world that we can move the mountains that Jesus was talking about [Matthew 17:20]. This will get you more and more excited about this relationship with God; and please, do not give up, because this is the coolest thing in the world when you finally connect. Write in your journal your answered prayers from this week.



HOUR-BY HOUR *Finding the Spirit of God*

Waiting for God's lead every hour is so fun and rewarding. This can be through true hunger, or your husband or boss, or prayer for what to do to help someone else, etc. Use this chart, as you feel led, as a tool to help you get into this lifestyle of depending on God hour by hour, day by day, and week by week.

Day: Monday, January 23rd

Hour	Wait for God's lead?	Comments
6:00 AM	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Woke up and prayed for God's lead.
7:00 AM	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	No hunger so got ready for the day.
8:00 AM	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Prayed for focus as I drove to work, listened to class audio.
9:00 AM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
10:00 AM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
11:00 AM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
12:00 PM	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Felt hunger ate half of sandwich & a diet coke
1:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
2:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
3:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
4:00 PM	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Got home, spent time with kids
5:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
6:00 PM	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	Prayed before dinner, did great!
7:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
8:00 PM	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	God led me to reach out to a hurting person, lifted my spirit!



Day: _____

Hour by Hour

Finding the Spirit of God

Wait for
God's lead?

Hour	Wait for God's lead?	Comments
6:00 AM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
7:00 AM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
8:00 AM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
9:00 AM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
10:00 AM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
11:00 AM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
12:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
1:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
2:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
3:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
4:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
5:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
6:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
7:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
8:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
9:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
10:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
11:00 PM	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Middle of the night	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Could you have done a better job today? Explain.