

EXODUS

OUT OF EGYPT

THE CHANGE SERIES

A Journey away from the false gods of Egypt through
the Desert of Testing and into the freedom of the Promised Land.

WEIGH DOWN
MINISTRIES

G W E N S H A M B L I N

EXODUS

OUT•OF•EGYPT

THE CHANGE SERIES

STUDENT GUIDE

WEIGH DOWN
MINISTRIES

G W E N S H A M B L I N

The Exodus

Week One

Not my will,
but yours
be done.

Luke 22:42



THIS WEEK'S MAJOR POINTS

[illegible]

WEEK ONE — THE EXODUS

Scriptures used in this week's lesson
(check [✓] when read):

- ☐ Genesis 7:16
- ☐ Genesis 12:2
- ☐ Genesis 15:6
- ☐ Exodus 19:4
- ☐ I Kings 13
- ☐ II Chronicles 16:12-13
- ☐ Psalm 81:8-10
- ☐ Matthew 19:30
- ☐ Mark 7:14-23
- ☐ John 3:3
- ☐ John 14:31
- ☐ I Corinthians 10:5
- ☐ Ephesians 5:5
- ☐ Colossians 2:16
- ☐ Colossians 2:20-23
- ☐ Colossians 3:5
- ☐ II Thessalonians 2:11-12
- ☐ I Peter 4:1-2
- ☐ II Peter 2:19



First and foremost, understand that you are not a failure. Over the years, you have developed a passion for and a focus on food which has left you overweight or miserable under its control. Attempts to solve the problem by dieting only increased this focus. Through Weigh Down, you will learn to transfer both the passion for food and your cry for deliverance from it to the only One who truly deserves all this attention—God.

The slavery to food and dieting is much like the bondage the children of Israel suffered at the hands of the Egyptian pharaohs in the Old Testament. God heard their cries, delivered them from Egypt and into the desert to test their devotion, and finally led them into the joy and peace of the Promised Land. God also hears your cries. But you must make the choice to leave your Egypt to follow Him into the Desert of Testing where He will demonstrate His awesome power and His love for you. When your devotion has been truly transferred from food to God as your source of comfort and happiness, you, too, will experience the joy and peace of being in the Promised Land, a land of guilt-free milk and honey.

Nutritional research has produced thousands of textbooks with conflicting information about the causes and solutions of overweight. Man-made rules attempt to correct the food and make it righteous, but these rules have done nothing to solve the real problem—overeating and having greed for more than what the body truly needs. However, when we look to the handbook of the One who created us, we find the answer throughout Scripture.

God provides food to fuel our empty stomachs, not our empty hearts. By relying on the simple gauge He gave us to tell us when to eat and when to stop, we free our minds and our hearts to focus on Him rather than on the food, losing weight while enjoying the wonderful variety of food He so ingeniously created. God's plans for us are perfect, so He will not allow anything else—fat grams, diets, or anything of this world—to be our Savior except Himself, through His Son, Jesus Christ.

So how can you turn your focus from food to a focus on God?

- #1. Relearn how to feed the stomach only when it is truly hungry.
- #2. Relearn how to feed the heart with a relationship with God.
- #3. Relearn how to recognize the different “hunger” urges and not confuse them.

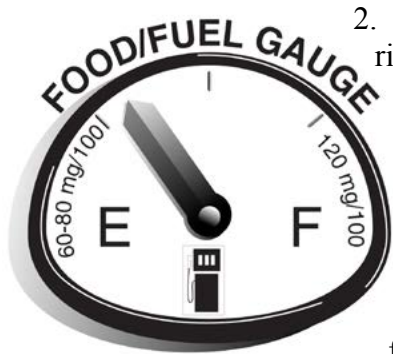
Stomach hunger is a very natural burning, empty, hollow sensation just below the rib cage. Due to a buildup of stomach acid, hunger will create a noise or a feeling that we call a “growl.” This stomach acid, or the growl, is your signal to eat. Listen to the audio lesson for exceptions.

Ultimately, you will know you are doing it right because you will be losing your excess weight.

Refueling before you feel true hunger does not allow the body to burn its stored fuel—your fat deposits. When it is time for you to refuel, eat exactly what you want, but only eat until you are politely full or satisfied. Save the rest for later—hunger will come again! Finally, when you feel a “hunger” that is not a physical need for food, go to God to truly fill you up!

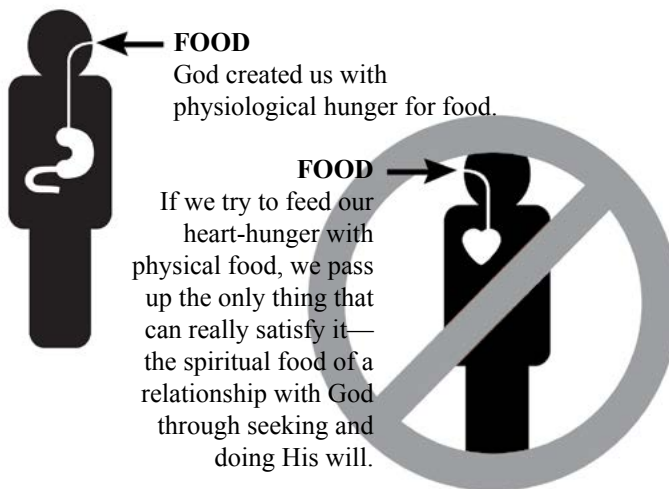
HOW TO FEED THE STOMACH

1. Wait anywhere from 1 to 36 hours on your first hunger, and then it will come approximately one to three times a day. Do not fear—you will love the energy you feel from this and the delight from being able to wait.

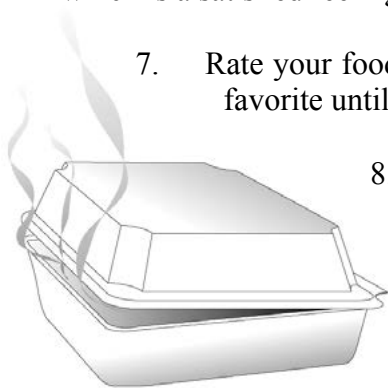


2. Hunger is a very natural burning, empty, hollow sensation just below the rib cage. There is a build up of stomach acid, which will produce a “growl.” If you have to bypass hunger due to work or social conflicts, the sensation will come back around in 45 minutes. While it is normal to skip or miss hunger every once in a while, do not make it a habit. If you haven’t felt hunger within 36 hours, eat a small meal and wait for hunger again. You should feel it soon. After your first attempt, don’t keep waiting 36 hours. Continue to decrease your food daily until you feel stomach hunger. Do not be legalistic. We are working on reducing food intakes to normal amounts for your body.

3. Family mealtime: If you are hungry before dinner, just bypass hunger. If you are full at normal mealtime because of an irregular eating schedule or because you tasted all your cooking—several times—then just drink a glass of unsweet tea or a diet drink and talk with the family.
4. Drink non-caloric beverages or diet drinks to help the sugar levels drop normally so that you can get the hunger signal. Continual intake of sugar through drinks like regular sodas, Gatorade and juice prevents you from sensing hunger. If you are sipping on these drinks all day, it is like an IV bag in a hospital that continually keeps your blood sugar elevated, preventing your body from ever knowing when you are truly hungry. If you do not like diet drinks, try them for **three** straight weeks—it only takes your taste buds this long to switch over. God programs us to naturally like what we get used to.
5. Use a fork when you are eating. Put it down between bites and sip your drink. Again, do not be legalistic about this. It is a tool to help you slow down in order to find fullness. Use anything you can to help you slow down and not be greedy.



6. Be attentive to when your body starts to get satisfied and STOP eating when you are politely full, which is a satisfied feeling. You will not need to change into sweatpants or loosen your belt.
7. Rate your foods. Decide which foods you like best and eat those first, saving the least favorite until the end. If you want dessert, save room for a few bites after your meal.



8. Wrap up the leftovers. You can have them the next time you are hungry.

9. Use carryouts when eating out, since restaurants serve such large portions. Some foods, especially pastas, taste better the next day. Some just turn green in the fridge, and then you can easily throw them away!

10. Do not serve yourself a five-course meal just because a medication must be taken with food. Food needed with medication can be small amounts, like one to three crackers, unless your physician gives different orders. Generally, you will not need a banquet.

11. Expect your food consumption to decrease from 2/3 to 1/3 of what you were eating as an overeater. As you progress, you may expect your desire eating, or desire for excess food, to decrease over time.



THOUGHT QUESTIONS

1. Read Exodus Chapter 12 about the original exodus of God's people from Egypt. Write down the parallels to your own exodus from the bondage of food and other worldly desires.

2. In the space below, write about the day you decided to leave Egypt. Egypt is symbolic of idols that you have been enslaved to. Do you feel God calling you out from the love of this world? Write about it...

Read Deuteronomy 8. What is the Desert of Testing for?

3. If food is your stronghold, remember that you need to find true hunger (not head hunger) before you eat again. Record the time you ate last: _____ How long did you have to wait before you felt true hunger? _____ Did you wait for your stomach to growl every day this week? _____ How many times did you wait for hunger? _____ Describe your physical symptoms of hunger. _____

How exciting was it? _____

4. The passages listed below are just a few examples of what the Bible says about idols. Look up these passages and underline them in your Bible (NIV Bibles are available from the Weigh Down office):

Exodus 20:3-5

Colossians 3:5

Deuteronomy 4:23-24

Deuteronomy 9:15-17

I Corinthians 8:4-6

I Thessalonians 1:9

5. According to this week's lesson, what is an idol?

Is this just a message for the early Jews and found only in the Law and the Prophets (first 39 books), or is it for Christians also?

6. According to this week's lesson, *projection* is the biggest deterrent of being successful. What is *projection*? What have you blamed? Who do we blame now?

Pray and look inward. What is God showing you about your heart? What else besides food have you put before Him?

7. Ephesians 5:5 says that “greed” is idolatry and that it cannot enter Heaven. Write that verse out and memorize it.

Paraphrase this passage here.

8. According to the video and audio lesson, how are you going to lay down greed and eat less food? Example: *Wait for hunger; pray, read the Bible each time you feel head hunger.*

9. Have you blamed certain foods in the past for your overweight? Read Mark 7:14-23. Jesus declared all foods clean. Where does He put blame? (See Verse 20.)

10. Read Matthew 14:13-21. Did the disciples eat all that was there, or did they eat until satisfied and have food left over?

FOOD RECALL

Let's get to the truth about what you eat and how much you eat in a typical day. Take your time filling in these Food Recall Forms, remembering

to include all 24 hours in the day. In other words, if you go to bed and then get up in the night to eat something, you must record it—every food, caloric drink and snack. If you did not lose weight this week, then simple adjustments can be made. Don't forget to write your weekends down—and late nights! Tell the truth. (P.S. Have you taken your “before” picture yet? Do it for the truth! See page 29.)

| | | |
|------------------|--------------------------------|---|
| Date: | Pre-breakfast snacks or drinks | cup of coffee with a little cream |
| | Breakfast | nothing |
| Day of the week: | Mid-morning snacks or drinks | nothing |
| | Lunch | 1/2 of BLT sandwich, 2-3 onion rings, diet coke |
| | Afternoon snacks or drinks | 2 Hershey's Kisses |
| My Weight: | Dinner | several bites of BBQ chicken & baked beans, potato chips |
| | Evening snacks or drinks | 2-3 bites of chocolate cake, diet coke |
| | Midnight snacks or drinks | nothing-Yay! Praise God! I filled up on God and Jesus Christ! |

| | | |
|------------------|--------------------------------|--|
| Date: | Pre-breakfast snacks or drinks | |
| | Breakfast | |
| Day of the week: | Mid-morning snacks or drinks | |
| | Lunch | |
| | Afternoon snacks or drinks | |
| My Weight: | Dinner | |
| | Evening snacks or drinks | |
| | Midnight snacks or drinks | |

| | | |
|------------------------|-----------------------------------|--|
| Date: | Pre-breakfast snacks or drinks | |
| | Breakfast | |
| Day of the week: | Mid-morning snacks or drinks | |
| | Lunch | |
| | Afternoon snacks or drinks | |
| My Weight: | Dinner | |
| | Evening snacks or drinks | |
| | Midnight snacks or drinks | |

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|------------------------|-----------------------------------|--|
| Date: | Pre-breakfast snacks or drinks | |
| | Breakfast | |
| Day of the week: | Mid-morning snacks or drinks | |
| | Lunch | |
| | Afternoon snacks or drinks | |
| My Weight: | Dinner | |
| | Evening snacks or drinks | |
| | Midnight snacks or drinks | |

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|------------------------|-----------------------------------|--|
| Date: | Pre-breakfast snacks or drinks | |
| | Breakfast | |
| Day of the week: | Mid-morning snacks or drinks | |
| | Lunch | |
| | Afternoon snacks or drinks | |
| My Weight: | Dinner | |
| | Evening snacks or drinks | |
| | Midnight snacks or drinks | |

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| Date: | Pre-breakfast snacks or drinks | |
| | Breakfast | |
| Day of the week: | Mid-morning snacks or drinks | |
| | Lunch | |
| | Afternoon snacks or drinks | |
| My Weight: | Dinner | |
| | Evening snacks or drinks | |
| | Midnight snacks or drinks | |

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| Day of the week: | Mid-morning snacks or drinks | |
| | Lunch | |
| | Afternoon snacks or drinks | |
| My Weight: | Dinner | |
| | Evening snacks or drinks | |
| | Midnight snacks or drinks | |

TRAVEL JOURNAL

The following are all Scriptures I found that set me free. They are all very powerful. Take the time to read them in context. Read as much as you can. Turn off the TV, get off the phone, quit eating and READ! Now, add Scriptures and journal your travel from Egypt to the Promised Land. The Saints are praying for you!

Again Jesus called the crowd to him and said, “Listen to me, everyone, and understand this. Nothing outside a man can make him ‘unclean’ by going into him. Rather, it is what comes out of a man that makes him ‘unclean.’”—Mark 7:14-15

TRAVEL JOURNAL
WEEK 1 * DAY 1

TRAVEL JOURNAL
WEEK 1 * DAY 2

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.—Colossians 2:20-23

TRAVEL JOURNAL
WEEK 1 * DAY 3

Don't you know that you yourselves are God's temple and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple.—I Corinthians 3:16-17

I am the LORD your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me.—Exodus 20:2-3 (Read entire chapter.)

TRAVEL JOURNAL
WEEK 1 * DAY 4

MID - WEEK REINFORCEMENT

- ▶ Log on to www.weighdown.com, click on “Subscribe to our **E-MAIL** List.”
- ▶ Use your new **WORKBOOK** or journal for writing down everything over the next few weeks. Keep your **BIBLE** by your side all the time for those moments when you need to truly satisfy your head hunger.
- ▶ E-mail info@weighdown.com if you would like a **PERSONAL TRAINER/ACCOUNTABILITY PARTNER** during your class. They will help you troubleshoot difficult times and help you stay encouraged.
- ▶ Contact the office with any **TECHNICAL** difficulties you are experiencing with your class or watching Gwen LIVE on the “You Can Overcome” **ONLINE TV SHOW** (Thursdays at 11:00 AM Central Time on www.RemnantFellowship.tv).
- ▶ Log into **FACEBOOK** and find the “Weigh Down Ministries Facebook Group” and become a member! The threads are full of encouraging posts, scriptures, and testimonies.
- ▶ Listen to the **CHANGE SERIES REINFORCEMENT** audio entitled, “Change Your Focus.” (Audios can be purchased individually or as a set from the Weigh Down Online Store—also available on Truthstream.)

TRAVEL JOURNAL WEEK 1 * DAY 5

You shall have no foreign god among you; you shall not bow down to an alien god. I am the LORD your God, who brought you up out of Egypt. Open wide your mouth and I will fill it.—Psalm 81:9-10
(Read entire chapter.)

TRAVEL JOURNAL
WEEK 1 * DAY 6

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.—Ephesians 4:22-24 (Read entire chapter.)

If you have time, read the story of the original exodus in Exodus Chapters 1 through 20.

TRAVEL JOURNAL
WEEK 1 * DAY 7

Let's prepare our minds for the tests that will come our way this week and get ourselves READY and ALERT in order to be able to PASS those temptations when they arrive!

PASSING THE TEST

The Temptation:

More than likely, you are getting tempted with the food when you come home from work or are home alone. There you are in your house—and there's no one around...so the battle begins. You feel the temptation come over you... an overwhelmingly heavy feeling of greed for that food—you want to go and eat EVERYTHING in the refrigerator AND in the pantry! But you KNOW you are not hungry...

The Way Out:

1. **FIRST:** IMMEDIATELY FLEE the area where you are being tempted—get out of that kitchen! Go into your bedroom or someplace where you can be alone to gather your thoughts together in order to pass this test! You have to concentrate from the beginning and think all the way through what you are going to do.
2. **SECOND:** DECIDE NOT TO EAT UNTIL YOUR STOMACH GROWLS. The faster you decide to OBEY, the faster the temptation goes away!
3. **THIRD:** Get on your knees and pray to God that He provides a way of escape* and delivers you from this temptation! Ask Him to fill you up better than that food can! And believe me, He'll do it! Getting fulfillment from God beats everything else on this earth! Remember, as Jesus was tempted by Satan to eat, he said, "Man does not live on bread alone, but by every word that comes from the mouth of God" (Matthew 4:4). You are going to learn how to REALLY LIVE by DOING what God tells you to do—you will start to get more of a kick out of seeing God smile at your actions than from anything else!
*See Week 2 for an explanation of ways of escape.
4. **LAST:** Fill up your time with finding what the Spirit wants you to do, and then go DO IT!! Maybe the Spirit will lead you to dig into the Word to find what is on God's mind, or maybe the Spirit will lead you to play a love song and sing and dance before God if you are by yourself! I LOVE to sing and dance before God when I'm all alone in my room and no one is watching! It is so much more fulfilling to PLEASE HIM than to eat that food, I promise! You've got to try it! Or the Spirit may lead you to write or call a classmate to encourage them—or see how you can serve others around you. Either way, you need to get your mind off of yourself and your own desires, and FILL UP with DOING the will of God... not by eating that food!

STUMBLING STOPPERS

“Just as you used to offer the parts of your body in slavery to impurity and to ever-increasing wickedness, so now offer them in slavery to righteousness leading to holiness. When you were slaves to sin, you were free from the control of righteousness. What benefit did you reap at that time from the things you are now ashamed of? Those things result in death! But now that you have been set free from sin and have become slaves to God, the benefit you reap leads to holiness, and the result is eternal life. For the wages of sin is

death, but the gift of God is eternal life in Christ Jesus our Lord.” Romans 6:19-23

You used to offer the parts of your body in slavery to greed, impurity and wickedness! Your eyes were looking at things they should not have been, or your hands were feeding your body food you didn’t need! But no more! Now you must offer the parts of your body to righteousness (doing what God wants), which will lead to holiness!

You don’t have a choice anymore. You must offer your body as a living sacrifice and DO the will of the Father. You will find that as each week goes by, it is going to get easier and easier to do the will of God. This is because each time you make the right choice and kill what you want to do when you are tempted, you kill a little bit more of “self” that is inside you, and you birth a little more of the Spirit inside you! Keep this up and you will find that it is going to get easier and easier to do what God wants, and eventually, it will be shocking to you to even consider doing your own will during the day and not God’s. Make His will your food and realize that He is who makes you happy. Doing your own thing will only leave you feeling depressed and angry, like Cain. Remember what it feels like to be doing God’s will and knowing that He is pleased with you. That is all that matters!

CHANGED LIVES

Kent & Regina Smith

Kent (started Weigh Down in 2000):

I have been married 27 years to Regina and we have four children ages 8 to 22. As a teenager, I was very active in sports. In high school and college I competed as a track and field high hurdler. Through minor injury and needing to focus on studies I stopped competing in sports, but I did not make adjustments to the amount of food that I was in the habit of eating. When I gained weight I just continued personal training and running several miles a day – daily workouts were a normal part of my life. I was convinced that exercising was necessary for staying at my right weight.



Kent & Regina—Before

As I became busier in life with marriage, family, and career I began to experience more frequent injuries that forced me to reduce my exercise level and controlling my weight became harder. I tried dieting with Regina some, but I would always fall back to exercise as the answer.

I noticed when Regina started doing a Weigh Down class in 1999 that she was losing weight, not “working out,” eating normal food, and was peaceful. I started to follow along with what Regina was doing. I lost about 40 pounds, but continued to mix in “working out,” as I was still not convinced that I could be successful without it. Well, God wasn’t going to let me enjoy total freedom until I lowered my pride and went all-in. An injury stopped me from exercise completely for a time, and it was then that I decided I needed to take my first Weigh Down class in early 2000.

The Change series will teach you how to find true hunger and polite fullness and how to go to God with desire-eating or “head/mouth hunger.” When I put these principles into practice I lost 60 pounds and I have easily maintained that weight for almost 10 years. Personally, and as a family, our greatest joy is how we have grown in a relationship with God.

Regina (started Weigh Down in 1999):

As a child and young teen I was a naturally thin eater. However, my senior year in high school I was unprepared for how to turn to God in times of loneliness and disappointment. I opened the door to eating for comfort and to escape pain and began to gain weight quickly. I turned to a dangerous level of bulimic behaviors. Physically, I felt ill with stomach cramps and nausea most all of the time and my naturally active lifestyle was taken over by a focus on food and exercise. In 1998, by the time I was in my mid-30s, I had been dieting and exercising for almost 18 years and yet found myself weighing nearly 225 pounds after the birth of my second child.

I was plagued with physical discomforts and embarrassment, but I was at a point of hopelessly accepting my large size as normal for me. This was the perfect set-up to have God move in my life...which He did by bringing Gwen Shamblin and Weigh Down into my life. With a faith in God, I was encouraged when I heard Gwen say that I could turn to God and lose all my excess weight without dieting, exercise, or special foods. The day I started my first Weigh Down seminar I quit the dieting and extreme exercise and wholeheartedly put into practice what I learned each week from the teaching on the weekly videos and audios and workbooks of the Weigh Down class I was in. I CHANGED and lost all my weight naturally while eating my favorites foods and with a normal enjoyment of being active.



**Kent & Regina—After
Kent lost 60 pounds!
Regina lost 84 pounds!**

Place your
picture here

YOUR “BEFORE”

Your workbook/journal is a manual designed to help you evaluate yourself. Starting today, we will work on ourselves using the Spirit of God. God’s lead will guide you into weight loss if you are overweight. Satan’s lies will lead you to bad fruit—hate, greed for more, anger, and depression. When you confront this greed, you will start to lose weight. There is a weight loss record page in the Introduction of this workbook. It is good to be on the scales right now, because you need the truth to set you free. I would suggest you take a picture of yourself right now. Place your picture here in your workbook. We often will not look in the mirror to see our whole body when we are overweight because we can’t bear the pain of the truth. Now is the time to really look at the truth of what we have done to our bodies.