ELAST Student Guide by Gwen Shamblin

Stumbling Stoppers

Welcome to the "Stumbling Stoppers" section of *The Last Exodus*! There will be a section like this one every week, which will be used to encourage all of you out there who are going after this walk of complete obedience and wanting to lay it all down! Each week there will be a key scripture for finishing off those last little bits of self inside and to push you along the path of punity. Sometimes it can be very frustrating or even overwhelming when you feel like you are really going after this obedience, when different things seem to keep popping up. You should know that you are being refined in God's great Refining Fire. This isn't going to last forever and you WILL be imitating Christ more and more each week! How exciting! Let's read the key scripture for this week which is in Romans 6:19-23.

...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.

You <u>used</u> to offer the parts of your body in slavery to impurity and wickedness! Your eyes <u>were</u> looking at things they should not have been, or your hands <u>were</u> 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! If there still has been a part of you that is hanging on to doing what you want to do this week, then make the change now! Offer the parts of your body to holiness and righteousness.

You don't have a choice anymore. You must offer your body as a living sacrifice and <u>DO the will of the Father</u>. You will find that each

week 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!

THE WEIGH DOWN WORKSHOP

Cross To Sword

Hey guys! This is Elizabeth here to help you get ready for this upcoming week!! Let's prepare our minds for the tests that will come our way... and let's get ourselves READY and ALERT in order to be able to PASS those temptations when they arrive!

The Temptation:

More than likely, you are getting tempted with that food when you come home from school and 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...

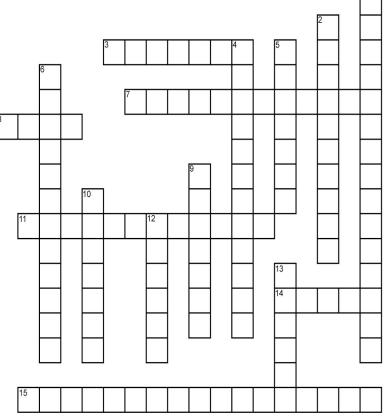
The Way Out:

- 1. FIRST: <u>IMMEDIATELY FLEE the area where you are being tempted</u> get out of that Kitchen! Go into your bedroom or some place 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: <u>DECIDE NOT TO EAT UNTIL YOUR STOMACH GROWLS</u>. The faster you decide to OBEY, the faster the temptation goes away!
- 3. THIRD: <u>Get on your knees and pray to God that He provides a way of escape and delivers you from this temptation!</u> 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 <u>REALLY LIVE</u> from 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!
- 4. LAST: <u>Fill up your time with finding what the Spirit wants you to do,</u> <u>and then go DO IT</u>!! 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 saint to encourage them—or see how you can serve your parents. Either way, you need to get your mind <u>off of yourself</u> and your own desires, and FILL UP with DOING the will of God... not by eating that food!





Fill in the puzzle based upon key words from this week's video



Across

- 3 THE LEADER OF A SHIP OR BOAT
- 7 THE TITLE OF A SECTION IN YOUR WORKBOOK ABOUT TURNING TEMPTATION INTO VICTORY
- 8 JERUSALEM, THE CITY OF GOD, HIS PEOPLE, HIS CHURCH
- I I WHAT APPLIANCE SHOULD YOU AVOID IN THE KITCHEN IF YOU'RE NOT HUNGRY
- 14 A COUNTRY, SYMBOLIC OF IDOLS THAT YOU HAVE HAD
- 15 PUTTING THE LAWS AND COMMANDS OF GOD BACK INTO THEIR RIGHTFUL PLACE; NEHEMIAH DID THIS (THREE WORD PHRASE)

Down

- I THIS PHRASE WHICH STARTS WITH THE WORD "GREED" AND REPRESENTS SOMETHING THAT CANNOT ENTER HEAVEN (SEE COL. 3:5)
- 2 ANYTHING THAT MAY BE AN IDOL IN YOUR LIFE, SOMETHING YOU WORSHIP OR ADORE MORE THAN GOD
- 4 "BEFORE I FOUND THIS PROGRAM I WEIGHED 265 TO 270 POUNDS" (NAME OF A PERSON)
- 5 GOD PROGRAMMED THESE INSIDE OF US. WE ALSO HAVE EVIL VERSIONS OF THESE THAT WE CRE-ATE-SEE I JOHN 2:17
- 6 COMPLETELY DEVOTED, PASSIONATELY COMMITTED
- 9 THE LEADER OF EGYPT
- 10 WHAT A TRUE CHRISTIAN EXPERIENCES AS A SERVANT TO GOD; OPPOSITE OF SLAVERY
- 12 THE STORY OF GOD'S RESCUE OF THE ISRAELITES
- 13 THE PLACE WHERE GOD RESIDES; SEE I CORINTHIANS 3:16-17



God provides food to fuel our empty stomachs. Your body knows that you are overweight. Therefore, it will only ask for a small amount of food each day so that it can use up the fat stores you already have. Don't expect to be eating a lot of food over the next 24 hours and don't expect to eat large meals each time you sit down. You will be amazed at how little food it actually takes to fuel your body! Remember to be aware of your body's cues while you are eating and stop as soon as you start to feel full or satisfied.

/ In the space below, write about the day you decided to leave Egypt. Egypt is symbolic of idols that you have had.

If food is your stronghold, remember that you need to find true hunger (a stomach growl) before you eat again. Record the time you ate last. _____ How long did you have to wait before you felt hunger?

Did you wait for your stomach to growl every day this week? Yes No

How many times did you wait for hunger?

2. Describe your physical symptoms of hunger.

Remember, head hunger is a desire for God. Run to Him.

Write down all the ways a thin eater eats. Use your CD from week I and your notes from the lesson.

Keeping your heart on God and finding out what His will is for you is the most important thing you can do and is vital when breaking any stronghold (A stronghold or idol is something that you worship

In your Bible, read and underline the following passages. Write them out in the space below
Colossians 3:1-4
Galatians 6:7-10
Philippians 4:8
What do these scriptures tell you to focus on or put your mind on?
According to this week's lesson, what is an idol?
According to this week's lesson, what is an idol?

The passages listed below are just a few examples of what the Bible says about idols. Look up these passages:

Exodus 20:3-5 Deuteronomy 4:23-24 I Corinthians 8:4-6 Colossians 3:5 Deuteronomy 9:15-17

List your past idols (which you now know you have to lay down).

Ephesians 5:5 says that "greed" is idolatry and cannot enter heaven. Write that verse out and memorize it.

8. Read Matthew 6:24 and then write it out.

Why can you not bow down to both food and God?

9. I Corinthians 3: I G-I 7 says, 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. Write down how you have abused your body (God's temple) in the past. How do you plan to glorify God with your body from now on ______

10. Turn in your Bible to 2 Corinthians 1:3-4. Compare the comfort you think food gives you to the comfort spoken about in this passage.

- //. Read Psalm 81:8-11. This passage lets us know that God will take care of us, but we have to listen to Him—and He also commands us in this passage to have no foreign gods. Meditate and pray over this scripture. Lay down those foreign and alien gods so that He can fill you up.
- Add up (just guess) how many hours each day you spend thinking about food. _____ Multiply that number of hours by 7. _____ Now, that is how many hours you need to turn toward \$\vec{GOD!}\$
- 13. Read all of these "do" scriptures. Underline the word "do" in your Bible, for it is only those that DO the will of God who will be saved. Underline all the action verbs.

James 2:17-24	Luke 6:46-49
Titus 2:11	Mark 9:42-49
Hebrew 10:26-31	John 14:31
James 1:22-25	Matthew 7:21-23
Ephesians 5:5	1 John 3:4-10

After reading these passages, what are God and Jesus commanding you to do?

14. SAVE THIS QUESTION FOR THE END OF THE WEEK!! Describe how your relationship with God has grown this week. How has He blessed you when you have looked to Him for His lead?

Mid-week Reinforcement-

Log on to www.wdworkshop.com,click on "E Mail List", and follow the online instructions to receive weekly e-mails from Gwen containing invaluable information to help you let go of your idols!

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.

Be honest with yourself about WHY you want to eat if there really isn't any true physical hunger. Pick up The Weigh Down Diet book and read, "Help, I Feel Hungry All the Time!"

Desert Hints







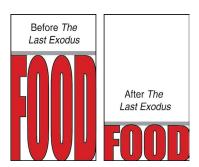
I Timothy 4: I -4 says, The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons. Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron. They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and know the truth. For everything God created is good, and nothing is to be rejected if it is received with thanksgiving... When you get hungry, think about what food you would like. Be reasonable. If what you're craving is at a restaurant halfway across town, sometimes God has granted you the time and the money to be this picky, but if not, please settle for the next best thing. Sometimes, even leftovers will turn out to be delicious! Whatever God provides is awesome! Listed below are some additional helpful tips on how to feed your stomach.

- 1. Wait anywhere from one to thirty-six 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 forty-five minutes. While it is normal to skip hunger 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 diet drink and talk to 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 cokes, Gatorade and juice boxes prevents you from sensing hunger. If you are sipping on these drinks all day, it is like an IV bag in a hospital and your blood sugar will stay elevated. Therefore your body will never know 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.



- 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 foods. Decide which foods you like best and eat those first, saving the least favorite until the end. Generally, leave desserts until last.
- 8. Wrap up the leftovers. You can have them the next time you are hungry.
- 9. Use carryouts when eating out. 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!
- IO. Do not serve yourself a five-course meal just because a medication must be taken with food. Food needed with pills can be small amounts, like one to three crackers. You do not need a banquet unless the physician orders that. Do not waste food.
- 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 food, to decrease over time.







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, drink, and snack. If you did not lose weight this week then simple adjustments can be made. Additional forms for this and upcoming weeks are available in the back of your student guide.

Date:	Pre-breakfast snacks or drinks	cup of coffee with a little cream
	Breakfast	nothing
Day of the	Mid-morning snacks or drinks	nothing
week:	Lunch	1/2 of BLT sandwich, 2-3 onion rings, diet coke
	Afternoon snacks or drinks	2 Hershey's Kisses
(Include amounts	Dinner	several bites of BBQ chicken & baked beans, potato chips
and time of	Evening snacks or drinks	2-3 bites of chocolate cake, diet coke
day)	Midnight snacks or drinks	nothing

Desert Hint: Remember to wait for hunger, then pray and invite God in every time you eat.

_Journal

Desert Hint: You must remember that your body is God's temple. I Corinthians 3:16

Holy Nation

cape

Speak oh Lo[']rd, and we will listen With open minds, and open hearts We put on our holy armor At Your signal, the battle starts

And in Your Revelation You talk of a holy place We fight for the holy nation Establish for God a space For God a space

Train us Lord, to fight the battle Train us Lord, to do your will Train us up with love and mercy Through the ages, you're with us still

Michael Shamblin



Write down the major points that personally hit your heart from this week's video and audio.

Video Highlights

Scriptures used in this week's lesson:

Deuteronomy 28

Deuteronomy 29

Genesis 3

Deuteronomy 8:2

Matthew 7:7

John 15:1-7

Matthew 6:24

Exodus 20:1-4

Ezekiel 28:2

- | Corinthians | 0:1-13
- | Thessalonians |:9-16

Psalm 119:33-36

Genesis 19:15-29

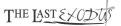
Jeremiah 5:22-25

Hasn't this been an awesome week?! You probably had no idea how much of your mind and your time had been devoted to food or other strongholds. But you have changed this week! You are a **new creation!** You have been seeking God and losing interest in the world—the food, man-made rules, praise of men, etc. Your obedience through your actions has shown which god you have chosen to serve. <u>You chose God over food this week</u>! Deuteronomy chapters 28 and 29 talk about blessings for obedience and what happens when you disobey God. You have seen that God is everything and you can focus on what His will is for you. Don't forget this feeling—how happy you are and what a wonderful feeling it is to be devoted to God instead of food or other idols.

You did so well this week because you had a steady dose of R以 新作,You understood the truth of who you are and who God is. You are not a god. God Almighty is the only God-King of Kings and Lord of Lords! If you followed instructions and let go of your idol or Idols and sought after God instead, then you felt peace and joy this week. No more quilty eating! You found that you lost weight physically and you lost the weight of carrying those idols. You were able to lose weight eating regular foods. This gives you a lifetime of hope-no more diets! You also found when you went to the Word of God, it really spoke to your heart. This is because you laid down your old gods that you had been depending on and turned to the One and only true God and His Son, Jesus Christ. God is everything, and you must run to Him and obey and trust Him with food, money, relationships, jobs, work, etc. Keep running to God for EVERYTHING! If you don't, you will be miserable and depressed and you will not understand why bad things keep happening to you. Stay focused. Run to God all week. Look for your rewards or blessings and the love that has been waiting for you all along. God's jealous love has been right there and you did not even see it!

Keep Running to God for EVERYTHING!

Please remember—God is looking for a group of people that are meek and humble. God expects us to be grateful to be alive and grateful for all the other blessings He has given as well. God had Moses lead the Israelites into the desert because the desert is barren, meaning there is nothing there. God wanted to bless them by taking them to a land flowing with milk and honey, which means many blessings. God called it the Promised Land. Before He would allow them to go into this lush land with plenty of food and great wealth, He wanted to test their hearts and show them that all they needed to do was focus on Him. Deuteronomy 8:2 says Remember how the Lord your God led you all



the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands. He saw what was in their hearts—they still longed to return to Egypt. It was not enough that God had mightily rescued them from the bondage of slavery. Many times, the Israelites got mad at Moses and God because they were hungry and thirsty and thought they were going to die. Go to your Bibles and read these stories in Exodus I 5:22-27, Exodus I G, and Exodus I 7. The Israelites complained that at least while they were in Egypt they had food and water. They did not give God a chance to show off and provide for them. They felt that they needed to take matters into their own hands and take care of themselves. You have got to learn to wait on God! When you do—it is great!

God is always better.

An example might be that you want to eat, but you deny yourself and then God comes back in and rewards you. Or you might want to go shopping but you don't really have the extra money to spend—wait for God, He will give you the desires of your heart when you are seeking Him and waiting on Him to provide instead of grabbing for yourself. These blessings, or jewels, might come in the way of somebody giving you a compliment because of weight loss or in the case of shopping, maybe the item you wanted so badly the week before is now on sale for a great price and God has given you the extra money to buy it! God can do so much better than anything we would want to do for ourselves. **Do Not Grabi** Go to God with your wish and then wait on God!!

You are going to be entering into the desert of testing during the next few weeks. God will allow this testing to see what is in your heart. These tests will be very tempting. Remember in Genesis 3:1 when the serpent said to Eve, Did God really say, 'You must not eat from any tree in the garden?' Yes, God really did say we are to obey His commands. These temptations could last anywhere from 10 minutes to an hour but **DONT FALL FOR IT!!** Give it up! Put God first and He will give it all back. Keep in mind; you have to give it all to God—all your heart, all your soul, all your mind and all your strength. You cannot look back to the food, even a little, and continue this focus on God. It just doesn't work.

You cannot serve two masters. In Matthew 6:24, Jesus said, No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other... You cannot love something that God has made more than you love Him! You are commanded in Exodus 20:3 to have no other gods before Him. This is basic information for true Christians. God is jealous of your other gods, lusts or loves. These false gods (food, drugs, pride, etc.) rob you of your time and attention that the True God deserves.



Know that God has provided a way of escape for you to leave your idols. He rewards you when you choose Him and ultimately He is all you need. Stay focused on Him. Pass your tests so that you can enter into the Promised Land, which is where God gives it all back to you! Don't forget about God's wonderful creations in nature. Animals and birds obey the will of God and don't have a problem with it. We have been taught all along that because we are human, we cannot fully obey God. Ridiculous! The animals have a lower IQ and are able to stay within God's boundaries, so we can too! Don't give up—you can do this!

Living Light Meadors

My name is Leah Meadors and I am 19 years old. Most of my life I did not know God. I knew that He was in heaven and that we had to go to church to honor Him, but that was it. He was not a part of my life. I went day after day miserable, doing things my way, and then paying for it. Then I went through *The Last Exodus* and my life was turned upside down. I learned how to live for God and His will alone. I learned how

to obey, to love Him, and to glorify Him with my life. Before Weigh Down and *The Last Exodus*, I was a deceiver—I could look happy on the outside but I was messed up inside. I would be around my friends all day and then I would go home sometimes and cry because I felt all alone. I would be

nice to my friends to their face but then I would be nice to my friends to their face but then I would write evil, mean things about them in my diary or talk about them behind their back. I had the appearance of a nice girl but I was not at all. *The Last Exodus* has delivered me from so much. Since hearing this message, I have laid down praise of man, deceit, depression, lust, pornography, reading things I should not have been reading, slander, fear of man, too much television, being disobedient to my parents, and the list goes on. I have also lost 33 pounds in the process, but the weight is not the big thing, it was my heart. Once I got rid of all that horrible stuff in my heart, I found God and the beauty of being inside His will. I am

happy and joyful now. I would not go back to the way I used to live. I do not want to live for myself and be unhappy, but I want to live for Him and be joyful. He is a good God if we would only give Him a chance. He wants to shower us with His love but He could not do that to me while I was running after everything that belonged to the world. The Last Exodus has given me a treasure—it has taught me how to love God and show it with my ac-

tions, my words, and my life. He is God and there is no better way to live than to serve Him.





Brittany Meadory

HI, my name of Brittany Meadors and I'm 15 years old. This program has saved my life. Before I heard this message I was going down a path of destruction at 110 miles per hour. No one ever told me that the way I was living was going to destroy me in the end. Yet, I thank God above because through Him, The Last Exodus was created, and it has given me freedom.

As a little girl, I was boy crazy, over-emotional and had anger problems. I was addicted to T.V. and caffeine; I was a complainer and I knew how to get my way. Most people wouldn't believe that a girl who is only 15 could have gone through all that in just a few short years, but they can...because I did. But through this message in The Last Exodus I have found God. The true God, the God that says that purity is needed all the way! Through this, I learned how to lay down all these idols in my life. I'm no longer boy crazy, because God is my husband first and always, and when He gives me a husband, I will treat that man like a king and will obey him, but until then my focus is totally and always on God. I have given all my emotions to God and now I'm always happy. PRAISE GOD!! That is how it is supposed to be! God wants happy people! No more anger! I learned that I have NO right to get angry. It isn't about me anymore. Why should I get angry if someone wrongs me or someone doesn't do something that I would want done? So, now there is no more anger in my life. Now, T.V is for when God says I can. I have given up the idol of watching cartoons all the time. I used to watch every every episode of my fovorite show and collected every shirt and poster, and more! I made that a huge idol, which is now gone! I took my focus off of the T.V and now it is on God! Every now and then I might watch a little television, but it is definitely not an everyday thing. The most awesome thing is now I have more time to do other things! When I was in front of the T.V. all day, I wasted my time, yet, this new freedom gives me more time to get everything done! I was

addicted to caffeine at a young age. I would have coke about 6 times a day. Now, I drink when I'm thirsty and I am not continually popping open a coke can. I have also found that I enjoy diet caffeine free coke! I used to complain if I didn't get my way and to "persuade" many people into doing things my way-how disgusting!!! Through this teaching, I found out that if I continued to complain like that, I would not enter God's Kingdom. He only wants those who are grateful for what they have. So, now if I get something, it is fine, if not, that is fine too-everything is in God's timing. Now I never have to worry if I overspend or not! Getting rid of all this and 7 to 9 pounds off my body has totally been awesome!

I have peace now, I don't have to think about myself anymore, and I am not depressed anymore. No more! No more! I would never ever want to trade this relationship with God Almighty for anything else. I'm free... I'm finally free... Thank you Heavenly Father... Thank you.

Stumbling Stoppers

Since the theme of this week's video is "Escape", let's look at how to find a way of escape when you are tempted.

Read | Corinthians 10:1-13 again. It is so powerful. It makes you see that obeying God is sooooo important. If you are tempted, God provides a <u>way out</u>! He actually plans the test just for you. Then He makes up a personalized way of escape—in other words, a way out of the temptation—just for you! You are loved!

The best thing to do-once you are distracted-is to think about others. There is no better way of getting off of self and getting back on track than to use that time when you usually have problems and find something constructive you can do for God's Kingdom! So next time you are faced with a temptation or you know that you have a problem time during that day (a weak point that Satan can get in) make sure that you fill up that time with doing something constructive for God and His people. Whether it be calling someone to encourage them, getting in God's Word, or just using whatever gift you have to help the Kingdom out, you will find that whatever was calling your name will disappear and you will have a new passion in your life—Jerusalem.

To finish, let's read | Thessalonians 5:14-18. And we urge you, brothers, warn those who are idle, encourage the timid, help the weak, be patient with everyone. Make sure that nobody pays back wrong for wrong, but always try to be kind to each other and to everyone else. Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.

ross To Sword

Hey everybody, this is Elizabeth; let's get ready for another week and pass those tests when they come our way.

The Temptation: You have been waiting all week to go to the party on Friday night and enjoy the fine selection of food that has been prepared. When you finally get to the party, you realize you are NOT HUNGRY, but you really want to eat some of that cake, a hot roll, and those chips and dip.... What do you DO??

The Way Out ...

PRAY before you even leave your house for the party. BEG HIM to provide a way of escape, and then LOOK FOR IT! CRY OUT to God to SAVE YOU from that food-and HE WILL DO IT. Just try it and



watch Him come back in and rescue you!! But you have to CRY OUT to Him and ACKNOWLEDGE that HE is your Savior (and that food is NOT your savior) in order for Him to come in there and rescue you!! Remember what my mom has said: Note the time on your watch... the test WILL NOT LAST THAT LONG! And then you will be happy you ran to GOD and not to that silly old food that can NEVER give back!!

2. Find your fulfillment in letting GOD REIGN during that party:

Keep your mind on the others at the party, instead of on yourself and what you "can't have." Don't be self-focused, but look for people that are hurting and try to help them!! God may need you at this party to help FuRTHer HiS KinGDoM! Don't miss those precious opportunities!!! It is so much more fun to OBEY GOD and get off of yourself than it is to overindulge in that food and then be miserable for the next two days!!

3. Remember the One-to-One ratio:

When you obey, you are happy and blessed! When you disobey, you are miserable and are in danger of God's face and favor turning from you. Don't miss out on His favor!





Find the words in the puzzle. When you are done, the unused letters will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

F I N D A L L L Y T H A N K F U L B EEESETROUWAITONGOD Ρ FNMGSDINFTHDELOBR ALDAONEDINYNHI SEEM CAIGHTVRTYAOPORWLE CRWHRIKTLRKJUMQTZ S ENWKBRLODOLTSEZLOL F E L K H Q S E N B F A D L B W F V O D Z P M J S W T A E T H Z F P T R S L B L E I C T N R L T E N L B R K YOMWMMHQTGREGSRHUD AGEOWEEKDTPDAVTY ΤN W L R K S J M C P O M K G T K I ΗL SPKCJGELCNGRDTIGNV L L A F R G S G R O L J T M N N G G L P L K K L M N W D T L Q G M C G Y EVKQDOGFOROMRALLUF VYJJYHSIUGNITXEXZ

BE JOYFUL BELT OF TRUTH DESERT OF TESTING DEVILS SCHEMES DO NOT GRAB EMOTIONAL EATING ESCAPE EXTINGUISH FULL ARMOR OF GOD GOLDEN CALF JEWELS PROMISED LAND THANKFUL TREASURE WAIT ON GOD WAYS OF ESCAPE