

WeighDown *advanced.*

Student Guide



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

The background of the slide features a faded, grayscale image of three ancient Greek columns. The columns are fluted and have papyrus capitals. They are part of a larger structure, with a horizontal entablature visible above them. The columns are slightly weathered and show some texture. The overall tone is historical and majestic.

WEEK ONE

For he “has put everything under his feet.” Now when it says that “everything” has been put under him, it is clear that this does not include God himself, who put everything under Christ. When he has done this, then the Son himself will be made subject to him who put everything under him, so that God may be all in all.

1 Corinthians 15:27-28

SOVEREIGN LORD

This Week's Major Points

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





Week One - Sovereign Lord

Scriptures used in this week's lesson:

2 Timothy 3:1-5

Jude 4

2 Thessalonians 2:4

1 Corinthians 3:16

Genesis 3:1-4

2 Corinthians 11:2

Ezekiel 28:2

Ephesians 5:5

Matthew 5:29,30

1 Corinthians 6:19,20

Matthew 7:21

Philippians 2:5-8

Matthew 27:46

Mark 10:18

Matthew 12:46-50

Revelation 13:16-4:1

Genesis 3:19

This Week's Lesson

"But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money, boastful, proud, abusive, disobedient to their parents, ungrateful, unholy, without love, unforgiving, slanderous, without self-control, brutal, not lovers of the good, treacherous, rash, conceited, lovers of pleasure rather than lovers of God. Having a form of godliness but denying its power. Have nothing to do with them." (2 Timothy 3:1-4)

The Apostle Paul goes on to reference weak-willed people that are loaded down with sins and are swayed by all kinds of evil desires, always learning but never able to acknowledge the truth. (See definition of "acknowledge" on page 164 in the Appendix.) Does this sound too close to home? To the early Christians it was unthinkable to be boastful or proud or without self-control or to love yourself. It was absurd to think that someone would call themselves a Christian but would love pleasure rather than love the God who had made every part of them and even knew the number of hairs on their head. We have strayed from the mark, and sadly enough, several generations are being affected by a relaxed approach to the Word of God. We have generations of obese people in the United States and what is more, our children are getting larger. We do love self, and we do love pleasure, over God. This is clear by our actions, for our actions show our heart. How did we manage to get in this depressive state when we have church buildings on every corner? We have more things and yet many church goers are more depressed than ever. God hates divorce. How could something that God hates be on the rise in our churches?! We must uncover the main reason how we have let ourselves and our families get into such a dilemma.

The main problem stems from not knowing who we are and that our body is not our own. 1 Corinthians 3: 16 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."* We are not our own.

We did not make ourselves, and we cannot save ourselves. This is not your brain, your body, your mouth, or your mind. You are not the boss of this body—you are not the supervisor—you are at best an employee or someone renting out a place for a time from God. God owes you nothing and you owe God everything. You are like a snail that has crawled into an empty shell that is not yours and you did not even make it. We are lucky to be alive! But mainly—we are not our own. We have no right to run this body. God is the Boss.

When we bypass and trump all the commands set up by God for the body that He made and orchestrated, then we are acknowledging who we think is lord of this body and who we feel should be making the decisions. In reality, we are saying that we are not afraid of running over God; that we are not afraid to let Him know that we are a good god in His place. We are saying loud and clear that we do not like God's commands or rules and are only going to follow the ones that we think we like. I am not saying every church member has strayed, but the church as a whole puts God on the back burner and its own selfish wants in front of God's wants and wishes or commands. Simply put: self rules. That is, we are following the footsteps of Lucifer—not Jesus Christ who said, "Not my will, but yours be done." (Luke 22:42)

With every rebellious bite you secure your position on the throne of His own sacred temple. With every decision to bypass God's commands, you rip the jewel out of His crown and crown yourself. God's temple is taken over by man, and THE CREATOR OF IT ALL loses Kingdom territory, and Satan gets another feather in his cap. The main scripture is in Ezekiel 28. *"This is what the Sovereign Lord says: 'In the pride of your heart you say, 'I am a god; I sit on the throne of a god in the heart of the seas.' But you are a man and not a god, though you think you are as wise as a god...Because you think you are wise, as wise as a god,...you will die a violent death in the heart of the seas.'"* (Ezekiel 28:2,6,8) You are a man and not a god.

Isn't it scary to think we have been playing god and did not even know it? When people started Weigh Down, most did not realize that they had made food an idol. Now we are learning that

we have been sitting on God's throne and running Him off at 10:00 at night when we decide to take over. We must repent.

And it all started with: "Did God *really* say that you couldn't make a decision when you know what tastes good?" Satan says, "You are a good decision maker. You've got brains." Don't believe it. All you have to do is look in the mirror and see that you're not a good boss for your body! What happened to Eve when she tried to remove THE God and place herself on the throne? She was removed from the garden and experienced much more pain.

What we address in *Weigh Down Advanced* as in Weigh Down's *EXODUS Out of Egypt* series is that we must repent of this rebellious behavior and we must surrender to God Almighty and His commands and requests. It is unthinkable to keep walking all over the God of the Universe and we are told by our Lord and Savior Jesus Christ to repent. Jesus then goes on to say that *"And if your eye causes you to sin, gouge it out... It would be better to go to heaven with one less eye than to hell with two."* (Matthew 18:9) Jesus is clear that we cannot keep playing God if we want to be saved. Matthew 7:21 makes it clear that not just anyone can enter the kingdom of God but *"only he who does the will of my Father who is in heaven."* 1 John 2:17 says, *"The world and its desires pass away, but the man who does the will of God lives forever."* A common theme throughout the Bible that is emphasized in *Weigh Down Advanced* is that Lucifer and his crowd ruins God's kingdom by deceit. He gets you to go to church but tricks you into obeying yourself rather than God. God's church then belongs to Lucifer, for he has control of every soul that is not surrendered to THE GOD of all through Jesus Christ. Who you obey is your choice of a Lord. Your actions show who you trust and follow and obey. Make a choice today—this very minute to make God Lord of all through Jesus Christ our Savior. This is all about love. Many people will talk about love, but Jesus Christ says that love is laying down your life for God first, and then others. Love is the answer—but Lucifer has twisted the meaning of love. Jesus showed us this and spoke the truth: We must love God more than ourselves and we must not love pleasure more than God. Lay it down.

Thought Questions



1. Did you wait for your stomach to growl this week? Yes ____ No ____
How many days did you wait for hunger this week?

2. Did you eat less food this week? Yes ____ No ____ Explain the decisions you made that resulted in less food. (Example: I went to bed instead of eating before bedtime.)

3. Have you made a decision in your heart to no longer rule God and to get in under His leadership?
Yes ____ No ____

4. The truth is the major tool of God for helping you to see your sin and setting you free because a reasonable soul would not want to keep trumping or jockeying for position with God once they know who He is and how powerful He is and what the truth is about what He expects. Read the following scriptures and look at how much truth is discussed.

John 8:31-36
James 1:18
John 18:37
John 8:44
Acts 20:30
Romans 1:18
Romans 1:25
John 14:16-17
John 15:26
John 16:13
Galatians 2:5
Ephesians 6:14
2 Corinthians 13:8
John 17:17

5. Look at the deception used by Lucifer. Never forget that the lie is the major tool of Satan to get you to focus on self. Read the following passages about deception. (Jude vs 4; 2 Corinthians 11:2-4 and 13-15) How have you let Satan deceive you and rob God of your true love for Him?

6. How did Jesus show true devotion and love for God? How do you show that you love God more than yourself or pleasure? (1 John 3:11-24)

Remember that God made you. He did not make you so that you could seek pleasure. He made you so that you could seek Him.

7. What type of person insults the Spirit of grace? Read Hebrews 10:26-31; Romans 6:1,2.

8. Who is a true child of God? Read 1 John 3:6-10.

Who is a child of the devil? (vs. 8,10)

9. Read 1 Corinthians 15:27,28. Who is the "All in all"? What position has God given Christ? Who is clearly the head in the relationship of God and Jesus? The following passages can help with this: John 20:17 and Matthew 27:46.

Now read Colossians 1:15 and Philippians 2:5-11. What kind of attitude should you have that Jesus had? *"This is how we know we are in Him: whoever claims to live in Him must walk as Jesus did."* (1 John 2:5b,6)

EXTRA HOMEWORK FOR THOSE WHO WANT MORE:

1. Read Genesis 3:1-5. Write down all of Satan's lies that he told Adam and Eve. (Audio One uncovers many of them.)

2. Which lies are you falling for the most? Please record them in the Truth Journal found in the Appendix of this workbook (pg. 160). Write out the truth. If you find a scripture reference—great!

3. Jesus said over and over, "I tell you the truth." Truth is out there. We have an obligation to find it and test it. Truth is lived out. Someone who believes that God is really Lord and God and Master and Boss will not be contemplating trumping God or ignoring His commands. Those who respect God will obey God. Those who respect themselves will obey themselves. Never forget that the truth is the answer to walking free. You must seek out the truth and tell yourself and your loved ones the

truth. No more false flattery. What do your actions reflect? Do you believe that Jesus Christ is Lord? Name the ways that your life reflects this and name the areas that you have not surrendered. Commit to God today, with all you heart, to crown Him Lord of All!

4. We need to be on our guard because Satan changes the meaning of God's words and commands. We must wake up and understand that deception—tricking you—is Satan's tool along with false flattery. Psalm 36:1b-3 says of the sinner, "*There is no fear of God before his eyes. For in his own eyes he flatters himself too much to detect or hate his sin. The words of his mouth are wicked and deceitful; he has ceased to be wise and to do good.*" Write down all the false flattery that has encouraged you to eat more than you should.

How can you avoid these thoughts or lies?

5. Focus on the truth. What is the truth about deliberately sinning or rebelling against God? Write out the following passages in the place provided.

Romans 6:22,23; Romans 2:5-9

Galatians 6:6-8

Matthew 5:29,30

Hebrews 10:26-31

6. Jude vs 1-4 describes how sin has slipped into the church through false leaders. Who is a false leader? Read the following scriptures and list their characteristics here:

False Leaders: (Jeremiah 23:1,2,9-14[especially vs. 14],16-21)

False leaders white-wash and dishearten the righteous and encourage the wicked. (Ezekiel 13:22,23)

True Leaders: (Jeremiah 23:22 [would turn them from their sins])

7. We have been rebellious, which means that we have been our own god. But what is your relationship with God supposed to be like? It should be like that of a slave to his master, a son to his father, a bride to her bridegroom, a servant to his king, or an employee to his employer. Go back in and examine your own family. Who wears the pants? Who makes the decisions? If you are the wife, do you obey and follow your husband's every decision, or do you trump him? How are men to relate to their bosses? If you have been trumping your authorities, how should it be? You must know that it glorifies the Father when you submit your will to every authority, and that God will bless those who do so. Read Ephesians 5:22-24, 6:5-8, Romans 13:1-7, Hebrews 13:17 and write out strategic commands from God on authority.

8. Some people are ever hearing and never perceiving. Have you ever noticed that some people see the Bible and the commands of God in the same light while others see the Bible as hard to understand? They believe that everyone has their own opinions and that no one will ever see it in the same light. This absence of unity is due to a lack of repentance. The Bible teaches us that there is a veil over those who do not want to repent or come to Christ on His terms. Read 2 Corinthians 3:14-18. This passage basically says that there is a veil over people, but when they come to Christ or in other words, repent and come to Christ on His terms, that the veil will be lifted. True repentance is the key here. Journal here—have you totally repented from wearing the pants in your relations with God? Have you given over all areas?

Attack of the Week



Prepare yourself for a barrage of lies over the next few months that will undermine this message of fully surrendering (from playing God) and giving God back His rightful position. The reason that this message has been under attack from the enemy is because it is so very clear. The average person—upon hearing this—will repent and then give our glorious God back His rightful throne. Then our wonderful God will have His will done on earth as it is in heaven and Lucifer will lose territory. Do you see that the greedy Lucifer is not happy about this? Lucifer tries to make a counterfeit religion that looks right, but in reality, God is not crowned. But if you listen to the dark side, it will flatter you into believing these lies: “Did God *really* say that He doesn’t want you to eat beyond full, and did God *really* impose that restriction on you?” If you hear people say that this message is legalistic and that you do not have to obey, then you are hearing from the dark side.

Now please listen. This is such a tricky and devastating lie. Man-made rules are troublesome and tiring. God’s laws are food for the soul that set you free and help you to rise above the pull of the refrigerator. Remember that I told you God loves brownies. He loves sour cream. **But how sneaky of Lucifer to say that that God doesn’t put a tree in the middle of the garden to see who wears the pants in the relationship between you and God. Of course God is going**

to test our hearts while on this earth before letting us enter heaven forever! That is an understatement. Eve was tricked into forgetting that important point. God wants you to enjoy the earth and what He has made—but when He sets up guidelines—don’t test Him. Obey. He does want you to let the world and the evil forces of the dark realm know that you have acknowledged that He is God of all and that He is Lord of all.

Remember this: God has set up tests for you to see if you want to rule Him or if you want to be under His rule. Don’t let the devil or one of his helpers trick you into believing that these tests are legalistic. Look at what happened to Eve as an example to warn you. Don’t listen to the lies that you do not have to show—through your actions—who you have made Lord of your life. **That deception has been in the church way too long and it is time that you and I give God the throne, the crown, and the surrendered life that He deserves.** Instead, listen to and encourage the truth that says totally surrendering to God is how we show Him that we have chosen Him to rule and that we have humbled ourselves. Jesus—though in the very nature God—did not consider equality with God something to be grasped. (Philippians 2:6) We must not consider equality with God. Each time we savor temptation, we are considering that we are equal or above God.

Faith and Actions Working Together

"You see that his faith and his actions were working together, and his faith was made complete by what he did ... You see that a person is justified by what he does and not by faith alone."

James 2:22,24



We cannot merely listen to the word of God, we have to put it into action. James 2:17-24 says, "... faith by itself, if it is not accompanied by action, is dead... Show me your faith without deeds, and I will show you my faith by what I do. You believe that there is one God. Good! Even the demons believe that—and shudder. You foolish man, do you want evidence that faith without deeds is useless. Was not our ancestor Abraham considered righteous for what he did when he offered his son Isaac on the altar? You see that his faith and his actions were working together, and his faith was made complete by what he did. And the scripture was fulfilled that says, 'Abraham believed God, and it was credited to him as righteousness,'" and he was called God's friend. You see that a person is justified by what he does and not by faith alone." This is so clear and so right. If God is Lord—why do we try to come up with a religion that says that God's son was sent because God knows that we cannot bow down? Satan is so clever.

1. Spend time thinking about who you are and who God is. You are just a created being and God is the Creator. Know your position in life. This is not your body and this is not your day. You cannot even make one fingernail on your body. You are not THE BRAIN—you just have a few brain cells given to you by THE CREATOR. I know that I need God for everything. You need God and His commands and His leadings to even live. Don't ignore them or trump them. Look for God's leading and obey. It is the living water!
2. Write down what your strongholds are. A stronghold is an area that you have NOT put under God's leadership and you are stubbornly being the god in that area.
3. If your stronghold is food—fill out the Food Recall Forms. Let's get to the truth about what you eat and how much you eat in a typical day. Take your time in filling out these food recalls and remember to include all 24 hours in the day. In other words, if you go to bed and then get back up in the night to eat, you must record it. Record every bite, every food, every drink and every snack. If you did not lose weight this week then you can look and see why. Do this for at least one week. Truth is so important to changing your heart. People that have been deceived do not know that they are not telling themselves the truth. They are flattering themselves too much to detect their sin.
4. Fill out the **Truth Journal** found in the Appendix of this workbook this week and every week.
5. Read Week One *This Week's Lesson*, then go back and do the homework.
6. The main homework: Do not eat until your stomach growls. God set up this hunger and fullness and do not test Him with rebellion to His lead. He is testing you—for you are the man with the wayward heart. He is the God of the Universe with the steadfast love for those that love Him. Exodus 20:4-6 says, "You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth genera-

tion of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments."

7. Listen to Audio One, *Sovereign Lord*.

8. Find someone who is sold out to do the will of God and spend time with each other—praying and encouraging one another to die to your will.

9. Please use this space to copy down Philippians 2:6-8. Note that verses 9-11 give you the wonderful reward that you get when you make God Lord of all. But our generous God did not have to reward us for just being who He is and us finally being who we are. God is way too generous. He is the God of love and we love Him because He first loved us!

GOD BLESS YOU AS YOU CROWN GOD SOVEREIGN LORD OF ALL!

Optional Mid-Week Reinforcement:

Some people need reinforcement mid-week or before the weekend.
For those who want more, the companion materials are
the *Weigh Down at Home* series & the *Rise Above* book.

Here is this week's mid-week reinforcement:

WD@Home: Watch video lesson 1. Use your journal to write out the tips that will help you wait for physical hunger.

Rise Above: Read "Secret of the Prison" (pg. 82-114) Be honest with yourself about the lies you have been listening to since your weight loss hit a plateau. Make the heart-felt commitment that you are going to stay focused and do everything it takes to leave this prison. Tell yourself honestly that this is your choice to make and it can be done!

Food Recall



Let's get to the truth about what you eat and how much you eat in a typical day. Take your time in filling out these Food Recall Forms, remembering to include all 24 hours in the day. In other words, if you go to bed and then get back 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. If you need additional forms for the upcoming weeks, you may copy one of these blank forms.

Date:	Pre-breakfast snacks or drinks	cup of coffee with a little cream
Day of the week:	Breakfast	nothing
	Mid-morning snacks or drinks	nothing
	Lunch	1/2 of BJT sandwich. 2-3 onion rings. diet coke
(Include amounts and time of day)	Afternoon snacks or drinks	2 Hershey's Kisses
	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

Date:	Pre-breakfast snacks or drinks	
Day of the week:	Breakfast	
	Mid-morning snacks or drinks	
	Lunch	
(Include amounts and time of day)	Afternoon snacks or drinks	
	Dinner	
	Evening snacks or drinks	
	Midnight snacks or drinks	

Date:	Pre-breakfast snacks or drinks	
Day of the week:	Breakfast	
	Mid-morning snacks or drinks	
	Lunch	
(Include amounts and time of day)	Afternoon snacks or drinks	
	Dinner	
	Evening snacks or drinks	
	Midnight snacks or drinks	

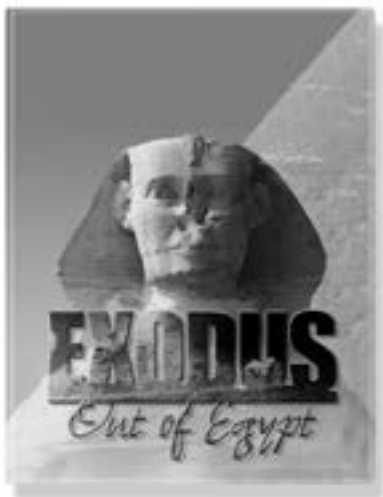
Date:	Pre-breakfast snacks or drinks	
Day of the week:	Breakfast	
	Mid-morning snacks or drinks	
	Lunch	
(Include amounts and time of day)	Afternoon snacks or drinks	
	Dinner	
	Evening snacks or drinks	
	Midnight snacks or drinks	

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Day of the week:	Breakfast	
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	Lunch	
(Include amounts and time of day)	Afternoon snacks or drinks	
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	Evening snacks or drinks	
	Midnight snacks or drinks	

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	Midnight snacks or drinks	



A REVIEW OF THE BASICS

First of all, some people do not believe the Weigh Down teaching that there is biological feedback or that there is a dependable feedback mechanism, so they think you must follow food rules. Never mind that all the animals know exactly what to eat! Each species eats the same things. They are geniuses, huh? Why do we question this instinct in mankind? Have we no instincts programmed by God? But think again. Do you measure the amount of oxygen your body needs? Do you not instinctively walk out of a room filled with smoke because it bothers you? You breathe deeply when you finally get out into fresh air. Your body will cause you to sneeze when you breathe air filled with car fumes or even too much perfume. The amount of oxygen you need is directly proportional (one-to-one ratio) to the amount of glucose (broken-down food) you require.

Think about it. Do you control your hormones for monthly cycles, puberty, pregnancy, or even adrenaline releases when you are fearful? Can you not sense an adrenaline release in your body? Well, then, how about a hydrochloric acid release in the stomach for hunger? Do we not see God's involvement in conception? Read Genesis 30. Genesis 30:22-23a states, *"Then God remembered Rachel; he listened to her and opened her womb. She became pregnant and gave birth to a son."* God gives the animals sleep cycles. Some are nocturnal and some are not. Who teaches the animals this? God is not limited in how He can guide us. He uses full-grown adult animals to teach the young animals how to gather food for which they are instinctively hungry. Likewise, we pass down learned eating habits to our own children. Some are good and some are bad. Any greedy, godless habits are not good.

There has been some discussion by various people that you would be sick or unhealthy if you ate what your body "wanted." Another way to say this is, "I couldn't possibly be healthy if I just ate what I wanted." The people who make these arguments have obviously not read the entire *Weigh Down Diet* book or participated in a Weigh Down seminar. What Weigh Down teaches is that there is a God-given biological feedback. This feedback in its pure form will "want" a variety. If you are eating the volume your body calls for and listening to "what" your body calls for, your eating will be balanced. If you are greedy for chocolate or "want" only chocolate for days and days, you will need to be still and pray before you eat. Just as you have to subdue the "want" to overeat and follow your body's cues, you need to be obedient to your body's natural desire for variety.

In a society that has grown up under "no-no" foods and diets—that is, heavy restrictions—there have been isolated instances reported where people have binged out on certain foods once they were freed up. This is sometimes a necessary part of the journey toward freedom because you find out that you become sick of the food that you think you can't stop eating. This is biological feedback. Biological feedback can come in many forms and fashions. But just as hunger and fullness are real feelings that can be ignored, you can ignore the God-given food choice of biological feedback. For example, some people ignore the biological feedback that the body gives when they eat too much sugar—the spastic colon or diarrhea, the stomach aches, and the repulsion sensation felt high up in the esophagus. Some people even ignore their teeth rotting out! But this is biological feedback in its last stages. Please learn to listen to your body.

One exercise I always suggest when someone starts in a Weigh Down seminar class is the chocolate (or your favorite binge food) test. This exercise will convince you that there is biological feedback. In other words, it will show you that your body can tell you that you have had enough. Many people believe if they gave themselves the freedom to eat anything, they would binge out on choc-

olate or chips and dip till the grave. This is not true. If you have a binge food—chocolate, for example—just try eating only chocolate for an entire day. Eat chocolate for breakfast while everyone else at the table is having bacon and bagels or eggs and toast. Eat chocolate for lunch while your coworkers are eating hamburgers fixed with mustard, lettuce, onion, and tomatoes, along with French fries with ketchup and salt, and a diet soda. Then, eat chocolate for your afternoon snack while everyone else is enjoying salty buttered popcorn. Finally, eat chocolate for supper while the family enjoys meat loaf, creamed potatoes with butter and salt and pepper, green beans, yeast rolls, and iced tea with lemon. You will feel sick after the first twelve hours. If not right a way, you will soon. Let me assure you that there is biofeedback—strong biofeedback—and you must believe this. Learn about it and wake it up! You have been burying it under rule books and sheets of paper telling you what to do.

When you get your volume in line with the will of God through His hunger and fullness, then you can fine-tune your nutritional status by learning to be still and to listen to what your body is calling for. I do not believe that you can make many mistakes here because the body has such a strong drive to get a variety of foods. Even the most “out of touch with what the body wants” people will not eat what they had for breakfast again for lunch and what they had for lunch again for supper and will complain when leftovers are offered. In other words, they are in touch with the body’s biological feedback enough to eat a variety even within a twenty-four-hour period. This guarantees a spectrum of nutrients because your body cues you to an assortment of foods. Variety ensures you the nutrients you need—that is why God did not give Adam and Eve a food pyramid list. He programs guidance inside His children, and when a person submits to this natural guidance, he will not overeat and will be well nourished. Not only does God program what you need inside you; He programs your taste buds to like it, and He provides your body with the enzymes to digest it. It is all delightfully simple and enjoyable if we get our will out of the way.

How to Feed the Stomach

1. Wait anywhere from one to thirty-six hours for 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 polite burning sensation, the feeling of a knot inside your stomach. 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 thirty-six hours, eat a small meal and wait for hunger again. You should feel it soon. After your first attempt, don’t keep waiting thirty-six 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 meal time. 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 non-caloric tea and talk to the family.

4. Drink non-caloric beverages to help the sugar levels drop normally so that you can get the hunger signal. Continual intake of sugar through drinks prevents you from sensing hunger.

5. Sip your drink between bites. Stop eating when you are satisfied.

6. Rate foods. Decide which foods you like best and eat those first, saving the least favorite until the end. Generally, leave desserts until last.

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

8. Use carry outs 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!

9. 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.

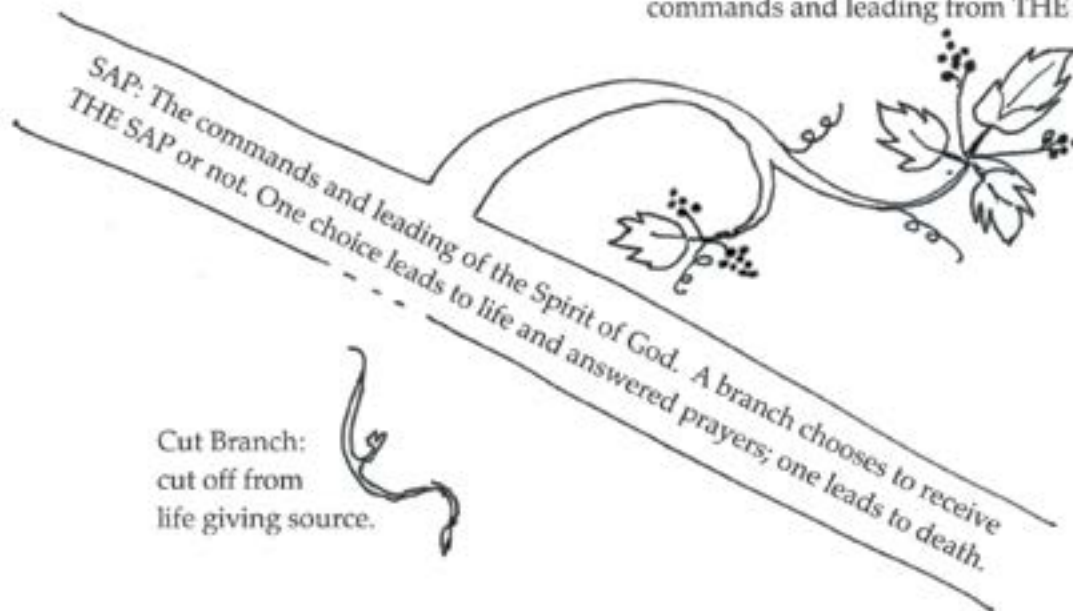
10. During *Weigh Down Advanced* expect your food consumption to decrease from 1/2 to 2/3 of what you were eating as an overeater. As you progress, you may expect your desire eating, or desire for food, to decrease over time



"I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the word I have spoken to you. Remain in me, and I will remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be given you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples." John 15:1-8

A connected Branch: takes daily, hourly commands and leading from THE SAP (Jesus).



Cut Branch:
cut off from
life giving source.

1. What does it mean to "remain" in Jesus and Jesus to "remain" in you? And likewise, what does Jesus mean when he says, "my words remain in you" (vs.7)?
2. Are prayers answered when you are cut off from the vine?
3. What does it mean to bear fruit?
4. What does it mean to be pruned, so that you bear more fruit?
5. How do you block the ongoing, life giving will of God?
6. Who is cut off and thrown into the fire?

This Week's Journal

