

WeighDown 
at home

Workbook

by

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LESSON 1

WEIGH DOWN BASICS



Lesson 1

Weigh Down Basics

Thoughts for the Week

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 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. However, when we look to the handbook of the One who created us, we find the answer throughout scripture.

Lesson 1 Assignment

Video 1, Lesson 1:
Weigh Down Basics

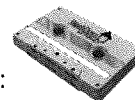


Scriptures used in
this week's videotape:

1 Corinthians 1:19–20
Colossians 2:16, 20–23
Genesis 46:4
Psalm 81:6–10

Audiotape 1A & 1B: *The Truth Will Set You Free*

Scriptures used in
this week's audiotape:



Colossians 2:16, 20–23
Colossians 3:5
Genesis 4
Acts 15
Hebrews 13:9
John 14:23

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Mark 7:14–23

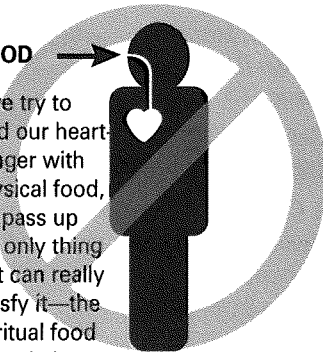
Mark 7:19

1 Timothy 4:1–5

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 that He will not allow anything else—fat grams, diets, or anything else 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?

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




FOOD →

If we try to feed our heart hunger with physical food, we pass up the only thing that can really satisfy it—the spiritual food of a relationship with God.

Stomach hunger is a very natural burning, empty, hollow sensation just below the rib cage. Due to a buildup of stomach acid, intense hunger will create a growl. This is your signal to eat.

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 enough to satisfy your hunger. 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!



← **FOOD**

God created us with physiological hunger for food.

Notes

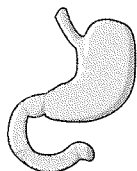
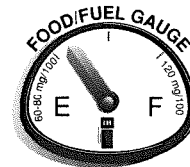
*"In the house
of the wise
are stores of
choice food
and oil, but
a foolish
man devours
all he has."*

Proverbs 21:20

Notes

How to feed the 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.



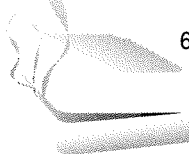
2. Hunger is a polite burning sensation, the feeling of a knot inside your stomach. If you have to bypass hunger due to work or social conflicts, the sensation will come back around in forty-five minutes. While it is normal to skip hunger once in a while, do not make it a habit. If you haven't felt hunger 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 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 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.



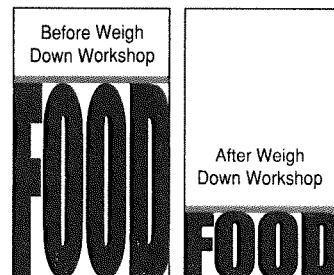
6. Rate foods. Decide which foods you like best and eat those first, saving the least favorite until the end. Generally, leave desserts until last.

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

8. Use 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!

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. As you progress through Weigh Down at Home, expect your food consumption to decrease from $\frac{1}{2}$ to $\frac{2}{3}$ 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.





There's no getting out of going through the desert. But I promise you, God will be right there with you, and it will be much more pleasant than slavery.

Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

—Romans 8:5

Lesson 1 Questions

1. “At the end of the 430 years, to the very day, all the LORD’s divisions left Egypt. Because the LORD kept vigil that night to bring them out of Egypt . . .” (Exodus 12:41–42a)

Record here the day **you** packed your bags to leave Egypt (bondage to food):

Remember that you need to find true hunger. Record the time you last ate:

2. Describe your physical symptoms of hunger. _____

How long were you able to go until you found true hunger?

3. Read Romans 8:5–8. The word *focus* is used frequently in this tape. What do you think is meant by *focus*? There may be several answers.

4. What are the main reasons dieting does *not* work?

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 who know the truth. For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.

—1 Timothy 4:1–5

Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.

—Colossians 2:16–17

*You are not
a failure.
You have been
applying
the wrong
procedures to
this choice of
overindulging.*

5. Compare and contrast a day depending on God and a day without depending on God.

With

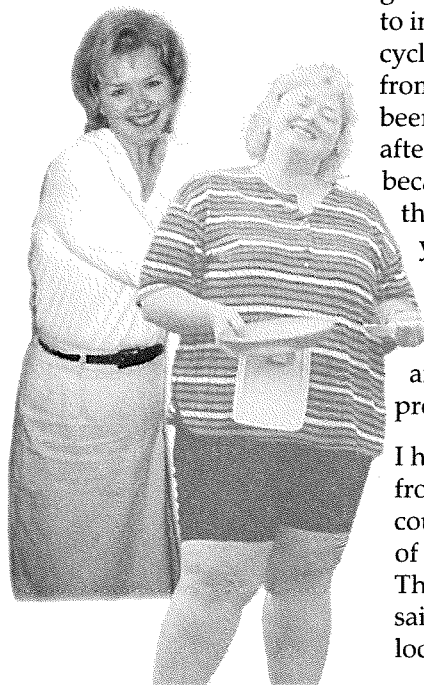
Without



Testimony

Patti Hahn • New Kensington, PA • 116 lbs.

My struggle with weight began at the age of nine. Like many overweight children, I was teased by classmates and began dieting out of desperation. This began a cycle that would last many years, losing



and gaining weight—from five to 100 pounds—always gaining back more than I had lost.

I have been the “star” of weight loss groups, hitting my goal and inspiring others, only to immediately restart the sad cycle. I withdrew in shame from the very people who had been my cheerleaders. Once, after losing 101 pounds, I became so fearful of regaining the weight that I fell into a year-long struggle with bulimia. I have also undergone counseling for eating disorders. Time and again, I regained all the previous weight and more.

I heard about Weigh Down from a friend at church, but could not handle the thought of another diet program. Then, my daughter Megan said she planned to attend a local Weigh Down class. I

signed up simply to be her encouragement. Instead, it changed my life.

Through Weigh Down, I found that as I grow closer to God, He provides spiritual food, which is what I really hungered for all along. Finally, I am able to eat and enjoy all foods without fear, not just diet food. I am learning to focus on God and to eat only when I am physically hungry.

I have lost 116 pounds and the sense of helplessness that kept me in an unrelenting cycle. Now when others cheer me on, I point them to my God, who has taught me that to love Him is to obey Him.

God used Weigh Down to change my heart and release me from a life of fear and shame, and I will be eternally grateful.

Travel Diary

The following section is called your Travel Diary where you document your desert experiences. Use the diary to record insights that God gives you from His Word. Write your thoughts, victories and challenges.

Praise/Thanksgiving—The verse written here will help you to start your day with praise to God for one of His attributes or for what He has done for you.

Confession—Pour out your heart before God. Tell Him about your problem times. Be specific. Psalm 62:8 says, “Trust in Him at all times, O people; pour out your hearts to Him, for God is our refuge.”

Insights from God’s Word—Use this section to reflect on what God has revealed to you from His word. Learn to trust Him as your guide in all areas. He will even lead you in your selections for Bible reading. Just as physical food is used up in a few hours, spiritual feeding needs regular renewing also. It is this regular spiritual refueling that will be the greatest help as you are tested in the desert, and it will leave you feeling much more satisfied than you have ever been before!

Desert Hints—Placed periodically throughout the Travel Diary, these are simply tools to help pull your heart away from food, not goals within themselves.

*God chose a
people and
dwelt among
them, and
now wants to
dwell in our
hearts.*

Praise/Thanksgiving:

Enter his gates with thanksgiving and his courts with praise ; . . . —Psalm 100:4a

Confession:

If I had cherished sin in my heart, the Lord would not have listened; . . . —Psalm 66:18

Insights from God's Word:

Praise/Thanksgiving:

Sacrifice thank offerings to God, . . . —Psalm 50:14a

Confession:

Then I acknowledged my sin to you and did not cover up my iniquity. —Psalm 32:5a

Insights from God's Word:

Praise/Thanksgiving:

Let them give thanks to the LORD for his unfailing love. —Psalm 107:21a

Confession:

I said, "I will confess my transgressions to the LORD"—and you forgave the guilt of my sin. —Psalm 32:5b

Insights from God's Word:

Desert Hint: To reduce your portion sizes, start by cutting your food in half and think of the second half as another meal.

Praise/Thanksgiving:

Praise the LORD. I will extol the LORD with all my heart . . . —Psalm 111:1a

Confession:

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
—1 John 1:9

Insights from God’s Word:

Praise/Thanksgiving:

My lips will shout for joy when I sing praise to you— . . . —Psalm 71:23a

Confession:

If we claim to be without sin, we deceive ourselves and the truth is not in us. —1 John 1:8

Insights from God’s Word:

Reflect upon your week. Write down your biggest “success” story. Don’t forget to thank God.



Testimony

Hazel James • Cincinnati, OH • 87 lbs.

While reading the Weigh Down book, I immediately realized that the missing ingredient to my past diets was not involving my heavenly Father. For the first time in a decade, I had real hope in being successful in losing weight and keeping it off. My weight was 317 pounds. I had tried numerous diets which had ended in failure, and as a result I gained all my former weight plus an additional 20 or more pounds each time.

What has made Weigh Down a success for me is being able to recognize when I am hungry and when I am comfortably full. I now know that God is concerned about every detail about me, and He wants to be included all of the time. Taking responsibility for my own

actions allows me to get to the root of the problem sooner. Also, instead of using food to comfort me, I turn to my Father in heaven for comfort and guidance each day.

Over the past year I have lost 87 pounds and am continuing to lose. I have accumulated many jewels along the way. I no longer lust after every fast food restaurant I drive past. When problems arise in my life, I let the heavenly Father solve them instead of a quick fix with food. God has helped build up my self-esteem, and I am developing a closer relationship with God. I am quite impressed with how God has used food to draw me closer to Him and change my life. I am not yet out of the desert, but through obedience, faith, and hope, God and I will cross the Jordan.

