

WEIGHDOWNBASICS

THE BASICS TO PERMANENT WEIGHT LOSS



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

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LESSON ONE HOMEWORK

- 🍏 Record some of the points from the video and audio lessons that really hit your heart this week, as well as any Scriptures that God led you to...

- 🍏 You might want to get a fresh Bible (available at Weigh Down). Every Scripture that is referenced in this class—try to find it in the Bible and underline it. Your first set of Scriptures are below. Read them and learn that your body is the temple of God and is to be taken care of:
 - Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body (1 Corinthians 6:19-20).

- 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 (1 Corinthians 3:16-17).
 - When you sit to dine with a ruler, note well what is before you, and put a knife to your throat if you are given to gluttony. Do not crave his delicacies, for that food is deceptive (Proverbs 23:1-3).
- 🍏 Imitating a Thin Eater: From the video testimony this week, what did you learn about a Thin Eater that you are now going to imitate? (Review this list often as you relearn how to approach food like a Thin Eater!)

- 🍏 Now record the date that you decided to leave dieting in your past! (Pack your bags and leave Egypt. Read the Exodus story on page 56.)

Date: _____ (Decision to stop dieting.)

- 🍏 Try to remember back to your first diet. That could have been your first year of lusting after food. How many years have food and dieting been a part of your life?
- 🍏 Were you able to WAIT on true stomach hunger this week?
 Yes No
- 🍏 How long were you able to wait for your first true hunger this week? (How long did it take to find a true stomach growl for the first time?)

🍏 Describe your physical symptoms of hunger.

🍏 How did it feel to wait for hunger? Was it not more fun and energizing to WAIT on stomach hunger than to eat prior to God's leading?

How exciting—you obeyed your body's signal to "eat" and it is how God planned it AND it feels great! This is a breakthrough!

🍏 Did you practice getting your mind OFF food while you were waiting? Yes No

🍏 Again, record your emotions this week. Were you happier? Did you feel more peace? You probably had more energy this week than you have had in years. Be honest and write down everything.

Monday:

Tuesday:

Wednesday:

Thursday:

Friday: [*Warning: Be careful on weekends. Do not lose momentum just because it is the weekend. You should get prepared—we have made a choice to eat this way forever. The old desires will fade away if you keep focused off the food, diets, and your body (weight, etc.).*]

Saturday:

Sunday:

- 🍏 Thin Eaters eat regular foods, not diet foods. What foods in the past have you forbidden yourself to eat because you feel as if you will lose control?

Did you eat them in control?

- 🍏 Read Colossians 2:20-23. Rewrite this verse in your own words:

- 🍏 What are some activities you did while you were waiting for hunger that helped you?

- 🍏 What are some Reinforcement Resources you listened to or read in order to get your mind OFF food and onto God while you were waiting on true hunger? (Example: *The Weigh Down Diet* book, audio lessons, etc.)

PRAYER AND A RELATIONSHIP WITH GOD

We are ending our relationship with the food, and we are gaining a relationship with God. You cannot have a relationship with God without talking to Him. Jesus taught us how to pray:

And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him. This, then, is how you should pray: ‘Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.’ For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins (Matthew 6:7-15).

We were taught to pray in the Name of Jesus because He has been given all power. Every day and many times per day I pray... “In the Name of Jesus Christ.” It is the most powerful thing in the world. The Bible teaches us that God hears the prayers of the righteous.

PRAYER CHART SAMPLE

Did you pray...	M	T	W	T	F	S	S
When you woke up this morning?	✓	✓	✓	✓	✓	✓	✓
For God’s help in waiting for true stomach hunger?			✓	✓	✓	✓	✓
For God’s help with food tests/ways of escape?			✓	✓	✓	✓	✓
Once you got stomach hunger, for God to help you with what to eat, to slow down and stop when satisfied?				✓	✓	✓	✓
When any stressful situation came up today?				✓	✓	✓	✓

PRAYER CHART

Did you pray...	M	T	W	T	F	S	S
When you woke up this morning?							
For God's help in waiting for true stomach hunger?							
For God's help with food tests/ways of escape?							
Once you got stomach hunger, for God to help you with what to eat, to slow down and stop when satisfied?							
When any stressful situation came up today?							
With your family or friends today?							
For others and for God's Kingdom to come?							
Before bed for your sins to be forgiven?							
Are you starting to change (Yes or No)...							
Did you spend time in the Word, audios, Truthstream, workbook learning about God and looking for His lead?							
Did you find yourself praising God in your heart today?							
Are you starting to be drawn to God like you were to the food?							
Are you starting to lose interest in overeating/bingeing?							
Look at the chart above; are you starting to pray and depend on God more?							

PRAYER

Dear Father, I pray in the name of Jesus Christ that You, Father, will help each and every person find the joy of working for the same purpose Christ had of making His food to do Your will and to finish Your work. In Jesus' Name, Amen.

"My food," said Jesus, "is to do the will of him who sent me and to finish his work" (John 4:34).

ANSWERED PRAYERS

I cannot stress enough the importance of prayer. If you forget this, then you have missed the purpose of life, and especially of this class. Pray for everything and pray without ceasing and pray for all the other Saints who are looking for this relationship with God. True Saints are looking for a relationship with God, and answered prayers are the key! Our hearts need to be right! Read John 14, John 15, Ephesians 6, and 1 John 3:21. Summarize these Scriptures then write your answered prayers from this week:

FOOD SCHEDULE

To help you learn where your focus is, try writing down your eating schedule—your fast food drive-thrus, your movie and snack hours, your middle-of-the-night runs, and your personal food schedule—write it all down. Try to think about even the small things—how many pieces of candy or mints or bites of chips from that little snack drawer and that little hideaway did you have? How many cups of coffee with cream or sugar? People are so used to mindless eating that they really do not remember what they ate. Next, enter the amount of time you spent preparing for and eating the food. Note: When you start eating when you are not hungry, you will not be able to feel the full sensation either. So you will have to put an “X” on both *Hunger* and *Fullness*. The goal is to eventually have no “X”s on *Hunger* and *Fullness* and continue to try to get the “Total Time” of Thinking About Food and Eating Food less.

FOOD SCHEDULE CHART SAMPLE

Meal/Snack:	Time Spent Thinking & Preparing:	Time Spent Eating:	What You Ate/Drank:	Hunger?	Fullness?	
Breakfast/ Morning:	5 mins.	15 mins.	bagel, jelly, large juice	✓	✓	
Lunch:	15 mins.	1 ½ hrs.	half sandwich, 10 french fries	✓	✓	
Afternoon:	10 mins.	15 mins.	two small Reese's cups	X	X	
Dinner:	1 hr.	1 hr.	meat & three on small plate, roll	✓	✓	
Night Eating:	Tempted but passed the test! Praise God!					
	1 ½ hrs.	3 hrs.	=	4 ½ hrs.	Total time on food	

RELATIONSHIP CHART

For the Relationship Chart, use the questions to help you make the transfer of your focus and time spent on the food over to time spent with God! You will find that there is a direct correlation between the time you spend with God and your relationship with Him. The goal is to have “zero” time with the food, except when you are truly hungry. Each week, use these charts to help yourself gauge the amount of time spent with God versus time spent with food. This relationship with God is the key to permanent weight loss!

RELATIONSHIP CHART SAMPLE

Relationship With Self/Food/Idols	Time:	Relationship With God	Time:
Time talking about food	20	Time talking about God, Godly things	30
Reading recipe books, magazines		Reading the Bible/Workbook	30
Hearing/listening to the food call your name	15	Listening to God's Word, CDs	10
Time giving into temptation	10	Praying and running from temptation	20
Seeking worldly things	5	Seeking God	
Focusing on self		Focusing on others	
Worrying about body, clothes, problems, etc.	15	Worrying about the Body of Christ	15
Dreaming about food and eating	15	Worrying about Christ's food (John 4:34)	
Exercising for weight loss		Exercising spiritual muscles to pass every test for God	15
Gossiping about others	10	Talking about Saints in the Bible or living Saints who love God	60
Praising/flattering men		Praising God and Christ	

Total Time: 1 ½ hrs.

Total Time: 3 hrs.

FOOD SCHEDULE

DATE: _____

Meal/Snack:	Time Spent	Time Spent	What You	Hunger?	Fullness?
	Thinking & Preparing:	Eating:			
Breakfast/ Morning:					
Lunch:					
Afternoon:					
Dinner:					
Night Eating:					
			=	_____ Total time on food	

RELATIONSHIP CHART

Relationship With
Self/Food/Idols

Time:

Relationship
With God

Time:

Time talking about food		Time talking about God, Godly things	
Reading recipe books, magazines		Reading the Bible/Workbook	
Hearing/listening to the food call your name		Listening to God's Word, CDs	
Time giving into temptation		Praying and running from temptation	
Seeking worldly things		Seeking God	
Focusing on self		Focusing on others	
Worrying about body, clothes, problems, etc.		Worrying about the Body of Christ	
Dreaming about food and eating		Worrying about Christ's food (John 4:34)	
Exercising for weight loss		Exercising spiritual muscles to pass every test for God	
Gossiping about others		Talking about Saints in the Bible or living Saints who love God	
Praising/flattering men		Praising God and Christ	

Total Time: _____

Total Time: _____