



Healthy Living



Curriculum One (1)
Week 2

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Healthy Living

based on
THE PRISM
WEIGHT LOSS PROGRAM

WEEK TWO:

Destination: Transformation

THE PART OF THE MIND YOU TAKE FOR GRANTED

Below you will read the testimony of a PRISM® participant. Read about how she saw herself before she began her weight loss journey. If personalized, could these words be yours?

“As I look back on my old, out of control self by viewing pictures and movies, it is so hard to believe that is me. I knew I weighed at least 220 pounds and was fat, but I had no idea how I looked. I am sure that had much to do with why I kept getting fatter and fatter. I had no real body image. I looked in the mirror and thought to myself, “You are so disgusting!” Still, I did not see the extent of my size. When I began a diet I had no definite idea of what I would look like at my “right weight.” I did not even know how the FAT “me” looked. How could I know what the slender “me” looked like?”

Self image distortion is common in society. Examine how that distorted image exhibits itself in the overweight person. Have you ever viewed people in stressful situations and asked yourself how they go on living like that? You may even have approached a person and asked the question directly, only to have him react with confusion or lack of response. You see, he does not view the problem in a realistic manner. Something inside of him has closed off the truth. It can usually be traced to one of two things:

1. It is too overwhelming to change immediately, or
2. It is too painful to view with honesty.

Some people would rather live with the problem than confront it. Confronting the problem with action results in facing the truth, which is painful. Even though they would like taking positive steps to change, they would be taking the risk of having to live aware of the depth of the problem.

Look at how the above analogy is connected to your subconscious mind. Your mind’s conscious thought relies upon the subconscious process much more than you realize. It protects you from becoming overwhelmed when faced with personal weakness. It enables you to find a livable “comfort zone” while within the depths of a difficulty. Although consciously you may be aware of the fact that this “zone” is not ideal, at least your life can continue seemingly unaffected. That subconscious thought contains excuses, justifications and the MAIN roadblock to your success – bad HABITS. The subconscious must be acknowledged and renewed in order to produce right attitudes within the conscious, which results in positive actions.

This week the program will take you through the next two KEY PRINCIPLES, addressing areas of weakness and bad habits you have developed through your subconscious mind. You will learn that you want neither a “fat” image nor a “skinny” image in your mind’s eye. You need the TRUE YOU to be your image. You will be choosing a “right weight” and deciding consciously, perhaps for the first time, what you were created to look like.

WEEK TWO – Lesson 1

**WHEN YOU KNOW WHERE YOU ARE GOING
ON THE ROAD TO THE TRUE YOU,
IT WILL BECOME LESS OF A STRUGGLE
TO FOLLOW THE MAP!**

OPTIONAL SCRIPTURE READING:

JAMES 1:22-25

“Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and, after looking at himself goes away and immediately forgets what he looks like. But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard but doing it he will be blessed in what he does.” (New International Bible)

PSALM 25:4-5

“Show me your ways, O Lord, teach me your paths, guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.” (New International Bible)

PERSONAL EVALUATION

Below are seven subconscious justifications people use to protect themselves from the reality of being overweight. Put a check mark by the ones you have experienced in your life.

- Dream of being “skinny while able to eat like a pig.” Avoid full length mirrors or full body pictures.
- Wear jackets or coats to hide the fat.
- Avoid social situations where you will be the only fat person – OR – situations where you will be out of place in the type of clothing you must wear (bathing suit or shorts).
- You find an “eating partner.” This is a person who will always eat with you. You may choose a fatter person to soothe guilt or a thinner one to help reinforce the “skinny pig” fantasy.
- Compare yourself to others in terms of who is fatter. If there are people you view as fatter you don’t feel so bad.

THIS CONCLUDES WEEK TWO – LESSON ONE

SHEDDING LIGHT ON THE RIGHT BODY IMAGE

Yesterday's lesson discussed your subconscious body size and how it plays a key role in your weight loss. Today you will consider some of the reasons why a "RIGHT" body size must be placed within your subconscious to help you make the necessary changes to your body image.

You may now be involved in a vicious cycle of habits and rituals you have not been able to overcome. These habits may have become a part of you over a period of years and now you must implant new actions to replace your old habits. The actions contained in this lesson will help you attain the life of freedom you desire. However, the value of the actions will soon diminish if you do not have a correct body image. Both the "fat" and "skinny" images must be dealt with. Each will cause you to overcompensate and actually "work to maintain them." Here are some examples:

You see yourself now as fat and desperately want to lose weight. Assume you continue this program with amazing perseverance and find yourself at your "right weight." The scale speaks to you on a conscious level, but remember that is only a small part of your mind. The subconscious mind still maintains the "fat image." You will find yourself looking in the mirror and still seeing a "fat person." Likewise, as you feel this way, you will allow your eating habits to follow. With your eating habits again out of control, you soon find yourself conforming to that "fat image." You will continue in this state until you "feel up to" ANOTHER diet.

The "skinny image" is just as harmful. This is the opposite, unrealistic view of what your "right weight" looks like. This comes from looking at models or people of different proportions than your own and believing that is the only way to look. If this image is not replaced, you will not be satisfied when you reach your "right weight." You will feel frustrated that you worked so hard and yet did not succeed. It is this kind of frustration that causes you to fall back into undisciplined eating and weight gain.

Are you beginning to realize how important it is for you to have an established, realistic picture of what you were created to look like? This picture will reinforce your commitment to action and firmly implant the positive attitudes necessary for your success.

Have you been on diets and experienced reaching your goal? Have you come close to your "right weight," but never quite made it all the way? You may have always been overweight and have no idea what a "right weight" would be for you. In any case, you have probably asked yourself: "Why in the world did I ever allow myself to gain this weight back again?"

You were told how to lose the fat, but not how to feel comfortable and at peace about your size after the fat was gone. One of the keys to the door to freedom from fat was kept from you. This program will not allow that to happen to you again. Think today about what your body size was created to be. There are different ways to approach this exercise depending on your history of weight loss. You may have been at your right body size before and have the pictures to prove it. If so, your assignment is to

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go back through those pictures and find one of yourself at your right body size. Some rules to consider in this exercise are:

1. The photograph of you must have been taken within the last five years.
2. You need to choose a FULL BODY pose.
3. You need to find a picture that brings back happy and peaceful memories.

If you do not have a picture, you need to find one of a person similar to you in build, height and coloring. Taking what you know to be true about your proportions, look through magazines and catalogs to find a person you want to mirror in body weight. Cut out a picture of YOUR face and place it over the face of the model. Cut the model's picture out of the magazine.

You will find a mirror frame in the back of this book. Place your TRUE YOU picture in the frame. THIS IS THE IMAGE YOU WILL PUT IN YOUR MIND. Now you have a body size reference. You will now begin to accept this as the only right size for you.

KEY PRINCIPLE NUMBER TWO:

**EVERY DAY, TWICE A DAY (OR MORE OFTEN IF YOU LIKE),
LOOK IN THE MIRROR AND SAY THE FOLLOWING STATEMENT OUTLOUD:**

**"THIS IS THE SIZE I WAS CREATED TO BE.
I AM A LOVABLE, WORTHWHILE AND SUCCESSFUL PERSON.
I AM THANKFUL FOR THESE TRUTHS."**

This is to be done by ALL program members WITHOUT EXCEPTION. Should you decide you are unwilling to do this, you need to consider your Agreement of Resolution. This principle is a VITAL KEY to your weight loss success.

OPTIONAL SCRIPTURE READING:

II CORINTHIANS 3:17-18

"Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty. But we all, with unveiled face beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as from the Lord, the Spirit." (New American Standard Bible)

PSALM 139:13-17

"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, O God! How vast is the sum of them!" (New International Bible)

THIS CONCLUDES WEEK TWO – LESSON TWO

WHAT DOES THIS TRUE ME WEIGH?

It seems that body weight – in terms of a number – has been increasingly important to our society over the past 50 years. Some people place critical importance and personal value on the number that shows up when they step on the scale. You may or may not know what you weigh right now, but you obviously feel it is too much. You need to have a weight amount you have chosen as your “right weight.” Today’s lesson will help you decide what that amount is. Later, it will further discuss the scale and make some suggestions for its continued role in your life.

As you choose a “right weight” it is critical that you take time to consider what constitutes your body weight. In the past you may have considered the scale a measurement of how “fat” you are and nothing else. When you stand on that scale you do not just place your fat on it. You place YOUR BODY on it; organs, blood, bone, muscle, water, waste, skin and fat. ALL of these things have weight – not just the fat. What you must realize is that you are a unique individual. Other people the same height, structure and age are not made exactly like you. YOU ARE DIFFERENT! Because of this your body weight will be unique.

You have probably worked from a chart to determine your “goal weight” or you have been told what you should weigh by someone who looked at a chart. Did you know that charts are made up by taking ten people of the same height and bone structure, totaling their weights, and averaging them? So which of the ten people are you exactly like? NOT ONE!

This does not suggest you should not have a weight amount to correspond with the TRUE YOU. That would work against correcting past justifications of undisciplined eating. You must have a standard of measure to assure you will stay accountable to your right body size. If you have no specific “right weight” you will have a “somewhere out there” number you will never reach. Now is the time for you to choose that definite number.

You may have experienced a body weight which you felt was maintainable. That is a good number to choose, especially if it corresponds to what you weigh in your TRUE YOU picture. Even if you weighed more in that picture than you have been told you should, IT IS what you weighed when you looked like that. This is unique to you.

You may have no idea what you should weigh. Because of the importance of having a number you feel is right for you, consider asking close friends or family if they are willing to help you with this. The second suggestion is to have a physical trainer do a “body composition analysis” to determine your ideal weight. The most important thing is to be true to yourself. Inside yourself you know what you should weigh. Do not underestimate your own ability to choose your “right weight.”

When you determine a right body weight, you must be sure you believe it is right for you. Doubt will weaken the power of this next KEY PRINCIPLE. This is what you are to do with your right body weight amount.

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KEY PRINCIPLE NUMBER THREE:

**IN THE BACK OF THIS BOOK YOU WILL FIND ONE
LARGE SCALE AND A SET OF FOUR SMALL SCALES.
WRITE YOUR RIGHT BODY WEIGHT AMOUNT ON EACH ONE.
REMOVE THE FOUR SMALL SCALES AND PLACE THEM
IN AREAS YOU OFTEN LOOK.
(BATHROOM MIRROR, REFRIGERATOR, CAR DASH, CHECKBOOK).**

**WHENEVER YOU SEE THE SCALE
SAY THE FOLLOWING STATEMENT OUTLOUD:**

"_____." "THIS IS THE RIGHT WEIGHT FOR MY BODY."
(Insert "right weight" number.)

**EVERY DAY, TWICE A DAY (OR MORE OFTEN IF YOU LIKE),
LOOK AT THE SCALE IN THE BACK OF THIS BOOK AND
SAY THE FOLLOWING STATEMENT OUTLOUD:**

"_____." "THIS IS THE RIGHT WEIGHT FOR MY BODY."
(Insert "right weight" number.)

OPTIONAL SCRIPTURE READING:

II CORINTHIANS 4:18

"So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal." (New International Bible)

THIS CONCLUDES WEEK TWO – LESSON THREE

VERBAL ROADBLOCKS TO POSITIVE ACTIONS

Now that you have determined your right size and weight, it is time to look at some of the roadblocks which have limited your weight loss success in the past. As you read in Week One, “if at first you do not succeed, analyze what when wrong and try another approach.” This statement is true not only in terms of positive actions you can take, but you must also look at negative thoughts that can hinder your efforts. These thoughts are more dangerous than ANY action because of their subtlety.

Self-defeating statements may have been a part of you for so long you are unaware of their existence. You may not see them as mere words but accept them as truth. Statements like “I just cannot stay on a diet,” “This is too hard for me,” “I have no willpower,” “I am too dumb to figure this out,” and “I am too busy to take time to do this” have contributed to keep you from becoming the TRUE YOU. If you are unwilling to remove and replace these negative statements in your inner self, you can look at the picture and the scale for an eternity without result. There will still be that little voice that says, “What a dreamer you are, you will never look like that.” You could even falsely justify these statements as “humility” or “protection from pride.” That is just another self-set trap to keep you fat. You must accept that these statements are untrue and filled with errors. They have no good place in your life.

You need to remember that subconscious part of your mind. Consciously, you accept that you need to change and you are making choices every day to be disciplined and follow the program as agreed. However, the old subconscious thoughts are still operating on past information contained within them. When you allow negative statements to come out of your mouth you simply reinforce the validity of negative information. In a similar way, when you replace those statements with what is true, good and lovely, you send a message of CHANGE to your subconscious mind.

If you are a Christian, you believe that Christ has provided you with the power of self-control; however, in the vast realm of your mind are many doors closed to this truth. These closed doors are barricaded by the negative statements you make concerning your abilities. These negative statements are an evil influence, not a result of Godly humility.

Consider Philippians 4:7-9 which instructs us concerning the things on which we are to concentrate our thinking. This positive concentration of thought is the daily process of renewing our minds. God desires that we walk in true freedom from evil’s influence in our lives. This freedom is obtainable to the extent we are willing to submit our minds to this process. When you sense a negative thought beginning to surface concerning your ability to succeed, STOP! REMEMBER THE POSITIVE ACTIONS YOU HAVE CHOSEN TO TAKE TODAY. Do not concern yourself with your tomorrow and forever afters – they will take care of themselves. The daily renewing of your mind is a positive action, becoming a bulldozer to remove your verbal roadblocks on the road to the TRUE YOU.

Say the following outloud:

**“I CHOOSE TODAY TO THINK ON MY
POSITIVE QUALITIES. I AM
RENEWING MY MIND DAILY
THROUGH THINKING ON WHAT
IS GOOD, TRUE AND LOVELY.
THESE THOUGHTS PRODUCE
ACTIONS OF SELF-CONTROL.”**

OPTIONAL SCRIPTURE READING:

PHILIPPIANS 4:7-9

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.” (New International Bible)

PSALM 119:14-16

“In the way of thy testimonies I delight as much as in all riches. I will meditate on thy precepts, and fix my eyes on thy ways. I will delight in thy statutes; I will not forget thy word.” (Revised Standard Bible)

PERSONAL EVALUATION

1. List below the actions you are taking today to stay on the road to the TRUE YOU.

2. What are some of the negative statements you say to yourself concerning your ability to succeed? How do these statements affect your daily commitment to the program?

3. How do you feel about your performance in the program to this point? What are you most pleased about?

4. Is it difficult for you to do things for yourself? Why do you think you often care for the needs of others before your own?

5. When you gain control of your eating behavior and lose weight, how will those close to you benefit?

THIS CONCLUDES WEEK TWO – LESSON FOUR

THE POSITIVE RESULTS OF TRUTH

Consider today two lines in the book of Proverbs (12:18-19). The first says:

**“SOME PEOPLE LIKE TO MAKE CUTTING REMARKS,
BUT THE WORDS OF THE WISE SOOTHE AND HEAL.”**

How often in your struggle or resolve to deal with your weight have you been the recipient of discouraging statements? Examples include “You will never be thin, it is genetic” and “You’ll just gain the weight back like last time, so why try?” Yes, some people make cutting remarks and they have cut deep into your heart and mind. Like so many others struggling with eating problems, you bring with you years and years of these negative, damaging statements. They have become a part of your subconscious mind and they too must be exposed.

YOU CAN NO LONGER ACCEPT NEGATIVE STATEMENTS AS A BASIS TO ACT ON OR VIEW YOURSELF – LET THE PAST PASS AWAY!

Notice the second half of the proverb “but the words of the wise SOOTHE AND HEAL.” Hold on to and accept only those statements which bring healing and help to you. Initially, positive statements may not be comfortable for you to hear and may be difficult to accept. The key is that when you begin to “live out” these statements, positive results follow. These positive results are an integral part of your journey to becoming the TRUE YOU. If the result of a comment is destructive and keeps you bound to overeating and fat, it has no place in your life!

The second proverb is a good measuring stick for identifying thoughts and statements that are true:

**“TRUTH STANDS THE TEST OF TIME,
LIES ARE SOON EXPOSED.”**

You can live in deception for only a limited time before the evidence of it surfaces. How can you apply this today? First, recognize that you cannot play games with this program and remain undiscovered for long. Do not allow this thought of deception to enter your mind. It is negative and self-defeating. If you begin to deceive yourself you will not stand the test of time. Do not listen to negative statements like “one bite won’t hurt.” The truth is one bite will hurt you as it has in the past. Hold on to what you know to be true. In time you will reap all the benefits and rewards of your commitment to the truth.

OPTIONAL SCRIPTURE READING:

JOHN 8:31-32

“...if you hold onto my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.” (Jesus speaking) (New International Bible)

PSALM 26:2-3

“Prove me, O Lord, and try me; test my heart and my mind. For thy steadfast love is before my eyes, and I walk in faithfulness to thee.” (Revised Standard Bible)

PERSONAL EVALUATION

1. What are three things you know to be true about yourself that make you special and unique?

2. Referring to the list above, name an action or personal characteristic which exhibits each trait.

3. Have you ever received negative comments concerning the traits listed above? What do you think motivated the person to say something untrue about you?

THIS CONCLUDES WEEK TWO – LESSON FIVE

THE DIFFERENCES BETWEEN "CONTINUING" AND "REGRESSING"

What makes a person who has worked so hard to reach a "right weight" or size suddenly turn and gain back the lost weight? As discussed previously, the subconscious mind plays a part in this mystery through body size and "right weight" concepts. There must be more to why a person resumes eating in an out of control manner. Many people who have regressed tell stories of wild binges far exceeding any of their old habits. It seems they have a need to regress and to regain their weight as quickly as possible. Where have they gone wrong? How can you avoid this trap?

The answer again lies in your subconscious mind, this time in the area of your attitude. Attitude is a strong determining factor in any project. YOUR ATTITUDE ABOUT THE NEED TO CHANGE YOUR EATING BEHAVIOR FOR A LIFETIME IS EVEN MORE IMPORTANT THAN WHETHER OR NOT YOU REACH YOUR "RIGHT WEIGHT."

When you look at the TRUE YOU mirror and the "right weight" scales, your ATTITUDE must be one of complete acceptance and belief. As you progress toward realization of these objectives, your ATTITUDE will help them become a natural part of who you are. You will be free to respond appropriately to the changes that have become a part of your life. You will walk, talk and eat like the TRUE YOU should.

CONTINUERS ACCEPT THEMSELVES AS "I AM FINALLY WHO I WAS CREATED TO BE!"

If you neglect to change your attitude you will find yourself struggling with appetite and urges to overeat. Your subconscious is not convinced of your success and it will urge you to eat in order to regress again to your "fat image."

REGRESSORS SEE THEMSELVES AS "I AM FORMERLY FAT AND I HOPE I CAN KEEP IT OFF FOR A WHILE..."

Do you see the difference between the two attitudes? Your appetite will parallel your belief in the regressor's statement. Your appetite will be as controllable as your belief in the acceptance of the Continuer's statement.

YOU MUST BELIEVE THE TRUE YOU. YOU MUST ACCEPT WHO YOU WERE CREATED TO BE!

OPTIONAL SCRIPTURE READING:

EPHESIANS 4:22-24

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desire; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." (New International Bible)

PSALM 119:29-30

"Put false ways far from me; and graciously teach me thy law! I have chosen the way of faithfulness, I set thy ordinances before me." (Revised Standard Bible)

PERSONAL EVALUATION

1. When you have experienced appetite urges in the last two weeks, how have you dealt with them?

2. Will these methods stand the test of time?

3. Have you noticed any particular times of the day when you struggle with appetite?

4. Which time of day or night is it? What do you associate this with?

5. Look up the word "accept" in the dictionary. Write the definition below.

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6. Look up the word "believe" in the dictionary. Write the definition below.

7. Look at the two definitions. Which one will contribute the most to a right attitude? Why? What actions are you taking today to support this attitude?

THIS CONCLUDES WEEK TWO – LESSON SIX

TAKING AN HONEST LOOK AT THE "WEIGH" YOU USE THE SCALE

As you learned yesterday, one of the goals of the program is to help you continue in your new lifestyle through the renewing of your mind. You have begun to work on this using the TRUE YOU mirror and the "right weight" scales. Today you will be introduced to the key which unlocks your subconscious. You will also get a new assignment. **THIS ASSIGNMENT MAY BE ONE OF THE MOST IMPORTANT THINGS YOU HAVE EVER DONE IN YOUR WEIGHT LOSS HISTORY.** Read carefully and act immediately.

How much importance have you placed on what the scale says to you? More than likely you fall into one of two categories. You may be the person who weighs as often as you can every day, especially when on a "diet." You actually live or die by the reading on the scale. Regardless of how closely you have followed the program, no matter how careful you have been, if the scale says you have not lost weight then YOU or "this dumb diet" are a failure. This mass of metal and springs becomes a motivating force for you. You form an intimate relationship with a scale! It has incredible power; bringing joy or sadness through the simple appearance of a number. The scale is the dictator and you have allowed yourself to be its subject. This ruler has much to do with whether you feel good about your appearance or fat and ugly. Has your personal worth and well-being been measured beneath your feet when you stepped on the scale? Playing your weighing games, you have also adopted the scale as a "permission slip" for your eating behavior. You nervously step on the scale hoping the "right number" will appear. If it reflects that right number, you justify continuing your current eating program. But, if the wrong number appears; REFRIGERATOR, LOOK OUT! This number (right or wrong) results in excitement and permission to over indulge OR depression and the desire to fill that emotional hole with food.

The second type of person is the one who is so afraid of the scale that he does not even OWN ONE! If you're in this category you may even avoid going to the doctor for fear of having to confront the scale. How many times have you said, "Doctors' scales always make me weigh five to seven pounds heavier?" Weighing tells you what you do not want to know; you are fat and eat far too much. You do not want to face the fact that the scale is one measurement of your size. You want to continue to live in a food dream world that allows you to eat and eat and never gain weight. This is the "skinny pig" fantasy. This attitude is equally unhealthy for the compulsive weigher referred to earlier. It is self-destructive behavior based on attitudes concerning the scale.

Are you beginning to see how the scale can be enemy number one to you in light of your commitment to change your eating behavior? It is in no way an accurate measurement of how disciplined you have been with the program. Weight loss is only one factor and is made up of many different variables. Your objective in terms of weight loss is simply to lose fat on your body. Fat content is not mea-

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sured by the scale. The scale works in combination with the earth's force of gravity and the total mass of your body. Body mass includes bones, muscles, fluids, waste, organs and fat. Fat normally constitutes less than 1/3 of your total body weight. The fact is you cannot measure fat loss using the bathroom scale. You measure the force (weight) of your total body mass which in no way is a test of how successful you are in fat loss. Fat loss occurs by burning fatty deposits through balanced, low calorie eating. Your adherence to the program guidelines each day produces that necessary action. The measurement of this process is your healthy food choices and food journaling – not the SCALE!

Your attitude about the role of the scale in your eating behavior must change! An attitude of confidence in your “right weight” and body size based on actions of disciplined eating will result in a continuing healthy lifestyle. Beginning today you will not weigh for the rest of this phase. **PUT THE SCALE AWAY AND STAY OFF IT!** If this will be difficult for you, ask a family member or friend to keep it in a safe hiding place for you. If you go to the doctor, explain that you are not to be informed of your current weight. It is important you realize that the same attitude about the other guidelines of the program also apply to this one. **NO VIOLATION OF THE PROGRAM GUIDELINES WILL BE PERMITTED.**

It may be hard to believe at this point, but the freedom you will experience as a result of this decision to put the scale away will be life-changing. You are just going to have to have faith and trust. The only “right weight” you will have in your mind after today is the weight on your paper scales. Your “right weight” will become such a part of you and your attitude that all of your actions will support it. You will begin to see the actions and attitudes that supported the wrong weight fade away.

**AS THE ACTIONS OF THE OLD YOU FADE,
THE IMAGE OF THE TRUE YOU WILL APPEAR.
YOU WILL NO LONGER NEED A SCALE
AS A SOURCE OF VALIDATION.
THE REAL EVIDENCE WILL BE RIGHT BEFORE YOUR EYES!**

OPTIONAL SCRIPTURE READING:

GALATIANS 6:9

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” (New International Bible)

HABAKKUK 2:18

“Of what value is an idol, since a man has carved it? Or an image that teaches lies? For he who makes it trusts in his own creation; he makes idols that cannot speak.” (New International Bible)

PERSONAL EVALUATION

1. Which weighing behavior can you most identify with?

2. How has this affected your attitude about yourself and your weight loss efforts?

3. Describe a time that the scale has defeated you in a weight loss effort.

THIS CONCLUDES WEEK TWO – LESSON SEVEN