



Healthy Living



Curriculum One (1)
Week 5

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Healthy Living

based on



WEEK FIVE:

Breaking the Snare!

A NEW DAY FOR A FRESH START

You understand yourself much better today than you did just a few short weeks ago. You are determined and you have the strength – to complete your journey to the TRUE YOU. As your right attitudes continue to produce positive actions, the amount of energy you have will amaze you!

Ralph Waldo Emerson wrote, “The world belongs to the energetic.” Energy is an essential ingredient of success. Talent and training are useless without it. Opportunity and circumstance are wasted in its absence. Energy and determination may have been lacking in your daily life when you began this program. Past failures, broken dreams and frustrations had buried these qualities deep within you. The KEY PRINCIPLES of this program have helped bring these two important components back into your life. A new energy and excitement is emerging from inside! Do you realize you are standing on the threshold of complete and lasting success? You must resolve now to maintain this new energy and determination throughout your entire journey to the TRUE YOU!

The road will not always be smooth. You must prepare yourself to face the obstacles ahead. These roadblocks were built by low self-worth and lack of self-acceptance. Knowing and accepting that you are a special and unique creation of God initiates the PROCESS of tearing down these obstacles, a process which takes time. The changes taking place inside as you journey toward the TRUE YOU are actually MORE IMPORTANT than getting there. This process of transformation is what will enable you to continue your TRUE YOU for a lifetime!

These roadblocks – low self-worth and lack of self-acceptance – have kept you from success before as you battled weight and eating behaviors. Bringing each into light through examination will provide the necessary awareness, wisdom and CONFIDENCE to insure success in your journey to become the person you were created to be!!

You need not let these forces defeat you again! This time you will face them directly and learn how to use them to your advantage! Remember, if at first you don’t succeed, analyze what went wrong and try a new approach. With your new attitude of energy and determination, it is time for ACTION! Energize your steps as you journey to the TRUE YOU!! You have a new day before you! You have made a fresh start!!

**YOU ARE NOT THE SAME PERSON YOU WERE YESTERDAY,
NOR ARE YOU THE SAME PERSON YOU WILL BE TOMORROW.
YOU ARE ON THE MOVE AND FULL OF ENERGY!
DIRECT THAT ENERGY AT THE PROCESS OF CHANGE
AND IT WILL EXPLODE INTO BEAUTIFUL TRANSFORMATION!**

WEEK FIVE – *Lesson 1*

OPTIONAL SCRIPTURE READING:

I PETER 5:7-10

“Let Him have all your worries and cares, for He is always thinking about you and watching everything that concerns you. Be careful – watch out for the attacks from Satan, your great enemy. He prowls around like a hungry, roaring lion, looking for some victim to tear apart. Stand firm when he attacks. Trust the Lord; and remember that other Christians all around the world are going through these sufferings, too. After you have suffered for a little while, our God, who is full of kindness through Christ, will give you His eternal glory. He personally will come and pick you up, and set you firmly in place, and make you stronger than ever.” (The Living Bible)

PROVERBS 3:5-8

“Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones.” (Revised Standard Bible)

PERSONAL EVALUATION

1. Since starting this program, what is the most exciting change you have experienced in “who you are?”

2. How has this change affected your life and those close to you?

3. Have you ever before experienced this level of success in a “project of self-change”? When?

4. What are some of the obstacles you faced in the past as you approached the point of success?

THIS CONCLUDES WEEK FIVE – LESSON ONE

SUCCESS OR SABOTAGE: THE CHOICE IS YOURS!!

What is it in the past that made you “give up” so close to victory? How often have you looked at a failure and said “If I only knew then what I know now?” When you look back, your vision is so clear. You see pictures of yourself taken in the past and say “I really thought I was fat then, but that is nothing compared to how fat I am now.” If you take an honest look at your past “dieting failures” you will discover that YOU and the choices YOU made greatly contributed to your inability to succeed. No one held you down and forced you to eat. With the first bite of forbidden food, the opportunity for victory was lost, and it was YOU who initiated the failure.

You have your strategy in place and know exactly what you want to accomplish. You have identified your “problem foods” and even the “times of weakness” in your day. You may be very serious about acquiring the awareness and knowledge necessary to achieve and continue your success – BUT – you are leaving the door wide open for failure if you do not recognize your tendency toward SELF-SABOTAGE. Because you actually “believe” you are not worthy of success, you tend to sabotage yourself. Feeling you do not deserve success is completely different from fear of success. You feel unworthy of success so you do not even visualize what it might be like. You might think “Wouldn’t it be wonderful to be slender,” but you believe it is far, far from your grasp.

To overcome the problem of self-sabotage, your feelings of unworthiness must be transformed into the positive attitude that YOU ARE WORTHY OF TRUE AND LASTING SUCCESS! You must uncover the basis for your feelings of unworthiness and discover the ways in which you sabotage your own weight loss efforts.

Last week you learned that the environment in which you were raised may have contributed to your addictive habits. Not all overeaters come from “dysfunctional” families, but you may have experienced or witnessed severe marital problems, family violence, even physical abuse or substance abuse. Your childhood experiences may have contributed to deep feelings of insecurity or inadequacy, which lead to actions of self-sabotage. You may be a success in every other area of your life, but have never been satisfied with your weight. Even if you have been at your “right weight,” you may have felt unattractive and out of control. You “give up” and start overeating again. Then, having sabotaged YOURSELF, YOU feel guilty and condemn YOURSELF, which creates more feelings of inadequacy and fuels the problem!!!

Your feelings of guilt tell you that you did something wrong. Shame may accompany guilt, but is a different feeling. Shame tells you “Of course you did something wrong, there is something wrong with you! You are bad and you do bad things.” You can see the difference. If you have these feelings of shame, your eating behaviors may be the area of your life in which you “punish” yourself. You may be successful in other areas of your life, but you continue to sabotage your weight loss efforts with self-abusive eating behaviors.

If you recognize yourself in what you have just read – TAKE HEART! FREEDOM FROM SHAME IS NEAR!! Each day, as you accept and act on THE FACT THAT YOU ARE WORTHY, you are exchanging the attitude “there is something wrong with me” for “I am a worthy person in the process of great and lasting change!” Read the affirmation of God’s love for YOU found in I Corinthians 13. No matter how many times you have been told you are bad, know today that it is NOT the truth! You may have made many poor choices in your life, but TODAY IS A NEW DAY – A CLEAN SLATE – FREE OF MISTAKES!! Recognize and understand how these attitudes have affected your past and you can RID YOUR LIFE OF SELF-SABOTAGE AND SELF-ABUSIVE BEHAVIOR. The following DAILY actions will help you free yourself from shame and self-sabotage:

1. Each day, ACCEPT your worth as a person by reading your personal affirmation.
2. Each day, spend at least 15 minutes of personal quiet time thinking about your need to change and your plan for action. This will reinforce in you the importance of staying on the road to the TRUE YOU.
3. Each day, do something beneficial for yourself which produces positive results for all involved, especially you. This will reinforce the fact that YOU ARE A WORTHY PERSON. Understanding and recognizing your tendencies toward self-sabotage can be one of your most important KEYS TO LASTING SUCCESS. You now have the ability to see yourself as A PERSON WORTHY TO BECOME WHO YOU WERE CREATED TO BE, THE TRUE YOU!!

Say the following outloud:

**“MY ACTIONS OF DISCIPLINE AND CARE FOR MY BODY
SUPPORT MY HIGH SELF-WORTH!
I NEED NOT BE ASHAMED...
I AM A PERSON IN THE MIDST OF AMAZING AND LASTING CHANGE!”**

OPTIONAL SCRIPTURE READING:

HEBREWS 12:11-13

“Being punished isn’t enjoyable while it is happening—it hurts! But afterwards we can see the result, a quiet growth in grace and character. So take a new grip with your tired hands, stand firm on your shaky legs, and mark out a straight, smooth path for your feet so that those who follow you, though weak and lame, will not fall and hurt themselves, but become strong.”
(The Living Bible)

PSALM 34:4-5

“I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame.” (New International Bible)

PERSONAL EVALUATION

Your answers to the questions below, along with examples to support them, will help you determine if you have a tendency toward self-sabotaging behavior.

1. When you are faced with the opportunity to make a dramatic change in your life, how do you respond? What is the level of your hesitation and how do you adjust to the change while it is in process or after it is completed?

2. When you have the opportunity to have fun and “let go,” do you take it without hesitation or must you first be convinced of its value? Do you often find yourself sitting on the sidelines watching the fun? What is your level of hesitation to “have a good time?”

3. Do others often say you take life too seriously? Do you find yourself bogged down trying to understand a problem rather than solve it?

4. How do you respond when others compliment you for a success? How do their comments make you feel inside? Do you really agree with their assessment?

5. Do you often accept more responsibilities knowing you will not physically be able to carry them out successfully? Are you always ready and willing to shoulder more responsibility? Do you often feel you failed to perform well in all you were responsible for?

THIS CONCLUDES WEEK FIVE - LESSON TWO

THE SUBTLE METHODS OF SELF-SABOTAGE

You may have begun to realize just yesterday the extent to which self-sabotaging behavior has affected your past weight loss efforts. This understanding validates and reinforces the fact that **YOU ALONE CAN CHOOSE TO BECOME AND CONTINUE AS THE TRUE YOU**. You hold in your hand the power to persevere or surrender as you journey toward becoming the person you were created to be. In today's lesson, you will examine some common ways you may fall into the trap of self-sabotage within the PRISM® program. As you read through each one, strengthen your guard against these common mistakes. Do not deny yourself the ability to make choices that support your resolve for lasting change – that would greatly hinder your chances for success. You have ownership of your eating behaviors, and you alone can decide to change them as you travel the road of transformation leading to the **TRUE YOU!**

A common trap you may fall into is to so totally focus on the results of your transformation that you neglect to do daily what it takes to achieve them. You may decide you can deviate from the PRISM® Program guidelines. You would not stop following all the guidelines all at once. It will begin very slowly. There may be a guideline or two which you have felt from the beginning are not all that important to your success. **Perhaps you feel attendance at class each week is not important.** You may not believe you **NEED** to read your lesson every day. Looking up every single calorie or weighing the same thing you did yesterday is ridiculous, right? No, you would be very wrong! You are not only working to reach the size and shape of the **TRUE YOU**; you are developing right attitudes that promote positive actions which support a lifelong change! Your daily adherence to the program guidelines is helping you develop those right attitudes. If you get too far ahead of yourself, you will not pay enough attention to your needs of today. **YOU KNOW THAT DAILY OBEDIENCE AND SELF-DISCIPLINE MARK THE END OF THE OLD YOU AND THE BEGINNING OF THE TRANSFORMED TRUE YOU. BECAUSE OF THIS TRUTH, EACH AND ALL OF THE PROGRAM GUIDELINES ARE TOO IMPORTANT TO DISREGARD!!**

You can sabotage yourself by actually abusing food within the program guidelines. After just a few weeks, you may find you already have a tendency to eat the same foods day after day. Some of these may have taken the place of your old favorites. Perhaps you have always been particularly fond of some of the foods allowed in the program. You may begin to nurture and support yourself emotionally with these foods. You may stop counting the actual calories in these foods to allow yourself more of them. These behaviors will sabotage your ability to achieve true, lasting success. Right attitudes and positive actions do not include emotional dependence on **ANY** food! Abuse of any food will lead you to feel deceptive, unable to be free and honest about your eating. **WHEN YOU ABUSE FOODS WITHIN THE PROGRAM GUIDELINES YOU HINDER YOUR PERSONAL GROWTH AND SLOW PROGRESS ON YOUR JOURNEY TO THE TRUE YOU.**

The most subtle form of self-sabotage you will examine today is your tendency to drift into a very hectic lifestyle. You are bombarded daily with opportunities to get involved in a worthy cause or provide assistance to someone in need. Stop now and ask yourself two very important questions: If you had cancer or a severe physical ailment, would you seek out several projects to take on? Would you look for ways to avoid your appointments with your doctor or taking your medicine? NO! You would devote most of your time and energy trying to get well! Are you a person who wants to continue to overeat and remain overweight? NO!!! You have made a conscious and serious decision for lifelong change!! Resist the subtle desire to bury yourself in causes and projects for others. **YOU MUST COMMIT YOUR TIME AND ENERGY TO THE JOURNEY BEFORE YOU — A COMPLETE TRANSFORMATION TO THE TRUE YOU!!** Do not justify this last type of sabotage under the guise of social responsibility. Healthy, confident people are able to make phenomenal, positive differences in the world!

**SABOTAGE CAN DESTROY THE TRANSFORMATION PROCESS.
YOUR ENERGY GIVES YOU THE POWER TO EFFECT CHANGE.
YOU WILL BE ENERGIZED TODAY THROUGH ADHERENCE
TO THE PROGRAM GUIDELINES ON YOUR JOURNEY
TO BECOME THE PERSON YOU WERE CREATED TO BE!!**

OPTIONAL SCRIPTURE READING:

HEBREWS 4:15-16

“For ours is not a High Priest who cannot sympathize with our weaknesses, but One who was in every respect tested as we are, yet without committing any sin. Let us then approach the throne of grace with assurance, so that we may receive mercy and find grace to help us in time of need.” (Modern Language Bible)

JEREMIAH 29:11

“For I know the plans I have for you,” says the Lord, “plans for welfare and not for evil, to give you a future and a hope.” (Revised Standard Bible)

PERSONAL EVALUATION

1. Do you feel vulnerable to any self-sabotage traps right now? Which ones? Why?

2. Have any of these traps sabotaged your past efforts? How and when?

3. List some **KEY PRINCIPLES** or guidelines you can focus on today which will strengthen you in this area.

4. Who will be most affected by your decision to allow yourself to fall into a self-sabotaging trap?

THIS CONCLUDES WEEK FIVE – LESSON THREE

GETTING THE GOOD OUT OF GRIEVING

Grief: *“Mental anguish or despair caused by the loss of a person or thing of importance.”*

Grieving is the process you work through to accept a severe loss in your life. The depth and duration of the grieving process is directly related to the importance placed on the lost object. Through this lesson, the creators of this program attempt to provide you with a new perspective as to how the grieving process relates to overeating. By examining the relationship between grieving and recovery from food addiction, hopefully you will gain helpful insight and avoid confusion on your journey to the TRUE YOU. There is a strong possibility that you have or will experience some level of grieving as you come to terms with the changes in your life as a result of your new attitudes toward food and eating. Knowledge of the steps involved in the grieving process will help you work through it, culminating in full realization and acceptance of what food means in the life of the TRUE YOU!

You must begin by examining the level of importance food had in your life. You may go through this grieving process with little or no emotion, confusion or pain because food had a position of minimal importance in your life. On the other hand, you may be experiencing great emotional trauma because food was of primary importance in your daily life. You already see evidence of grieving in your life. Finally, you may be putting off the grieving process, trying to ignore the emotions and confusion surrounding the changes in your life with respect to food. You have yet to admit to yourself there has been a loss because deep down you don't really want to give up your old eating behaviors.

Regardless of where you are today or the level of grieving you go through, you must not discount the connection between your emotions and the grieving process. If you ignore this part of the transformation process, you will be unprepared to face the emotions and reactions you will encounter along the way. Remain open that this is another step on the journey to the TRUE YOU.

In what ways was food important to you in the past? Did it comfort or “balance” you emotionally? Was food an integral part of your recreational or social life? Did you base your level of enjoyment of an evening's activity on the quantity and quality of the food provided? Did you look forward to holidays and other social occasions because of the food and the fact that it is “okay” to overeat on special occasions? Was your idea of a relaxing evening a bowl of ice cream and cookies in front of the television? If you answered affirmatively to any of the above questions, you have placed great importance on food in your life. You must understand and accept that this type of attitude toward food is in direct conflict with your desire and ability to become and continue as the TRUE YOU! Which will give you the greatest and most lasting pleasure, being the person you were created to be or looking forward to the food at your next family reunion? Have you really asked yourself that question? Stop and think about your answer!

Today you must acknowledge the need to say good-bye forever to your old feelings, attitudes and actions toward food. You must understand what those feelings and attitudes were in order to work

WEEK FIVE – Lesson 4

through the process of saying farewell. Knowing so little about the true process of working through a loss, you may feel a bit “panicked” at this moment. You may be wondering what type of eating behaviors and foods you are being asked to say good-bye to. This program will not tell you how or what to eat! It is designed to help you develop right attitudes which will produce positive actions in your life. You alone have the ability to make the choices necessary to complete the journey to the TRUE YOU! Recognize now that the fact you feel panic or concern about what you may have to give up reveals an unnatural and unhealthy attitude about food. You do not deserve to live with this attitude, nor do you need to any longer! Be willing to say good-bye. You will never regret your decision and you will be overjoyed with its results!

As you look tomorrow at grief and the recovery from overeating, you will explore the positive aspects of the grieving process. You will examine the patterns of grief and learn from them. Grief is a natural part of the human experience. You face a form of grief (sometimes very minor) in situations each day. The way in which you are able to recognize, work through and recover from your grief determines its lasting effect on your life.

**THE ABILITY TO RECOGNIZE, WORK THROUGH AND
RECOVER FROM YOUR GRIEF IS AN IMPORTANT
STEP ON THE ROAD TO BECOMING AND CONTINUING AS THE TRUE YOU!**

OPTIONAL SCRIPTURE READING:

I PETER 1:6-8

“You rejoice in this, although now for a little while, if it must be, you are distressed by various trials, so that the testing of your faith, far more precious than perishable gold that is tested by fire, may prove to be for praise and glory and honor when Jesus Christ is revealed, whom having not seen, you love. In Him you have faith, though now you do not see Him, and you rejoice with inexpressible and heavenly joy...” (Modern Language)

PROVERBS 14:10-14

“Only the person involved can know his own bitterness or joy – no one else can really share it. The work of the wicked will perish; the work of the godly will flourish. Before every man there lies a wide and pleasant road that seems right but ends in death. Laughter cannot mask a heavy heart. When the laughter ends, the grief remains. The backslider gets bored with himself; the godly man’s life is exciting.” (The Living Bible)

PERSONAL EVALUATION

1. What kinds of feelings do you have when you think about having to say good-bye to some of your old eating behaviors?

2. What emotions come to mind when you think about grieving a loss?

3. Can you relate any of these emotions to saying good-bye to Overeating? Which ones and how?

4. Which of these emotions have or are you experiencing on your journey to the TRUE YOU?

5. What is one eating behavior you know you must give up in order to become and continue as the TRUE YOU?

THIS CONCLUDES WEEK FIVE – LESSON FOUR

WORKING THROUGH FOOD FAREWELLS AND MOVING DOWN THE ROAD TO THE TRUE YOU!

Healing is a process. You have the capability, courage and energy to complete the total healing of your body size. Having completed almost five weeks of concentrated effort, you are implementing attitudes for lasting change. As you look honestly at those attitudes and actions, you know there is much work yet to be done. However, for the first time in a very long time, you have been able to make the hard decisions and experience the joyous results.

IT REALLY IS A “ONE DAY AT A TIME” EFFORT, ISN'T IT?

Today you will examine the steps necessary to work through your loss of what this lesson refers to as your “friend.” You had a wonderful friend (food) who was there for you 24 hours a day. He was there during the happy times to help you celebrate and the sad and lonely times to comfort you. Your friend was not the eating of healthy foods in an appropriate manner. Your friend was part of your unhealthy desire for and relationship with food, built of old, negative eating behaviors and low self-worth. Take a look now at some of the ways you may deal with the loss of your friend (food).

The first step in the “food farewell” is the awareness that it should happen. Denial is often used to describe this step. You may think that your level of food addiction is of little consequence in your battle. You comment that you could maintain your “right weight” without totally giving up overeating. You may rationalize that strict adherence to the program guidelines is only for “heavy” people, not slightly overweight people like you. You may think that your food addiction will disappear when you reach your “right weight.” You may never have to bid farewell to your “friend,” he will get the hint and simply fade away. SOON this step of denial is broken by overwhelming desires to overeat. You will suddenly realize that you must face the existence of your friend and deal with it in a positive way.

The hard realization that you must say good-bye initiates the next step in the grieving process: Anger, rage, envy and resentment. You ask yourself, “Why me? Why do I have to give up my friend? Why do I have to be the food addict?” Your anger may be displaced and projected in many directions. You may have anger toward your leader or others at their “right weight.” You may become angry with society for not accepting you “fat,” at your mother for not teaching you better eating behaviors, or your sister for baking a pie. Everyone becomes fair game. The proper place to direct your anger is toward your “friend,” for the way he has controlled and damaged your past. Be angry about lost opportunities, not at your current lack of eating pleasure. Let your anger convince you your friend is **BAD NEWS AND YOU DO NOT NEED HIM ANYMORE!**

Another step in the process is the bargaining response. This usually occurs immediately after heavy anger or resentment over having to say good-bye to your friend. “All right,” you tell yourself, “I can see a problem with my weight and eating. Maybe if I work real hard at exercising I will be able to eat larger amounts of food. Maybe if I have just 800 calories today, I can have 1,600 tomorrow. If I want

to eat some sweets later, I'll just skip breakfast and lunch. I can work this out, my friend and I will find a way. Our relationship doesn't have to end." Bargaining soon turns into game-playing. You will look for all kinds of ways to "outsmart" the program. You may even consider risking your own health so your friend doesn't have to move out! Eventually you will see the bargaining results in you constantly having to design strategies to keep pace with the lies to yourself and others. As you recall your answers to the Introduction questions, you will realize bargaining will not work and you cannot allow your friend to remain a part of your life!

As reality sets in, you may go through a period of panic or depression. Panic will leave you able to think of nothing other than the pending loss of your friend. You may find your thoughts turning to the old days of out of control eating. The realization of the loss of such an important part of so much of your life may cause you to suffer for days. The key to surviving panic and depression is to not give in to the desperation of the moment. "Just one last fling," you think. STOP! That habit of answering panic and depression with large amounts of food is based on your old, negative eating behaviors. **YOU ARE A PERSON WHO DESERVES THE JOYS AND FREEDOM OF THE LIFE OF THE TRUE YOU!!**

Now you understand some of the tricks that grief and grieving play on your mind. You will not be overwhelmed or deceived when these lies attack you. Feelings of panic and depression are normal; allow them to run their course and do not wallow in your gloom. Think about the new and healthy relationship you have with food! The benefits far outweigh and outlast the loss!!

Acceptance is the last step in the process, but is rarely the end. If your acceptance finished the process, you would never again experience temptation from your friend. In order to continue in your success, you must recognize that these steps re-occur at times throughout life. You should not look for a finality to your grief. In acceptance you have a peace about your relationship to food. When you totally accept the change you are experiencing, you will be at peace with yourself and truly enjoy the journey to the TRUE YOU!

ACCEPTANCE IS THE KEY TO TRANSFORMATION!!

OPTIONAL SCRIPTURE READING:

JOHN 16:33

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (New International Bible)

LAMENTATIONS 3:32-33

"Although God gives him grief, yet he will show compassion too, according to the greatness of his lovingkindness. For he does not enjoy afflicting men and causing sorrow." (The Living Bible)

PERSONAL EVALUATION

1. Where do you feel you are in the process described in today's lesson?

2. What evidence do you have to support your answer to question number one?

3. How will this knowledge strengthen you in your journey to become the TRUE YOU?

THIS CONCLUDES WEEK FIVE – LESSON FIVE

TRIUMPH OVER TEMPTATION

Today you will explore a very complex portion of your journey to the TRUE YOU, temptation and how you allow it to affect you. Your ATTITUDE about temptation has a great influence on how it affects your life. This lesson looks at how you have traditionally viewed temptation, and also how you need to USE it today.

Your traditional cycle of temptation has probably been similar to this: “I’m on a diet. There are so many things I can’t eat because I’m fat. I’ll just go into the kitchen and finish the dishes. Oh, there is that leftover pie. It sure looks good. I can’t eat it because I’m on a diet. I’ll bet it tastes great. No, I know it does because I used to eat a lot of it before I began this (stupid) diet. I can’t have anything good anymore because I’m fat. That pie has too many calories anyway. I wonder how many calories it has? Let me see... 345 for one serving. I wonder how big a serving is? I wonder what difference there is between 345 calories of pie and 345 calories of steak?” On and on it went until you justified eating that pie plus everything else in sight.

Temptation had beaten you again. You felt defeated. You remember what “defeated” feels like, don’t you? “Why do I even try? I will never lose this weight. I am so awful. I hate myself.” That attitude of defeat has kept you overweight long enough!

To understand temptation, start at the beginning. The primary attitude problem is with the statement “I’m on a diet.” Temptation’s effect on you is directly related to what that statement means to you. If you have the right attitude about “I’m on a diet,” you could be dipped in a vat of melted chocolate and emerge clean!! The “right attitude” is your acceptance that you have a serious problem with food, but you are willing and able to change and be transformed into the TRUE YOU!

How do you strengthen physical muscles? You work them. Weight lifters spend countless hours developing what once was soft tissue. It all begins with recognition of need. You must recognize your weakness and inability to handle temptation. Your nature is to choose the quickest, easiest, most selfish road to self-gratification. You want it your way on your terms. The power of Jesus Christ in your life can change you. His power in you can help you to say no to disobedient eating and yes to freedom. It is not easy, but you will find that obedience and self-discipline, not “dieting,” produces freedom in life. A willing heart will bring you to a closer relationship and understanding of God’s love in your life.

When you face disobedience and choose to obey, you are developing right attitudes which produce positive actions for lifelong change. Your old habit of doing what “feels good” has produced pain in your life, only a portion of which is the fat on your body. As the transformation to the TRUE YOU continues, the desire of your heart becomes a healthy, free body! Temptation doesn’t have to end in defeat, it can end in achievement! You win, and those you love win, too!!!

**ARE YOU WILLING TODAY TO BE A WINNER?!!!
VICTORY OVER TEMPTATION IS A VITAL STEP
IN YOUR JOURNEY TO BECOME THE PERSON YOU WERE CREATED TO BE!**

WEEK FIVE – Lesson 6

OPTIONAL SCRIPTURE READING:

MATTHEW 4:1-4

“Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, ‘If you are the Son of God, tell these stones to become bread.’ Jesus answered, ‘It is written: Man does not live on bread alone, but on every word that comes from the mouth of God.’” (New International Bible)

PSALM 20:5

“We will shout for joy when you are victorious and will lift up our banners in the name of our God. May the Lord grant all your requests.” (New International Bible)

PERSONAL EVALUATION

1. What are some of the foods you hate to give up when dieting?

2. Are these usually the foods you “blow” your diets for? How have you justified doing that in the past?

3. How has being fat affected you? How has it affected those you love? How do you feel about this?

THIS COMPLETES WEEK FIVE – LESSON SIX

WHEN FACED WITH TEMPTATION P . R . A . Y .

To pray. That's a verb that creates many different pictures. Many see it as an exercise of faith. Others see praying as something only “religious” people do. You may see it as your ongoing conversation and exchange with the Lord of your life. Today's lesson shares with you a “formula” for dealing with temptation using the word PRAY as its acronym. Use it and it will change your view of this word forever!

Remember yesterday's little scenario about the pie? Reexamine it now, use the word PRAY, and see temptation turn to strength.

“I'm on a diet.” — **P**— Be thankful for the **PRISM® Program**.

You are not on a diet, you are on a program that will produce lifelong changes through transformation and the renewing of your mind! Diet means deprivation, this program gives you the choice to be free for life!

“Oh, there is that leftover pie. It sure looks good.” — **R**— **Recognize** the influence of temptation in your life.

What has eating these foods ever produced in your life – joy, peace, love? No, sadness, anxiety and self-hatred. Temptation doesn't want to be recognized; it works best in darkness. Bring it into the light!

“I'm fat. I am so awful. I hate myself.” — **A**— **Acknowledge** the power you (as a child of God) have available.

Within your grasp is the greatest source of power and strength. You may have refused it because you feel unworthy. You may think it will cost too much. You may have surface knowledge of it but lack a deep conviction. God, your loving Creator, wants to empower you. What is stopping you from asking and allowing Him to help?

“I'll always be fat. I can't have anything good anymore because I'm fat.” — **Y**— **You** must acknowledge your power of choice and take responsibility for your actions!

No one makes you eat; not your mother, not your life circumstances, not the Devil. You and your desire for gratification are responsible. You must learn to say NO to yourself. Be honest, your choices and your appetite have produced unhappiness in your life. Take responsibility for you and don't blame others. Make responsible choices in your eating.

KEY PRINCIPLE NUMBER SIX:

SUCCESS IS ASSURED ON THE ROAD TO BECOMING THE TRUE YOU AS YOU UNCOVER SELF-SABOTAGE, UNDERSTAND YOUR FEELINGS OF GRIEF AND USE YOUR ABILITY TO OVERCOME TEMPTATION THROUGH THE POWER OF P.R.A.Y.!

OPTIONAL SCRIPTURE READING:

HEBREWS 12:1-4

“Since we have such a huge crowd of men of faith watching us from the grandstands, let us strip off anything that slows us down or holds us back, and especially those sins that wrap themselves so tightly around our feet and trip us up; and let us run with patience the particular race that God has set before us. Keep your eyes on Jesus, our leader and instructor. He was willing to die a shameful death on the cross because of the joy He knew would be His afterwards; and now He sits in the place of honor by the throne of God. If you want to keep from becoming fainthearted and weary, think about His patience as sinful men did such terrible things to Him. After all, you have never yet struggled against sin and temptation until you sweat great drops of blood.” (The Living Bible)

MATTHEW 26:41

“Keep alert and pray. Otherwise temptation will overpower you. For the Spirit indeed is willing, but how weak the body is!” (The Living Bible)

PSALM 4:1

“O God, you have declared me perfect in your eyes; You have always cared for me in my distress; now hear me as I call again. Have mercy on me. Hear my prayer.” (The Living Bible)

PERSONAL EVALUATION

1. What part of the PRAY concept do you find most helpful? Why?

2. What part of the concept do you find difficult? How and why?

3. How do you feel when you hear the term “self-control?”

4. How does self-control produce freedom in your life? How can you attain it in the area of eating?

5. Is self-control a natural reaction or a learned behavior? How does that challenge you today?

THIS CONCLUDES WEEK FIVE – LESSON SEVEN