



Healthy Living



Curriculum Three (3)
Week 13

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WEEK THIRTEEN:

The Principle Keys to Freedom

THE STANDARD THAT SETS YOU FREE

Your journey to this point has centered around seven KEY PRINCIPLES of the PRISM® Weight Loss Program. This week you will take a closer look at each of these seven principles. Your study will help you reaffirm your resolve and commitment to complete your journey. A better understanding of the foundation these principles are built on will motivate you to continue to use them as tools for success.

Today's lesson focuses on **KEY PRINCIPLE NUMBER ONE:**

“DEVIATION FROM OR VARIATION OF ANY GUIDELINES OF THE PRISM® WEIGHT LOSS PROGRAM IS STRICTLY PROHIBITED. NO VIOLATIONS OF THE GUIDELINES ARE ALLOWED.”

Begin by examining the meaning of the word “deviation.” Webster defines “deviation” as: “anything away from the standard.” The “standard” is that which you need to adhere to as you work toward your goals. Following the standard can be difficult at times, but commitment and perseverance results in peace and confidence. When you stand firm and refuse to yield to deviation from the standard, success is assured.

“Variation” is defined as: “a different way of completing the standard.” A decision to vary from the standard involves your opinion of the “best or easiest” path to your goals. Often, this opinion is greatly influenced by your desire to avoid struggle or pain. Your decision to follow EXACTLY the standard, regardless of your opinions, demonstrates a willingness to trust the results of discipline and hard work.

DEVIATION AND VARIATION ARE VIOLATIONS!!

Setting standards in this program and not allowing you to deviate or vary from them is designed to give you the ability to be honest with yourself. You cannot transform your attitude about eating until you honestly evaluate what, when and why you eat. Why is it so difficult to be honest with yourself about this area of your life? Perhaps you have fears in one of the following areas:

1. Abiding by the standard will mean that you will be left hungry and unsatisfied. Therefore, you may have to endure some physical and emotional pain.
2. You are still afraid or unsure of your ability to be completely successful in reaching your destination.

The truth is, if you fall victim to one of these or other fears and make the decision to deviate or vary from the standard, you are delaying your arrival to the TRUE YOU. How many times have you taken a “shortcut” in your life and wasted precious time? Remember, the next six weeks contain forty-two days whether or not you adhere EXACTLY TO ALL OF THE PROGRAM GUIDELINES! The real question is, how much closer will you be to your destination in forty-one days?

KEY PRINCIPLE NUMBER ONE involves a daily DECISION and an act of your own free WILL...

**WILL I GO ON?
WILL I REMAIN?
WILL I GO BACK?
DECIDE TODAY TO GO ON!!!**

WEEK THIRTEEN - Lesson 1

OPTIONAL SCRIPTURE READING:

II CORINTHIANS 9:6

“But remember this – if you give little, you will get little. A farmer who plants just a few seeds will get only a small crop, but if he plants much, he will reap much.” (The Living Bible)

PROVERBS 15:32

“He who ignores discipline despises himself, but whoever heeds correction gains understanding.” (New International Bible)

PERSONAL EVALUATION

1. Refer back to the program guidelines in the Introduction section of this book. Review each guideline and ask yourself whether you are “deviating or varying” from each of them in any way.

2. List below all deviations or variations you may have considered.

3. How does the above list correspond to your feelings about your progress to this point?

4. How will your return to the “standard” enable you to continue to progress on your journey?

THIS CONCLUDES WEEK THIRTEEN – LESSON ONE

AFFIRMING THE TRUE YOU

Today you will look at **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.”**

As time has passed, you may have begun to believe that this daily exercise has lost some of its importance and significance to your success. Are you beginning to think you can “do without” this KEY PRINCIPLE? Are you struggling with “finding the time” to look at the TRUE YOU mirror twice each day? Today you will reexamine the reasons why focusing on your destination will ensure that you stay on the road to the TRUE YOU.

Have you noticed a closer resemblance between the TRUE YOU and the image you see today when you walk by a mirror? This exciting reality encourages you to continue to make wise choices each day. Also, it reaffirms the truth that you were not created to carry excess “fat” on your frame. You were created to be a “right size” and that size is reflected in your TRUE YOU mirror! The positive attitudes you develop through this truth result in right actions which bring you closer to your destination.

Read the affirmation portion of the KEY PRINCIPLE. In Phase Three, it is important that you believe in and begin to practice living by these truths. Take a deeper look at these statements and their meaning in your life. What does it mean for you to be:

LOVABLE – “I am loved by God and am learning to value myself as His creation. I am lovable because of who I am, not just because of what I look like.”

WORTHWHILE – “I am a useful and productive person. I am healthy, unhindered by guilt or remorse concerning my eating behaviors. I have value, significance and worth because God created me.”

SUCCESSFUL – “I can achieve my dreams! I have succeeded in making a firm decision AND following up with ACTIONS. I understand my personal needs and the needs of others, AND WILL SUCCEED IN MEETING THEM!”

THANKFUL – “I am thankful for the changes taking place within me. I appreciate the new beginning my life has been given and for the hope restored in me. My ability to be transformed is a gift from God to enable me to live a peaceful, confident and abundant life as the TRUE ME!”

The final phrase in the affirmation is “FOR THESE TRUTHS.” Truth is based on facts with which there is no argument. Unlike feelings, truth does not change. You may not always FEEL lovable, worthwhile or successful, but you can base your daily actions on an ATTITUDE OF ACCEPTANCE OF THE TRUTH!

Begin today to look at the TRUE YOU mirror and accept the truth of its affirmation! This statement speaks of the FULLNESS OF THE TRANSFORMATION WHICH HAS BEGUN! YOU ALONE CAN ALLOW THIS PROCESS TO UNFOLD WITHIN YOU MORE EACH DAY!!

YOU ARE LOVABLE!
YOU ARE WORTHWHILE!
YOU ARE SUCCESSFUL!
YOU ARE THANKFUL!
THIS IS THE TRUTH.

OPTIONAL SCRIPTURE READING:

HEBREWS 10:35-36

“Therefore, do not throw away your confidence, which has a great reward. For you have need of endurance, so that when you have done the will of God, you may receive what was promised.” (New American Standard Bible)

PSALM 26:2

*“Test me, O Lord, and try me, examine my heart and my mind;”
(New International Bible)*

PERSONAL EVALUATION

1. What do you see when you look at your TRUE YOU mirror today? How does that make you feel?

2. Is there anything about the person in the mirror which causes you fear or doubt? What are the bases for these feelings?

3. What actions do you still observe in your lifestyle which distort the TRUE YOU image? How are these actions connected to the feelings described above?

THIS CONCLUDES WEEK THIRTEEN – LESSON TWO

YOUR “RIGHT WEIGHT”... ACCEPTANCE, NOT OBSESSION

KEY PRINCIPLE NUMBER THREE:

EVERY DAY, TWICE A DAY, OR MORE OFTEN IF YOU LIKE, SAY THE FOLLOWING STATEMENT OUTLOUD:

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

This statement may be easier for you to accept than the affirmation discussed yesterday. Numbers are considered logical and factual, with little room for question. Unlike the affirmation under the TRUE YOU mirror, you may feel very comfortable about the statement on your “right weight” scale.

While it is important you have a “measurement” to complement the image in your TRUE YOU mirror, such “cut and dried” facts can lead you to become obsessed with your “right weight.” This obsession can lead to an attitude which will not allow you to accept success until that exact number appears on the scale.

Body weight is NOT A CONSTANT. It tends to fluctuate by five to seven pounds, regardless of body size. Remember, scales measure mass; the total content of the body. What your body “weighs” at a particular moment does not always exactly correspond to your body size. IT IS MORE IMPORTANT TO ACCEPT YOUR TRUE YOU BODY SIZE THAN THE SPECIFIC NUMBER ON THE SCALE!

Continue to measure your progress in ways other than the scale. How do your clothes feel? How many sizes have you lost since you began the program? It may be a good idea to look at your TRUE YOU picture and recall or determine the size “you were created” to wear. How close are you to THAT SIZE? Avoid comparing YOUR right clothing size to that of others. YOU ARE A UNIQUE AND SPECIAL INDIVIDUAL!

So, why continue to look at the “right weight” scales and repeat the statement outloud? Because the truth is that you probably need a statement of fact to quantify the point of your destination! If you are like most people, you determine your boundaries and many of your goals with numbers. The number on your “right weight” scale is the numerical “goal” you desire.

**USE YOUR “RIGHT WEIGHT” SCALES IN SUPPORT
OF YOUR DETERMINATION TO BECOME
ALL THAT YOU WERE CREATED TO BE!
ACCEPTANCE, NOT OBSESSION IS THE
LIFESTYLE OF THE TRUE YOU!!**

WEEK THIRTEEN - Lesson 3

OPTIONAL SCRIPTURE READING:

JAMES 1:5-8

“But if any of you lacks wisdom, let him ask of God, who gives to all men generously and without reproach, and it will be given to him. But let him ask in faith without any doubting, for the one who doubts is like the surf of the sea driven and tossed by the wind. For let not that man expect that he will receive anything from the Lord, being a double-minded man, unstable in all his ways.” (New American Standard Bible)

PROVERBS 21:2-3

“All a man’s ways seem right to him, but the Lord weighs the heart. To do what is right and just is more acceptable to the Lord than sacrifice.” (New International Bible)

PERSONAL EVALUATION

1. How did you arrive at your “right weight” number?

2. Do you have any fears or doubts about your ability to reach and continue at your “right weight?” Describe them.

3. Have you thought about a “weight range” that would be right for you? What do you think that range is?

4. Have you had a “body composition analysis” performed? If so, how has that helped you answer the above questions? (If not, please consider it. It will help you work through these questions.)

THIS CONCLUDES WEEK THIRTEEN – LESSON THREE

POSITIVE ATTITUDES... HYPE OR HOPE?

KEY PRINCIPLE NUMBER FOUR:

POSITIVE ATTITUDES WILL PRODUCE RIGHT ACTIONS TO TRANSFORM OLD BAD HABITS.

When you think of someone with a “positive attitude,” what do you see? Do you see a fanatical, idealistic, “hyped up” individual refusing to view life in a realistic way? You may even have avoided this type of person because they somehow made you feel something was “wrong” with you! On the other hand, you may know someone who always seems to “make the best” of each life situation. You may not even be aware of the struggles they face until another person points it out. These quiet, confident, **POSITIVE** people encourage you as you face your own challenges each day. In times of struggle, you can quickly tell the difference between a person with a “hyped” attitude and one with a genuine, hopeful, positive attitude. As you incorporate **KEY PRINCIPLE** number four into your journey, you are encouraged to pursue a positive attitude with hope as its base.

Explore for a moment what can happen if you fall into the trap of a shallow, “hyped up” attitude. You may find you can function very well as long as things are “running smoothly.” Your focus is on **THE GOAL** – not the daily effort required to complete the process. The process includes tough days as well! When difficult times come, this attitude, which lacks foundation, leads you to say something like “Maybe if I ignore this, it will just go away.” But it does not “just go away,” does it? As you have discovered in the past, areas of difficulty may lie dormant for a time – **BUT THEY ALWAYS RESURFACE!** You can “act” as though they do not exist, but the truth is they do! Your unwillingness to be honest with yourself about the **NEGATIVE** behaviors and attitudes in your life can cause you to become deceptive as you attempt to “hide” or “cover up” the truth!

This attitude can lead to “sabotaging actions” such as “fudging” the calorie count or becoming “too busy” to read your daily lesson. You must be willing to assume responsibility for your own journey. Merely **GETTING EXCITED** about “being in the program” will not help you arrive at your destination. Listening to your verbal affirmation tape will not **IN AND OF ITSELF** transform your attitudes. **TRANSFORMATION DOES NOT JUST HAPPEN! IT IS A PROCESS – BASED ON YOUR HOPE AND THE EFFORTS WHICH RESULT FROM IT!**

The positive attitudes referred to in **KEY PRINCIPLE** number four are based on hope. Your hope has given you the desire to increase your knowledge and understanding of the roots of your problems with overeating. As you expose and effectively deal with these “roots” of the past, you develop genuine, hopeful, **POSITIVE ATTITUDES**. These positive attitudes are building the foundation for a lifetime of **RIGHT ACTIONS!** This solid, steadfast base of quiet confidence will give you the strength to face each new day with all its challenges! You can look honestly at your “imperfections” and allow the process of renewal to transform them as you continue to live by your Agreement of Resolution!

**LET YOUR HOPE FOR LASTING TRANSFORMATION
FUEL YOUR JOURNEY TO THE TRUE YOU!
THE INGREDIENTS OF HOPE; FAITH, HONESTY AND WISDOM,
WILL HELP YOU OVERCOME STRUGGLES AS YOU DEVELOP
POSITIVE ATTITUDES WHICH WILL
GIVE YOU THE BASE ON WHICH TO BUILD A LIFE OF FREEDOM!**

OPTIONAL SCRIPTURE READING:

II PETER 1:5-9

*“For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. But if anyone does not have them, he is nearsighted and blind, and has forgotten that he has been cleansed from his past sins.”
(New International Bible)*

ISAIAH 40:29-31

“He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” (New International Bible)

PERSONAL EVALUATION

1. Can you think of people in your life who exhibit a “hyped up” attitude? What are some things they say or do that reveals this trait in them?

2. Can you think of people in your life who exhibit a genuine, hopeful attitude? What are some things they say or do that reveals this trait in them?

3. What evidence do you see in your own actions of a “hyped up” attitude? A genuine, hopeful attitude? What can you do to transform your “hyped up” attitudes into genuine, positive attitudes?

THIS CONCLUDES WEEK THIRTEEN – LESSON FOUR

THE IDENTITY OF THE TRUE YOU

Today you will explore the word “identity” as found in **KEY PRINCIPLE NUMBER FIVE:**

“A POSITIVE SELF-IDENTITY IS THE ONLY SOLID FOUNDATION ON WHICH TO BUILD A LIFE OF PHYSICAL, EMOTIONAL, AND MENTAL HEALTH.”

Webster defines “personal identity” as follows: “being the same person from the commencement to the end of life while the matter of the body, the dispositions, habits, thoughts, etc. are continually changing.”

When you read the above definition, were you surprised to find that “identity” is a constant rather than a changing state? Think about how you have identified yourself in the past. What have you based your self-identity on? Do you find that your view of yourself changes with your circumstances? Learning that identity is a constant may now cause you confusion or conflict. Do you see a different person in the mirror today than you did just three months ago?

Has the identity of the person within you really changed? No! The truth is, your identity has not changed even though your outward appearance is much different today than when you started this program. You are developing new attitudes and actions which support this outward transformation. However, these attitudes do not change the person within you. The transformation process is not a transformation of “who you are,” but “how you view who you are.” Your positive attitudes and right actions can help you “discover” your TRUE YOU identity.

Your daily commitment to the program and practice of its guidelines are bringing you closer to this discovery. As you shed your “extra layers” on the outside, your vision of who you are on the inside becomes clearer. Do not fear this new awareness; but, with courage, respond to it by allowing the transformation of your attitudes to continue. **THE PERSON YOU WERE CREATED TO BE HAS LIVED WITHIN YOU ALL ALONG!** Do not allow your self-identity to be based on circumstances or opinions, which can change at any time.

HOLD FAST TO THE TRUTH THAT YOU ARE A LOVABLE, WORTHWHILE AND SUCCESSFUL PERSON. As you identify with this statement you will be able to put off the negative attitudes and their resulting actions which have denied you the opportunity to live your identity – the TRUE YOU.

If you are a Christian, your identity is in Christ. Just as He was always true to His identity as the Son of God through His actions of obedience, your obedience will support your identification with Christ.

**YOUR TRUE YOU IDENTITY IS AFFIRMED
THROUGH YOUR ATTITUDES AND ACTIONS
OF ACCEPTANCE OF THE PERSON YOU WERE CREATED TO BE!!**

OPTIONAL SCRIPTURE READING:

COLOSSIANS 3:9-14

“Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator. Here there is no Greek or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all. Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.” (New International Bible)

GENESIS 1:27

“So God created man in His own image, in the image of God He created him; male and female He created them.” (New International Bible)

PERSONAL EVALUATION

How do the following actions affect your attitude and acceptance of who you are?

Planning your daily menus:

Keeping an honest and accurate account of all your food choices:

Reading your daily lesson and completing the personal evaluation:

Reaffirming your destination through your TRUE YOU mirror and “right weight” scales:

Reading your Agreement of Resolution daily and committing to its standards:

Affirming your value and potential through physical exercise and your Personal Statement of Affirmation:

THIS CONCLUDES WEEK THIRTEEN – LESSON FIVE

OVERCOMING THROUGH CONFIDENCE

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.”

This promise of success gives you confidence to continue your journey to the TRUE YOU. The fact that you have made it to this point demonstrates your ability to succeed! The fabulous thing about the attitude of confidence is that the actions it produces BUILD EVEN GREATER CONFIDENCE! This rising level of confidence will not only help you DISCOVER the remaining self-defeating attitudes within you, your confidence will enable you to OVERCOME them! You will find that you are now more willing to examine areas of your life that at one time may have seemed overwhelming.

When you were first introduced to the concept of self-sabotage, you probably found it very difficult to admit it even existed in your life. Through honest self-evaluation you have uncovered many of these areas of self-sabotage, dealt with them and gained confidence to face even tougher issues. It is important you continue to closely examine your daily actions and determine if any of them may reveal lingering tendencies toward self-sabotage. For instance, do you still wait too long to eat between meals and find yourself unable to make wise food choices? Do you put off calculating and writing down your food choices and then “forget” what and how much you ate? These actions may speak of a fear of success and the unknown. USE YOUR NEW CONFIDENCE, WHICH IS BASED ON YOUR TRUE YOU IDENTITY, TO EXPOSE AND DEFEAT THESE ACTIONS OF SELF-SABOTAGE!

At one time it may have seemed difficult to accept that the grieving process can apply to the loss of certain eating behaviors from your life. As you began to recognize the emotions of grief and work through each of them, you gained confidence in your ability to be free from inappropriate REACTIONS to these emotions. Instead, you have learned to RESPOND to emotions of grief with knowledge and understanding, recognizing them for what they are. THIS NEW CONFIDENCE WILL ASSIST YOU AS YOU WORK THROUGH THE GRIEVING PROCESS AT EACH LEVEL OF GREATER UNDERSTANDING!

The words “temptation” and “dieting” have more than likely been connected in your vocabulary. KEY PRINCIPLE number six gave you the tools necessary to CONFIDENTLY face temptation. As you continue on your weight loss journey, this new confidence can be used to help you view temptation as a tool to identify weakness in your attitudes. As you identify these areas of weakness, you can CHOOSE to deal with and OVERCOME them!

**CONFIDENCE – WITH TRUST – WITH BELIEF – WITHOUT HESITATION
RESULTS IN
THE LIFESTYLE OF THE TRUE YOU!!**

OPTIONAL SCRIPTURE READING:

II CORINTHIANS 3:3-5

“You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts. Such confidence as this is ours through Christ before God. Not that we are competent to claim anything for ourselves, but our competence comes from God.” (New International Bible)

PROVERBS 3:21-26

“My son, let them not depart from your sight; keep sound wisdom and discretion, so they will be life to your soul, and adornment to your neck. Then you will walk in your way securely, and your foot will not stumble. When you lie down, you will not be afraid; when you lie down, your sleep will be sweet. Do not be afraid of sudden fear, nor of the onslaught of the wicked when it comes; for the Lord will be your confidence, and will keep your foot from being caught.” (New American Standard Bible)

PERSONAL EVALUATION

1. Describe the feelings you had when you first realized the ways in which self-sabotage has contributed to your lack of success in the past. What changes have you made in your life to overcome self-sabotage?

- 2 Describe the types of eating behaviors which you have put off from your life. Which emotions have you experienced as a direct result of these actions?

3. What areas of weakness do your temptations reveal? How do the program guidelines and P.R.A.Y. help you strengthen and overcome these areas?

THIS CONCLUDES WEEK THIRTEEN – LESSON SIX

RESPONDING IN FREEDOM

Week Thirteen concludes with an examination of **KEY PRINCIPLE NUMBER SEVEN:**

UNDERSTANDING WHAT MOTIVATES YOUR HUNGER PHYSICALLY AND EMOTIONALLY FREES YOU TO RESPOND TO IT IN A WAY WHICH TRULY SATISFIES YOU.

Your progress on your journey to the TRUE YOU is giving you more freedom each day to respond to the “hungers” in your life. How do you feel when you realize the truth of that statement? Remember, your transformation is taking place on the inside as well as in your outward appearance. As previously discussed in Week Six, hunger, whether physical or emotional, is a normal human condition. You have learned that hunger does not have to be your enemy. The KEY PRINCIPLE above helps you to understand and accept hunger for what it really is. This prevents you from overreacting to times of physical or emotional hunger. Your ability to respond to your “hungers” in a healthy manner is a key success factor in your transformation. Your transformation will bring you to a place of FREEDOM as you understand the difference between HUNGER and APPETITE.

You have a greater understanding of how to satisfy your physical hunger through a wide range of healthy food choices. When true physical hunger occurs, you now respond to it with the knowledge of how to satisfy the hunger AND care for your body at the same time! Now you are able to take the next step of growth in your response to hunger.

As your body adapts to new calorie levels, you will find that you experience fewer times of physical hunger. It is important to remember that fat loss only occurs through burning more calories than you take in. For this reason, the absence of physical hunger while you are attempting to lose weight may not be a “good sign.” It may be necessary for you to increase your energy output (exercise) in order to “encourage” the process of fat loss. Physical hunger will follow an increase in physical activity. Do not allow your FEAR OF FEELING HUNGRY to discourage you from taking this important step on your journey to the TRUE YOU!

A deeper understanding of emotional hunger is equally important to the process of transformation. You have learned that emotions have played a large part in your eating behaviors. At this point in your journey, you must begin to replace the negative statements you say to yourself about your emotions as they relate to your eating behavior. Statements like “I am a stress eater” or “I always eat when I’m depressed” simply reinforce self-abusive behaviors in times of high emotion. If you struggle with negative eating behaviors in reaction to your emotions, you must acknowledge this fact and confront it. These statements reinforce an attitude of “helplessness” and inability to properly respond to emotions.

Begin today to replace negative self-talk with true statements which reflect the changes taking place within you. Statements of truth such as “I am more aware of my ability to RESPOND to stress in a healthy manner” or “My healthy RESPONSE to my emotions frees me to move ahead” will help you to separate your emotions from your eating behaviors.

WEEK THIRTEEN - Lesson 7

**A HEALTHY RESPONSE TO HUNGER, BOTH PHYSICAL AND EMOTIONAL,
PRODUCES SATISFACTION AND FREEDOM,
ENSURING SUCCESS ON THE ROAD TO
LASTING TRANSFORMATION AND THE TRUE YOU!!**

OPTIONAL SCRIPTURE READING:

II CORINTHIANS 3:17-18

*“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we, who with unveiled faces all reflect the Lord’s glory, are being transformed into His likeness with everincreasing glory, which comes from the Lord, who is the Spirit.”
(New International Bible)*

PSALM 103:1-5

“Praise the Lord, O my soul; all my inmost being, praise His holy name. Praise the Lord, O my soul, and forget not all His benefits. He forgives all my sins and heals all my diseases; He redeems my life from the pit and crowns me with love and compassion. He satisfies my desires with good things, so that my youth is renewed like the eagle’s.” (New International Bible)

PERSONAL EVALUATION

1. What have you learned about physical hunger and how it applies to your personal eating behaviors?

2. Are you still experiencing times of physical hunger? How often? Do you think you might need to increase your level physical activity? If so, how will you do this?

3. What have you learned about how you react or respond to your own emotional “hunger?” How has this affected your progress?

4. Can you identify any negative statements you are making concerning your emotions and how they affect your eating behaviors? List them. Now, for each negative statement you listed, create a true positive statement to replace it.

THIS CONCLUDES WEEK THIRTEEN – LESSON SEVEN