



# *Healthy Living*



Curriculum Three (3)  
Week 17

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*Healthy Living*

based on  
**THE PRISM**  
WEIGHT LOSS PROGRAM

**WEEK SEVENTEEN:**

# Accepting Success Through Farewell to Failures

## **“STEPPING UP” THROUGH THE GRIEVING PROCESS**

This week you will focus on the POSITIVE RESULTS of the ways in which you have experienced various aspects of the grieving process. Your study the next few days will encourage and challenge you. It will encourage you as you recognize the strength you have gained from saying goodbye to your old habits and attitudes concerning your eating behaviors. It will challenge you to completely let go of any remaining behaviors that could hinder the completion of your journey. You are committed to finish the journey and are willing to do everything necessary to succeed. **YOU RECOGNIZE LIFE WILL NEVER BE THE SAME AS BEFORE YOU BEGAN YOUR JOURNEY!**

This recognition can contribute to natural feelings of “loss.” A number of different “farewells” may still need to take place. For instance, certain types of eating behavior and foods in certain forms and tastes may no longer be a part of your life. Perhaps you have made a lifetime decision to limit unhealthy fats and CHOOSE to eliminate fried foods from your diet. Have you actually said the final goodbye to them? Once this “farewell” process is completed, you will be able to eat at a fast food restaurant and freely choose the more nourishing foods that support the TRUE YOU. **DEPRIVATION IS NO LONGER A PART OF THE PROCESS OF CHOICE!**

You may no longer be considered a part of the “fat society.” Some members of this society may find it difficult to accept the changes taking place in your life. Some of these “old friends” may even cause you to sabotage your efforts. Rather than allow someone else to hinder your progress, you may need to say goodbye to these “unhealthy” friendships. You must work through this loss in much the same way as you have and will continue to work through other losses you have experienced throughout your journey. **YOUR TRUE YOU IDENTITY WILL HELP YOU DEVELOP HEALTHY FRIENDSHIPS WHICH SUPPORT YOUR NEW LIFESTYLE!**

Throughout your weight loss journey you have made many MINOR decisions which have resulted in MAJOR changes! These minor decisions involving loss do not necessarily evoke strong emotional reactions. Part of the transformation process is renewal. Renewal involves giving up an old habit or attitude and replacing it with new, positive ones. Therefore, grief may be a natural result of this process. Recognizing this truth will free you from overreacting emotionally as you say your goodbyes.

**SAYING GOODBYE TO YOUR OLD HABITS AND ATTITUDES  
MEANS A JOYFUL HELLO TO  
NEW, HEALTHY ATTITUDES AND BEHAVIORS  
WHICH SUPPORT THE TRUE YOU!**

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**WEEK SEVENTEEN - Lesson 1**

**OPTIONAL SCRIPTURE READING:**

**JOHN 16:20**

*“I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy.” (New International Bible)*

**PSALM 84:5-7**

*“Happy are those who are strong in the Lord, who want above all else to follow Your steps. When they walk through the Valley of Weeping it will become a place of springs where pools of blessing and refreshment collect after rains! They will grow constantly in strength and each of them is invited to meet with the Lord in Zion.” (The Living Bible)*

**PERSONAL EVALUATION**

1. Have you decided to eliminate any specific foods from your diet for the rest of your life? If so, which ones? If not, list at least three old eating behaviors which you have eliminated.

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2. Have you said your final goodbye to each of the foods or eating behaviors you listed above? If so, how did you feel after you said your final goodbye? If not, how will today's lesson motivate you to do it now?

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3. Can you think of any "unhealthy friendships" you are holding on to? How have they made your journey more difficult? Do you think you may have to say goodbye?

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***THIS CONCLUDES WEEK SEVENTEEN - LESSON ONE***

## **THE CYCLICAL NATURE OF GRIEF**

The grief you experience in weight loss is unique. It often takes a long time to surface and may re-surface at different points in your journey. It is important that you are aware of this “cycle of grief” in order that you recognize it as it occurs. As you well know, overeating and being overweight affects many areas of your life. Therefore, the changes you make may seem even more dramatic than they really are since they spill over into so many other areas. In addition, your natural ability to adapt creates the need to constantly make new changes as you continue your journey. With each new additional change, you may find that the process of grieving re-surfaces.

Grieving is not only emotional, it is also a very logical reaction to loss. People can grieve and never shed a tear. The actual recognition and processing of the loss takes place within your mind. Your emotional reaction may come from the heart, but the reality is the response to the “goodbye” takes place in your mind. Logic determines the actions resulting from this farewell. The TRUE YOU will no longer excuse “emotional eating” as a reaction to grief!

Below are three steps in the grieving process which may have a tendency to reoccur in cycles during a weight loss journey:

1. Shock or denial. This is a temporary escape from reality to help you cope with change or loss. In order to help yourself deal with the stress of lifestyle change you may stay in a “rut.” This can result in a resistance to accept new foods or buy “right sized” clothes. You may also avoid the reality of having to say “farewell” to certain types of eating behavior. This can be done by transferring your poor behaviors to foods which are acceptable in the program.
2. Becoming very emotional. When you face the reality of the loss, you become very emotional. You can become irritated, “charged up” and reactionary. Those close to you may ask, “What’s wrong with you? You seem uptight about something.” This is likely to take place during times when you adjust your food intake or add exercise to your program. The added stress of hunger or feeling slightly deprived may intensify this emotional reaction.
3. Loneliness or depression. You may feel isolated and misunderstood. At this point of grief there is a tendency to feel “fed up” with the journey, but unable to express it to anyone. You somehow feel they would only tell you how foolish it is to consider giving up. Perhaps you have not received many compliments lately and you are beginning to wonder if progress is still taking place. Others may feel that the program has become like “clockwork” for you and you are doing great. The truth is, you ACHE for encouragement.

As you face these and other steps with renewed awareness and deeper understanding, you will be able to make wise choices as you respond to your grief. As your understanding grows, your responsibility increases. You no longer can react in ignorance when you face times of grief in your weight loss journey. **YOU HAVE THE TOOLS TO DEAL EFFECTIVELY AND HONESTLY WITH YOUR**

GRIEF!! THESE TOOLS WILL BUILD A LIFESTYLE OF STRENGTH AND CONFIDENCE AS YOU JOURNEY TO YOUR DESTINATION OF LASTING TRANSFORMATION!!

**OPTIONAL SCRIPTURE READING:**

**HEBREWS 10:35-36**

*“So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what He has promised.”  
(New International Bible)*

**PSALM 43:5**

*“Why are you cast down, O my inner self? And why should you moan over me and be disquieted within me? Hope in God and wait expectantly for Him, for I shall yet praise Him, Who is the help of my [sad] countenance, and my God.” (The Amplified Bible)*

**WEEK SEVENTEEN - Lesson 2**

**PERSONAL EVALUATION**

1. Read the descriptions of the three steps in the grieving process again. Describe how you have experienced these in your weight loss journey.

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2. What are some new responses you have learned which you will use to deal with grief in your journey?

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3. As your understanding grows, your responsibility increases. What does this statement mean to you? How does it make you feel?

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***THIS CONCLUDES WEEK SEVENTEEN – LESSON TWO***

## FOCUSING ON THE POINT OF DESTINATION

As you continue to deal with some of the more emotional aspects of your journey, it is extremely important you do not lose sight of the “practical” side of your travels. Maintaining your focus on your destination will enable you to work effectively through your “temporary” emotional peaks and valleys. The second and third KEY PRINCIPLES, the TRUE YOU mirror and your “right weight” scales, keep you on track on the road to the person you were created to be. As you look back after four months of faithful adherence to these KEY PRINCIPLES and the other program guidelines, you will see a straight line of progress. It is exciting to reflect back over the road you have traveled and see the successful results of your efforts!

Consider this analogy from American history. Before the days of mechanized farm equipment, prairie farmers used an interesting method to plow straight furrows. The farmer would walk to the top of the hill, drive a stake in the ground and attach a flag to it. He would then return to the bottom of the hill and set his plow in the ground. Keeping his eye on the flag, he would plow until he reached it. This method assured that when he looked back, he would see a straight furrow. Have you kept your eye on the “flag?” When you look back do you see a straight path?

Keep your eye on the flag! You will reach it at the right time as you continue to choose the right path each day of your journey.

**LET YOUR TRUE YOU MIRROR AND  
YOUR “RIGHT WEIGHT” SCALES  
BE YOUR GUIDE TO YOUR DESTINATION!**

### OPTIONAL SCRIPTURE READING:

#### LUKE 9:62

*“Jesus replied, ‘No one who puts his hand to the plow and looks back is fit for service in the kingdom of God.’” (New International Bible)*

#### PSALM 27:8, 9, 11, 14

*“My heart says of you, ‘Seek His face!’ Your face, Lord, I will seek. Do not hide Your face from me, do not turn Your servant away in anger; You have been my helper. Do not reject me or forsake me, O God my Savior... Teach me Your way, O Lord; lead me in a straight path because of my oppressors... Wait for the Lord; be strong and take heart, and wait for the Lord.” (New International Bible)*

**PERSONAL EVALUATION**

1. How do you feel when you look at the TRUE YOU mirror? How do you feel when you look at the “right weight” scales?

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2. How has keeping your eye on these “flags” motivated you to continue to make healthy choices each day?

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3. What do you think might happen if you took your eyes off of these “flags?” How would this change affect your progress and ability to stay on a straight path?

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4. How has looking at these two KEY PRINCIPLES today as a point of reference given you a new appreciation for their value? Are you beginning to realize that they are more than “just a dream?”

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***THIS CONCLUDES WEEK SEVENTEEN – LESSON THREE***

## PATIENT OR PANICKED?

Does the “flag” still appear “too far away?” Do you feel that you are not approaching it quickly enough? To help you put this in perspective, consider the tremendous resource you have in your hands today – TIME!

Time is the element that affects every aspect of your life. It has a powerful impact on every change that takes place. Change occurs only through the passage of time. When you are in the midst of making a change in your life, the passage of time will either leave you encouraged or anxious. Anxious feelings may cause you to become panicked about how the passage of time has affected your life. Feeling encouraged about the passage of time gives you patience. This patience strengthens your belief that your dreams will be realized!

Panic may cause you to overreact to the passage of time. You find yourself working against the clock. You may make a futile attempt to either stop or accelerate the passage of time. This is a battle that cannot be won! Do not give up or try to “outsmart” the process! It will only waste precious time, which passes at the same rate regardless of your actions!

Patently focus on today. You have a greater understanding today than ever before of how you can effectively use the time allotted you this day. Use it wisely by taking the time to CHOOSE to follow each KEY PRINCIPLE and guideline of the program. As you do this, THE PASSAGE OF THIS DAY WILL PLACE YOU ONE DAY CLOSER TO YOUR DESTINATION!!

Remember, read your lesson at the BEGINNING of each new day. It will help you put the day in a proper perspective and free you to use each minute efficiently and productively. It will also help you avoid having to look back at the day with “20/20 hindsight.”

God is the Owner and Author of time. His timing is perfect and His desire is for you to become the person you were created to be!

**“IN HIS TIME, IN HIS TIME  
HE MAKES ALL THINGS BEAUTIFUL, IN HIS TIME –  
LORD PLEASE SHOW ME EVERY DAY  
AS YOU’RE TEACHING ME YOUR WAY,  
THAT YOU DO JUST WHAT YOU SAY,  
IN YOUR TIME.”**

### OPTIONAL SCRIPTURE READING:

#### ROMANS 14:5-6

*“One man considers one day more sacred than another; another man considers every day alike. Each one should be fully convinced in his own mind. He who regards one day as special, does so to the Lord. He who eats meat, eats to the Lord, for he gives thanks to God; and he who abstains, does so to the Lord and gives thanks to God.” (New International Bible)*

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**WEEK SEVENTEEN - Lesson 4**

**PSALM 31:14-16**

*“But I trust in You, O Lord; I say, ‘You are my God.’ My times are in Your hands; deliver me from my enemies and from those who pursue me. Let Your face shine on Your servants, save me in Your unfailing love.” (New International Bible)*

***THIS CONCLUDES WEEK SEVENTEEN – LESSON FOUR***

## FACING THE REALITY OF PAST CHOICES

The definition of “denial” is: “A refusal to grant the truth.” Today you will look at some of the ways you function within a “painful reality” through the use of denial. As you examine how denial has entered your life as you encounter pain, you recognize the “justifications” you have made in the past. These justifications or excuses may have prevented you from receiving complete healing in that area of pain in your life. Today’s lesson deals specifically with the ways your weight loss journey may be painful. Using denial to deal with this pain may throw you off track in your transformation process.

In your past weight loss attempts, you were faced with several “realities” about yourself and your eating behaviors. Your use of denial to cope with the pain of these realities rather than facing them has resulted in your inability to achieve and maintain a lasting change. You are facing those same realities in this journey. **CHOOSE TODAY TO BREAK OUT OF YOUR PATTERN OF DENIAL! DO NOT LET PAINFUL REALITIES THROW YOU INTO DENIAL AND OFF THE ROAD TO THE TRUE YOU.**

Three of the more common “realities” you may be facing in your weight loss journey are described below:

1. You alone are **RESPONSIBLE** for becoming the person you were created to be. If you choose something else, it is your decision! No one else shares the responsibility – not your family, not your friends, and not the program. This can be a painful reality!
2. You now know that overeating and poor food choices are abusive behaviors. They are unacceptable and senseless acts much the same as being involved in promiscuity, drunkenness or legal/illegal drug abuse. This can be a painful reality!
3. You have come to understand that you have used food and eating to suppress or calm your emotional needs. You will always have emotional needs. It is painful to realize that you must find new, healthy ways to fill those needs.

The program has provided you with three practical ways to face these and other painful realities.

1. You have the opportunity to listen to the “Transformation” tape with verbal affirmations every day. This exercise will provide you with a new, healthy identity which will encourage positive attitudes that will help you risk new, right actions.
2. As you acknowledge and adhere to each of the program guidelines today, you reaffirm your Agreement of Resolution to become all that you were created to be. They give you the structure you need to face and work through painful realities.
3. You recognize that God will not give you “more than you can handle.” This is a truth which will help you face and deal with each reality as it surfaces.

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**WEEK SEVENTEEN - Lesson 5**

Say the following statement outloud:

**"I HAVE DEDICATION AND DEVOTION  
TO MY DREAMS AND GOALS.  
MY VALUE SYSTEM WILL GUIDE ME  
AS I CONTINUE TO DEVELOP  
MY CHARACTER IN THE MIDST OF ANY PAIN.  
I WILL DARE TO COMPLETE THE  
PROCESS OF TRANSFORMATION  
IN MY LIFE."**

**OPTIONAL SCRIPTURE READING:**

**II TIMOTHY 4:3-5**

*"For the time will come when men will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear. They will turn their ears away from the truth and turn aside to myths. But you, keep your head in all situations, endure hardship, do the work of an evangelist, discharge all the duties of your ministry." (New International Bible)*

**PSALM 119:57-61**

*"You are my portion, O Lord; I have promised to keep Your words. I entreated Your favor with my whole heart; be merciful and gracious to me according to Your promise. I considered my ways; I turned my feet to [obey] Your testimonies. I made haste and delayed not to keep Your commandments. Though the cords of the wicked have enclosed and ensnared me, I have not forgotten Your law." (The Amplified Bible)*

**PERSONAL EVALUATION**

1. How have you begun to doubt or question the reality of your transformation process?

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2. What painful realities are these doubts or questions based on? Identify any possible risks or pain you may be avoiding.

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3. When you were overweight, what are three painful situations which you faced? How did you use denial to help you survive each situation emotionally?

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4. What kind of growth resulted from the use of denial in these situations? What growth would you have experienced had you faced rather than denied the truth of each situation?

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***THIS CONCLUDES WEEK SEVENTEEN – LESSON FIVE***

## **PUTTING FOOD IN ITS PLACE**

Facing reality. Acknowledging the truth. Admitting you are in need of change. These are recurring, often painful steps in the transformation process. You have now come so very far in this process! Your daily dedication to reaching your destination has cushioned the shock as you have traveled over these “bumps” in the road. Stop and think for a moment about all of the “admissions of fact” you have faced and overcome in the last four months! You are breaking the ties you have had to overeating and being overweight!!

Because some of them have become such a “natural” part of your life, it may take some time for you to fully recognize the unnatural aspects of these unhealthy eating behaviors. You may have developed “support systems” for these behaviors. Examples include friendships or affiliations which support a desire to seek justification for these behaviors through others. You may go to a party and see relatively “healthy” people indulging in high fat, high sugar foods. Rather than consider that this may be a rare occurrence for them, you may use this event to support this type of eating on a daily basis. You may think “They are human, I am human; therefore, this is how normal people eat.” You have now faced the reality that this IS NOT A TRUE STATEMENT! The support system for this often addictive behavior has been broken.

How did you feel when you first recognized this reality? Joyous, free and accepting? On the contrary, you more than likely have experienced emotions such as anger, bitterness, depression and feelings of loneliness. These emotions which often accompany the realization of fact are a natural and expected part of the transformation process. How you respond to them is a critical factor in whether you fully accept reality or slip back into denial to ease your pain. Below are examples of some reactions to avoid as you respond to anger, bitterness or depression. As you review them, relate back to your past inability to reach or maintain your “right weight.” Could these be attitudes or actions you have demonstrated in the past?

1. You have taken the position that what YOU “have to do” to lose or maintain your weight is much more difficult than what “everyone else has to do.”
2. You have made the decision that life will be “no fun” now that you must “do these things” in order to achieve or maintain your weight loss.
3. You constantly surround yourself with the very things you must change about your own eating behavior. For instance, you make statements like “Do you want ice cream today?” or “Can I make your favorite waffles for breakfast?”

These attitudes and actions are literally like rubbing salt in your wounds. First, realize that you have only been in this process for a short time. As you learned earlier this week, time is a key ingredient in the transformation process.

Anger and depression can be overcome through one very important change in your attitude – YOU MUST CHANGE YOUR PERSPECTIVE ABOUT EATING AND FOOD! It is time to completely remove certain types of food and eating behaviors from the altar on which they have been placed. The behaviors you now recognize as abusive do not deserve to be worshiped and subsequently “grieved.” What a relief it can be to realize that you are losing an “enemy,” not a friend! Whereas, in the earlier part of your journey you may have viewed food as your friend, you can now put it in its proper perspective. To worship unhealthy eating is to pay senseless homage to an undeserving foe. Anger or depression will be transformed into jubilation when you risk coming to accept this knowledge!

**REJOICE IN YOUR NEW PERSPECTIVE!  
YOU ARE FREE FROM GRIEVING THE LOSS OF YOUR FOE!  
DO NOT BE ANGRY OR DEPRESSED,  
BE TRANSFORMED BY THE RENEWING OF YOUR MIND!**

**OPTIONAL SCRIPTURE READING:**

**ROMANS 12:2**

*“Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].” (The Amplified Bible)*

**PSALM 26:2-3**

*“Test me, O Lord, and try me, examine my heart and my mind; for Your love is ever before me, and I walk continually in Your truth.” (New International Bible)*

**WEEK SEVENTEEN - Lesson 6**

**PERSONAL EVALUATION**

1. Which foods and eating behaviors do you now recognize as a foe rather than a friend? Are you ready to be jubilant instead of angry about ridding your life of these things?

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2. What kinds of actions can you take today to support your new perspective?

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3. What does the statement "the renewing of your mind" mean to you and your transformation process?

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***THIS CONCLUDES WEEK SEVENTEEN - LESSON SIX***

## MAINTAINING THE MOMENTUM

Because of your new perspective, the emotional and mental reactions to pain you have examined this week will not be barriers to your success. This new knowledge has given you the momentum you need to continue on and become the person you were created to be. Each day, you are growing in your recognition of your responsibility to complete your journey. You no longer view yourself as a helpless, vulnerable person. YOU ARE A PERSON IN THE MIDST OF AMAZING CHANGE! You have the courage to risk acceptance of reality. Your choice to continue your journey today increases your strength and supports your resolution for change!

Renewing your mind and risking non-conformity can involve some pain, but the results will bring you joy!

### **MOURNING LASTS BUT A NIGHT, JOY COMES THROUGH THE MOURNING!**

Joy is not an unrealistic, unfounded optimism. It is a quiet, confident, restful emotion. Even in the midst of a painful situation, joy and peace can remain and give you the strength necessary to endure. Rather than settling for temporary happiness, take the risks necessary to experience lasting joy and freedom.

### **MAINTAIN THE MOMENTUM!!**

#### **OPTIONAL SCRIPTURE READING:**

##### **JAMES 1:2-4**

*“Consider it pure joy, my brothers, when ever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything.” (New International Bible)*

##### **PSALM 126:5-6**

*“Those who sow in tears will reap with songs of joy. He who goes out weeping, carrying seed to sow, will return with songs of joy, carrying sheaves with him.” (New International Bible)*

**PERSONAL EVALUATION**

1. In what condition is your momentum as you move into the final week of Phase Three?

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2. How will the condition of your momentum affect the rate of progress you will continue to make on your journey?

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3. When you read your answers to the first two questions, how do you feel? Do you need to increase your momentum? How will you do this?

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4. Describe a time in your life when joy resulted from mourning. How does this encourage you today?

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***THIS CONCLUDES WEEK SEVENTEEN – LESSON SEVEN***