

Walk in Freedom
STUDY GUIDE

FIND
YOUR
WAY
Weigh

by

SHELLIE BOWDOIN

NINE SESSIONS

 SOURCE
PUBLISHING

FIND YOUR WEIGH - WALK IN FREEDOM STUDY GUIDE
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Walk in Freedom

DISCOVERY BIBLE STUDY

I am so pleased you have chosen to take this journey. This approach to weight is likely different from anything you may have tried before. This Bible Study is designed to be used with the book, *Find Your Weigh*. Each lesson leads you through the book in a thematic fashion. Along this line, it's important to consider the goals of this Bible Study and group discovery experience:

GOALS

- ◆ See healthy weight management as a journey, rather than a destination
- ◆ Regard healthy weight management in terms of daily choices, rather than as an “all or nothing” proposition
- ◆ Replace the diet mentally with a long-term mindset
- ◆ Become more mindful during every step of the eating process (choices, prep, actually sitting down to eat)
- ◆ Learn to bring my struggles with food to God and lay them bare before him on a regular basis
- ◆ Develop a healthy perspective about my weight by accepting the body I have today
- ◆ Understand and acknowledge that my worth and value as a child of God is not found in my weight or appearance

You may or may not have noticed that none of these goals mention an actual goal weight. While you will likely lose weight during the course of this study, the point of this experience is to address your mindset and eating habits. Since your weight is only a symptom of your behavior with food, it is understandable that it will change; however, your weight should not be the primary focus.

If you are anything like I was at the beginning of my journey, then you have likely tried all kinds of diets and schemes to get your weight under control. But, I am counting on the fact that you have never tried anything quite like this study before. In fact, I am praying that this experience will shake up your prior assumptions and give you a whole new perspective on your freedom in Christ; that your eyes will be opened to the possibility that you can realistically enjoy food AND live out the fantastically free life God intended for you.

Each week, you will start the study by reciting these goals. Hopefully, by the time this study ends, you will have adopted these goals as your own and they will become the firm foundation for the rest of your life's success with food.

Blessings,

Shellie

How To Use This Guide

This *Walk In Freedom Bible study* is best experienced in a group setting. The study is designed for discussion to take place as a whole group. Then, each lesson has a “Discovery Questions” section where the leader may wish to split the group up further for a more intimate discussion atmosphere.

Materials Needed

Each participant will need her own copy of the study guide, which includes an outline of the video segments, discussion questions and the text of each session’s topic. Leader’s Notes and an answer key are provided in the back of the guide for more direction. The video content is provided for free and can be accessed at www.findyourweighbook.com or search Shellie Bowdoin on Youtube. Participants should also have a copy of *Find Your Weigh*, which provides the essential, practical elements for their journey. Each Bible study session includes a “Tool Chest” segment that lets everyone know what pages to read in the book to prepare for the next week’s session.

Facilitation

The study should be led by a designated leader or facilitator. All materials and text for discussion are provided in addition to the Leader’s Notes at the back of the book. The facilitator is responsible to:

- keep the group moving by starting each session with the goals review.
- start the video and lead the video discussion.

- read through the study text and ask questions while allowing different persons to respond.
- split up the group to discuss the group discovery questions.
- call the whole group back together to discuss their insights.
- read through the tool chest assignments for the coming week.
- lead the closing prayer time.

Personal Study

This journey is designed to be a personal and group experience. During the week, each person will be responsible to read the assigned pages from the book and follow through with her own personal journaling. Each week's study ends with a segment for each individual to do as a part of her personal devotional time. The point of the study is for you to *find your weigh* and learn to walk in freedom by internalizing the life-changing concepts of the book and the powerful truths of God's Word.

This Bible Study comes with FREE
video links to walk you through the
book and enrich your journey!

Access your free video links at
www.findyourweighbook.com
or Youtube - Shellie Bowdoin



OPENING SESSION

Set the Stage



Before we go even one step further, it's essential to set the stage with this one simple, yet fundamental truth...we act on what we believe.

Luke 6:43-45

⁴³No good tree bears bad fruit, nor does a bad tree bear good fruit. ⁴⁴Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briars. ⁴⁵The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.

Just as each tree is recognized by its own fruit, so our waistlines are determined by the food we eat. So, whatever we believe about food, whether good or bad... right or wrong... is directly reflected in how we act around food. What's more, the assumptions and expectations we internalize over the course of our lives also affect our emotional response when tempted by food.

This explains why traditional dieting never works. We go on diets to lose _____.

Diets only target the weight we see on the outside, while our inside reality stays exactly the same. Consequently, short-term diets seldom ever result in "forever change" because our weight is only a symptom of our behavior.



If we really want to change our weight, then we must change our, _____ because, “out of the overflow of [the] heart [the] mouth speaks.”



Refer to the following outline as you watch the video. Make note of anything that stands out to you for further reflection or discussion.

- ◆ Our actions with food follow our beliefs
- ◆ We feel ashamed and hopeless
- ◆ Emotional root to our eating
- ◆ 7 goals for this study



Video Discussion and Bible Study

- ◆ In the video Shellie says, “We’ve all felt it... that frustration of pants that are too tight...of standing there in the closet trying to find clothes that still fit and then finally reverting back to that same go-to outfit you’ve been wearing everywhere because it’s the only thing that still feels comfortable.”
- ◆ How do you think it will help you to share this journey with others who have felt the way you’ve felt and who are where you are?
- ◆ Are there specific negative emotions that you would like to see God speak truth into during the course of this journey?

Further Discussion

Set The Stage



1. What is your greatest frustration with your weight?
2. Right now, do you view food more in positive terms or negative terms?
3. Do you believe that God can speak into your weight situation?

Let’s look at the goals for our journey.

- ◆ See healthy weight management as a journey, rather than a destination

- ◆ Regard healthy weight management in terms of daily choices, rather than as an “all or nothing” proposition
- ◆ Replace the diet mentality with a long-term mindset
- ◆ Become more mindful during every step of the eating process (choices, prep, actually sitting down to eat)
- ◆ Learn to bring my struggles with food to God and lay them bare before Him on a regular basis
- ◆ Develop a healthy perspective about my weight by accepting the body I have today
- ◆ Understand and acknowledge that my worth and value as a child of God is not found in my weight or appearance

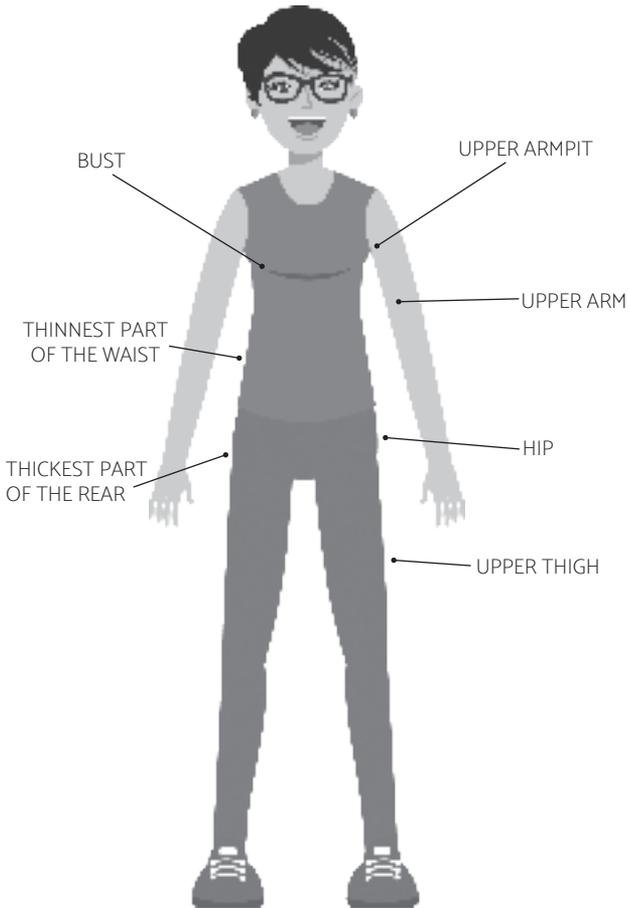
TOOL CHEST

Each week, the tool chest will contain your assignments for the following week.

- Read the first two chapters of *Find Your Weigh*.
- Take your measurements using the guidelines below, to give you a baseline (*these are for your own personal reference*).
- Pray and ask God to open your heart to the leading of the Holy Spirit throughout the rest of this journey.
- Stock up on some healthy snacks in preparation for Week One. (E.g. roasted nuts, yogurt, lean cheese, fruit, vegetables with yogurt dip).



Take Measurements



These measurements are only for your personal reference.

Prayer Time

For many of us, just thinking about tackling the whole food issue can bring up a host of anxious feelings. Be encouraged that there is rest in God's presence. He is greater than our hearts and He knows everything we need to accomplish during the course of this journey.

1 John 3:19-24

¹⁹This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence ²⁰whenever our hearts condemn us. For God is greater than our hearts, and he knows everything. ²¹Dear friends, if our hearts do not condemn us, we have confidence before God ²²and receive from him anything we ask, because we obey his commands and do what pleases him. ²³And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. ²⁴Those who obey his commands live in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us.