

***A 30 Day Weight Loss Bible Study ~ The Taste for Truth***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1**RENEWING MY MIND IS THE KEY TO MY VICTORY** | 2**LIFE IS BETTER** **WITH****BOUNDARIES** | 3**IT WON’T BE** **EASIER** **‘TOMORROW’** | 4**NOT EVEN** **ONE BITE OUTSIDE MY BOUNDARIES** | 5**EMBRACE** **YOUR** **BOUNDARIES** | 6**AN EVENT WILL ALWAYS BE AROUND THE CORNER** |
| 7**IS MORE** **REALLY** **BETTER** | 8**GOD USES DISCIPLINE** **TO GROW FRUITFULNESS** **IN US** | 9**AM I TRYING TO JUSTIFY BREAKING MY BOUNDARIES** | 10**I WILL NOT** **EAT** **TO CONSOLE MYSELF** | 11**MY WORTH IS NOT****DETERMINED BY****A NUMBER ON** **THE SCALE** | 12**IS GOD****ENOUGH TO** **SATISFY****YOU** |
| 13**AM I EATING BECAUSE THE WEIGHT ISN’T COMING OFF AS I WANT IT TO** | 14**TAKE OFF THE LIES AND** **PUT ON TRUTH** | 15**NOTHING IS BETTER THAN SWEET FELLOWSHIP WITH GOD** | 16I**’M BREAKING FREE FROM A** **‘FAILURE EATING’ MENTALITY** | 17**THE BATTLE ISN’T HOPELESS AS LONG AS I KEEP FIGHTING** **THE LIES** | 18**FOOD CANNOT** **SOLVE****MY PROBLEMS** |
| 19**ONLY HE****CAN** **TRULY****SATISFY** | 20**HAVE YOU BEEN DILIGENT ABOUT RENEWING** **YOUR MIND** | 21**IF WE GET RID OF THE EMOTION,** **WE GET RID OF THE DESIRE TO EAT** | 22**RELY ON GOD** **FOR STRENGTH** **AND HOPE** | 23**SPIRITUAL WARFARE IS ESSENTIAL IF WE WANT TO BE VICTORIOUS** | 24**TAKE EVRY THOUGHT CAPTIVE TO THE OBEDIENCE OF CHRIST** |
| 25**PRAYING THE SCRIPTURE IS A POWERFUL TOOL TO RENEW OUR MINDS** | 26**PRACTICE MINDFUL EATING BY FOCUSING ON THE TASTE OF YOUR FOOD** | 27**THE TRUTH WILL** **SET US FREE,****BUT ONLY IF WE PURSUE IT** | 28**OBSESSION** **LEADS TO CONDEMNATION** | 29**GOD USES** **TRIALS TO HELP US GROW** | 30**BOUNDARIES ARE FOR MY PROTECTION** |

**WELLNESS REVOLUTION**