

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

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| 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** | 16  I**’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**