

Dear Bible Study Leader,

Welcome! I'm glad you've decided to lead a *Taste for Truth* Bible study. It's a fun study to lead because it is so potentially life changing. Because it deals with an issue so many people struggle with, you may find people in your class who have never been to a Bible study before. That's exciting!

It's also a great opportunity to draw people into fellowship, love them, and help them make friends if they're not currently very involved in your church. The lessons lend themselves to discussion as they cover topics we all struggle with. Try to encourage discussion and a "we're all in this together" attitude as you go through the lessons.

The best way to prepare for the study is to just work through the lessons yourself, do the assignments, and pray for the people in your study and the class discussions. I've included three different ways you can approach the study: the low maintenance plan, the medium maintenance plan, and the higher (but not too high) maintenance plan. Whichever way you choose, I hope you have a great class!

If you have questions I haven't answered in the leader's guide, email me at barb@barbraveling.com. I would also love to hear how your class went. If you have any suggestions of how I can make either the study better or the leader's guide better, I would welcome those suggestions! I pray that God will bless you and your class as you do this study.

In Christ,
Barb Raveling

P.S. The class participants should have two resources for this class: *Taste for Truth: A 30 Day Weight Loss Bible Study* and *I Deserve a Donut (And Other Lies That Make You Eat)*. *I Deserve a Donut* is also available as an app. You can find it by searching in the app store on your phone.

Low Maintenance Bible Study Plan

With this method all you need to do is go through the study yourself before class and then just discuss it with the class members once you get to class. You can make the study as long or as short as you want it. Assign 5 lessons a week for a 7-week class, 6 lessons a week for a 6 week class, or 3 lessons a week for a 11 week class (I would only go this route if you think the class members would be willing to go that long for the class).

When you get to class, just start with the first lesson and ask, “What did everyone think about this lesson?” Most of the studies will generate discussion without too much work on your part. You may want to mark the questions you think will generate the most discussion ahead of time so you can ask those questions if the members of your group aren’t very talkative.

When you’re through with the first lesson, move onto the second lesson. Try to keep your eye on the clock so you can get through all of the lessons before the class is over. You may also want to add a sharing time at the end of each lesson. See page 10 of this leader’s guide for ideas on that.

Medium Maintenance Bible Study Plan

This plan is very similar to the low maintenance plan. The only difference is that you spend some time before each class deciding what discussion questions you want to focus on and what Scripture passages you want to focus on for class discussion.

Either of these methods should generate plenty of discussion if you don’t have too large of a group. Since most of the study is about things people deal with every day, they’ll have plenty of things to talk about. The rest of this handout is devoted the last option: the higher maintenance plan.

Higher (But Not Too High!) Maintenance Bible Study Plan

Follow the guide I’ve provided. Or do a combination of going through the book lesson by lesson and add in anything from the guide that you think will be helpful.

Week One: Introductory Class

The first class is the class that takes the most preparation work so don't get nervous when you see how much material I've included! After the first class, you'll be discussing the homework so it won't take as much effort on your part. But with the first class, you'll be providing the intro so it will take a bit of preparation. Here are the goals for your first class:

1. To get to know each other.
2. To understand how this approach to weight loss differs from the normal approach to weight loss.
3. To give them an idea of what to expect in the weeks ahead.

Getting to Know Each Other

(15-25 minutes)

Before class: Have the books ready to go. The class participants will need both *Taste for Truth* and *I Deserve a Donut* for this class. (I mentioned the forms those come in on the first page of this guide.) Gather supplies to make nametags if you have a large group or a group where the participants don't know each other well. Prepare refreshments if you're planning to have them. Many choose to forgo refreshments or just provide healthy snacks so as not to tempt those who are trying to lose weight (which in this case is the whole class!).

During class:

1. Pass out the books.
2. Do one of the following as a "getting to know each other" activity.
 - a. Have each person share her reason for doing the study.
 - b. Have each person share a little of her weight loss journey.
 - c. Have each person just go around the room and tell a little about herself.
 - d. Have refreshments after the meeting and have people get to know each other at that time.
3. (Optional) Watch Intro to Taste for Truth Bible Study: <https://youtu.be/qaUjlcI7UBg> - After the video you could ask them if they have any thoughts after watching the video.
4. Collect names, telephone numbers, and email addresses in case you need to contact anyone in the class.

Lesson: Intro to Study

(15-25 minutes)

Before class: Draw the blank chart from page 6 on a whiteboard at the front of the class. Make copies of the chart if you decide to hand the chart out to class participants.

During class:

1. Intro:
 - a. Ask the class this question: How many of you have lost at least twenty pounds at some point in your life? (Most, if not all, will probably raise their hands.)
 - b. Then ask: How many of you have lost twenty pounds at least twice in your life? (Again, most will raise their hands.)
 - c. Then say something like, “From the looks of all the hands raised, I think we can safely say, ‘The problem isn’t that we don’t know *how* to lose weight, it’s that we can’t keep it off once we lose it.’” This Bible study is about how to change the way we think about life and food so that we can not only lose weight, but also keep it off. Let’s begin by looking at the biblical process for transformation.
2. (Optional) Lesson (Keep reading to see another alternative to doing this lesson the first day of class.)
 - a. Turn to page 10 in *Taste for Truth* or hand out the blank chart on page 6 of this leader’s guide.
 - b. As a class, look up the Bible verses and fill in the chart. As the class provides the answers, fill it in on your chart on the whiteboard. I’ve filled the worksheet out for you below.

	Our Role	God’s Role
John 8:31-32	We continue in the Word.	He sets us free.
John 15:1-5	We abide in Him and spend time in His Word.	He prunes us and provides the fruit. * (See note below)
Romans 12:2	We renew our minds.	He transforms us.
2 Corinthians 10:3-5	We destroy speculations and every thought raised up against the knowledge of God and take each thought captive to Christ.	He breaks the stronghold.

* Note: You may want to look up Galatians 5:22-23 to read the list of the fruits of the Spirit when you go over this passage. Interestingly enough, self-control is one of the fruits of the Spirit. We get self-control by abiding in Him, not by trying to drum it up when we need it!

In summary, what is your part in the transformation process?

- To spend time in the Word, abide in Him, renew our minds, and take our thoughts captive to Christ.

What is God's part in the transformation process?

- He sets us free from the control of food, gives the gift of self-control, transforms us, and breaks the stronghold.

What do you normally do when you want to be transformed in the area of weight?

- Go on a diet and exercise.

According to the verses you just read, is that enough? Why or why not?

- No, it's not enough. Because we're not following the biblical guidelines for transformation.

3. (Optional) Watch Intro to Taste for Truth Bible Study: <https://youtu.be/qaUjlcI7UBg> - After the video, ask if anyone has any thoughts after watching the video.

What to Expect In The Weeks Ahead

(5 minutes)

Before class: Print out class schedule with assignments (see page 7).

During class: Go over the schedule with everyone.

Note: You'll see that I don't always assign the same number of assignments each week and have also switched up the assignments a bit in weeks 4 and 5. I've done that to allow the participants more time for the renewing of the mind and spiritual warfare in those weeks and also to facilitate class discussion.

Wrap-Up

(5 minutes)

Thank everyone for coming and encourage them to do their homework!

Taste for Truth: Transformation

	Our Role	God's Role
John 8:31-32		
John 15:1-5		
Romans 12:2		
2 Corinthians 10:3-5		

In summary, what is your part in the transformation process?

What is God's part in the transformation process?

What do you normally do when you want to be transformed in the area of weight?

According to the verses you just read, is that enough? Why or why not?

Taste for Truth Class Discussion and Assignments

Week 1: Introduction

- Assignment: Days 1-5

Week 2: Boundaries

- Assignment: Days 6-10

Week 3: Indulgence/Entitlement

- Assignment: Days 11-15

Week 4: Appearance and the Renewing of the Mind

- Assignment: Days 16-17, 20
- Challenge: Answer at least one set of questions from *I Deserve a Donut* in your journal each day this week. Try to do two sets on the days you don't have a Bible study to do.

Week 5: Failure

- Assignment: Days 18-19, 21-22

Week 6: Learning to Depend on God, Not Food

- Assignment: Days 23-25
- Challenge: Pray through Scripture and/or truth journal every day this week. Try to do both on the days you don't have a Bible study.

Week 7: Spiritual Battle

- Assignment: Days 26-30

Week 8: The Journey of Weight Loss

- Assignment: Make a plan for continued growth.

Week 2: Boundaries

This week we'll be discussing boundaries. I wrote the Day 2 lesson in *Taste for Truth* after my own experience teaching the early version of this Bible study to a group of 12 ladies at my church. In the early study I had sprinkled the boundaries lessons throughout the book, thinking it would be nice to keep coming back to those lessons throughout the study as a way of motivation.

What I discovered, though, was that most of the ladies in the group (maybe 10?) didn't have boundaries, nor did they ever put boundaries in place throughout the entire study. That's why I decided to group them all at the beginning. I was hoping to convince everyone that they needed boundaries!

The format for this class will be similar to the format for all of the future classes. Basically, you'll be discussing the lessons one by one. I would start with prayer, then allow maybe 45 minutes to an hour to discuss the lessons (depending on how long your study is), then 15 minutes or so at the end to ask how everyone is doing.

Here are a couple of questions you could ask each week in the last 15 minutes of the class during the sharing time:

1. What was your biggest victory this week?
2. What area do you need the most help with?

If it's looking like everyone is going into great details, you may want to encourage them to give shorter accounts if it's making the class run too long. You could also ask everyone to jot down the class member's answers to the second question so you can pray for each other during the week.

What I'll do from this point forward in the leader's guide is just include some specific questions or things to bring out in each day's lesson. We'll begin with Day 2 since you should have covered Day 1 in the introductory class.

Day 2: The Quick and Easy Approach to Weight Loss

Optional: You could begin each lesson with a question like, "What did you think of this lesson?" and see where that discussion leads, then highlight any of the questions no one brought up in that discussion.

1. In this lesson Barb talks about lifelong boundaries. What did you think about her ideas on lifelong boundaries?
2. Go through questions 2, 4-10 in this lesson.

Day 3: I'll Start Tomorrow

Note: In order to get through all the lessons in class, you won't be able to look up all the Bible verses. That's okay, though, because you don't want to repeat everything they've already done at home. I'll include the Scriptures I think would be good to look up with some questions you can ask to dig into them further. The best things to go through in class are the questions and Bible verses that will generate discussion as one of the best parts about group Bible study is getting to know each other. If you get to a question that you've already discussed earlier in the class, just skip that question.

1. Day 3's lesson was on "I'll Start Tomorrow" eating – does anyone ever say that?
2. Questions 2-3
3. Romans 13:14
 - a. What does it mean to put on the Lord Jesus Christ?
 - b. What does our flesh want to do when it comes to food?
 - c. What are some things we could do to "not make provision for the flesh" when it comes to food?
4. 1 Peter 2:11
 - a. Do you ever feel like your lust for food wages war against your soul? (Ask them to explain if they don't go ahead and explain on their own.)
5. Questions 5

Day 4: Not Even One Bite

1. What did everyone think about this lesson?
2. Do you think it's true that we can be foodaholics?
3. How is being a foodaholic similar to being an alcoholic?
4. Question 3 (Look up the Bible verse before you answer it.)
5. Questions 5 and 6.

Day 5: I Hate Boundaries

1. What did you think of this lesson? (This is helpful lesson for a lot of people as many have the idea that rules are bad since our culture is an "anything goes" sort of culture.)
2. Question 1 – you could either look up the verses or just ask the class members what they wrote.
3. Questions 2-3, 5
4. Remind everyone to do assignment – write the verses on card to memorize. It will help in tempting situation to have a few of these verses memorized and easily available.
5. Let them know that the next lesson asks them if they want to set boundaries. If you have time, you could ask if anyone has set boundaries yet, and if so, what they are.

Sharing Time

Don't forget to have sharing time if you've decided to include that feature. Here are the questions to ask:

1. What was your biggest victory this week?
2. What area do you need the most help with?

If you'd like, you could ask everyone to record everyone's responses to the last questions so you can pray for each other. Also, remind them of next week's assignment: Days 6-10.

Week 3: Indulgence/Entitlement

It's hard to grow up in our culture without believing the lies that 1) we should be able to do what we want when we want and 2) that life is better when we do what we want when we want. The goal of this week's lessons was to dispel that lie! The truth is that God asks us to give up all things for Him and that we're actually happier when we do so because the fruit of the Spirit (Galatians 5:22-23) is far better than the temporary happiness that comes from doing what we want when we want, not to mention the fact that by walking with God, we avoid the consequences of doing what we want when we want!

Day 6: That Scary First Step

1. In Day 6, Barb encouraged us to set boundaries. Did anyone set boundaries? You could see if anyone wants to share her boundaries if you'd like.
2. Questions 5 and 6.
3. Barb suggested answering the "I'll start tomorrow" questions in your journal for the first few days of your commitment. Did anyone try that? If so, was it helpful?

Day 7: I Like It. I Love It. I Want Some More Of It.

1. Questions 1-4
2. What does the culture say about indulging ourselves?
3. What do all of these Bible verses (in question 5) say about indulging ourselves?
4. How is the Bible's focus different than the culture's focus?
5. Do you think we're happier living for God and others or are we happier living for ourselves? Explain.
6. Question 6-7

Day 8: The Anatomy of a Habit

1. Anyone want to share what stage they're at?
2. Proverbs 3:5-6
 - a. Why do you think it would be helpful to trust in God as you pursue transformation in the area of weight loss?
 - b. What is our own understanding in situations like this? (Often our own understanding is that we'll never change.)
3. Jeremiah 29:11-13
 - a. What kinds of practical things would you do if you were searching for God with all your heart?

- b. How would that affect your weight loss efforts? (Try to help everyone see how practical the Bible is – so that when it says “search for God with all your heart,” that means we do that in all areas of our lives. When we’re struggling with food, we go to Him for help and ask Him, “Lord, what do you think of this? How do you see it? Do I have the right view on this? Let me see life and food and boundaries the way you see them.”)
- 4. Philippians 4:11-13
 - a. Can you think of anything you’ll have to learn to be content with when it comes to following your boundaries and trying to lose weight?
- 5. Anyone want to share their prayer in question 6?

Day 9: But There’s a Good Reason to Break My Boundaries

- 1. Why do you think we lie to ourselves rather than just telling ourselves the truth?
- 2. Question 3
- 3. Ask them to share what they wrote in question 4, but be sure to include the truth for each thought. You could write all the thoughts on the white board first and then go down the list one at a time, asking the whole class for the truth for each thought. Or you could ask the class members to share some of the thoughts and truths they wrote in their workbooks. If I were teaching the class, I would use the first approach.

Day 10: I Deserve a Donut

- 1. Either summarize or read the Bible passage and then ask questions 4-7.
- 2. Questions 10-11

Sharing Time

Don’t forget to have sharing time if you’ve decided to include that feature. Here are the questions to ask:

- 1. What was your biggest victory this week?
- 2. What area do you need the most help with?

Also, remind them of next week’s assignments: Days 11-15

Week 4: Appearance and the Renewing of the Mind

This week's focus is on appearance. Too often we make an idol of appearance, feeling like we *have* to be skinny. I'm thinking that if we have an idol of skinny, God might be disinclined to help us get skinny. He wants us to eat with control, holding food with open hands, but He also wants us to not care so much about how we look, holding skinny with open hands. It's a quandary! In a sense there are two goals with this study: to learn how to eat with control, but to also learn how to be content with our bodies in their "as is" state. This week's lessons focus on that second goal.

I would probably start with Day 13 in the discussion as it may naturally bring up some of the topics in the other lessons. Then go back to lessons 11 and 12, spending as much time as you think you need on them. Those lessons are really helpful, but may not generate as much discussion as some of the other lessons, depending on how much people want to share. Plus I don't know that they'll need that much discussion to bring the lessons home. Try to make sure you have time to go through the "Renovation of the Mind" lesson as that is a foundational lesson for the rest of the study.

Day 13: When the Scale Doesn't Cooperate

Put the sentence starters on the board before class. Then ask the class how they would fill them in. Go through the sentences one at a time, and ask the class what the truth is for each sentence.

Day 11: Is Skinny Really Necessary?

When I taught this class, I was surprised to see that most of the women in the class didn't feel like they had to be skinny. I kind of wonder if this depends on your age (younger women probably care more) and also the family you grew up in. Some families emphasize skinny but many families ridicule skinny. If you're short on time, you could probably skip this lesson unless you have teenage girls or college girls in your class.

1. Why do you think we feel like we *have* to be skinny?
2. Do you think it's important to get to the point where you're content with your body as is? Why or why not?
3. How do you get to the point where you're content? (Renewing of the mind, learning to see how God sees you, praying through the insecurity verses, praying with thanksgiving, etc.)

Day 12: When You're Not Good Enough

1. Question 2 – How does God see you? (You could either look these verses up or just ask people what they put for each one.)
2. Question 4
3. Question 5 – This should be a yes answer for everyone, but some women do feel that God doesn't accept them because of their weight. I would probably skip this one as the verses in question 2 hopefully helped everyone realize God accepts them no matter what. But if someone seems to believe God can't accept them because of their weight, it would be good to discuss that.
4. Questions 6 – I would skip this one unless you have lots of time. Some women believe that they will be a better witness if they're skinny. In one sense this is true since self-control is a fruit of the Spirit. But in another sense it isn't because 1) not everyone feels comfortable talking to skinny women. Some are intimidated by skinny people and would much rather talk about God with an overweight person, and 2) not everyone who is overweight is overweight because they don't have self-control. I could eat three meals a day and no snacks with control and without being obsessed about food and still be overweight if I ate high calorie foods with large, but not obsessive, portions. So a person's weight is not a sign of their spirituality. God may want some people to lose weight, but that would vary from person to person depending on their circumstances and how much their weight affects their health. The reason I don't include the "Your body is a temple of the Holy Spirit" verse in this study is because that verse is talking about a moral issue (sexual immorality) not a health issue (how much a person weighs).
5. Questions 7 and 8
6. Did anyone try the assignment Barb suggests here?

Day 14: The Renovation of the Mind

1. What did you think about this lesson?
2. Look at your answers to the first three questions. What are some of the things you learned about life, food, and appearance from your childhood, the culture, or any significant people in your life. Write some of their answers on the whiteboard.
3. Do question 6a-6e, using the statements on the whiteboard as an example.
4. Say something like, "Let's take off some of these lies and replace them with truth." Then go through each of the statements on the board and ask the class what the truth is for each statement.
5. Question 6f and 7.

Day 15: The Renewing of the Mind Challenge

1. Chances are, you won't have time to go over this lesson. If you do, you could ask if anyone wants to share whether or not they accepted one of the challenges.
2. You may also want to see if anyone wants to have an accountability partner to hold them accountable to the renewing of the mind. This could be done through phone calls or email.
3. If you have time, you could go over questions 3 and 4.

Sharing Time

Don't forget to have sharing time if you've decided to include that feature. Here are the questions to ask:

1. What was your biggest victory this week?
2. What area do you need the most help with?

Also, remind them of next week's assignments: Days 16-17 and 20 plus answer at least one set of questions from *I Deserve a Donut* in their journals each day. Try to do two sets on the days they don't have a Bible study to do.

Week 5: Failure

One of the hardest things about trying to lose weight and keep it off is the constant failure. Some of the people in your class may have been failing at this for 20 or 30 years. It's discouraging! In order to break free from the control of food, we need to learn to persevere with the renewing of the mind in the midst of failure. God will change us, but it takes time to get all those lies out of our heads that are making us want to eat.

You can handle today's class in a couple of different ways. Here are the two options I can think of:

1. Do it like a regular Bible study. Read the passages in Days 16 and 17 and discuss the passages in depth. After that, you could take a look at Day 20. Questions 2-4, 7, 9-10 would be particularly helpful to discuss.
2. Ask, "What did you think of this lesson?" for Days 16 and 17 and discuss whatever comes up, which probably won't take long. Then go through the questions in Day 20 that I suggested above. Then use your remaining time to go through a couple of sets of questions from *I Deserve a Donut* in class, asking the class how they would answer the questions. You could also go through the Bible verses for that set of questions and ask how each Bible verses applies to that situation or what God might want to teach us through each Bible verse in that situation.
3. With either option, it would be helpful to ask, "How is God using the renewing of the mind to help you with weight loss?" or something like that. This gives the people in the class who are doing it a chance to share their success stories, which should encourage the people in the class who *aren't* doing it to give it a try! Remind the ones who are having a difficult time developing the habit to use the renewing of the mind questions and Bible verses on page 132-136 of *Taste for Truth* if they don't feel like doing it.

Sharing Time

Don't forget to have sharing time if you've decided to include that feature. Here are the questions to ask:

1. What was your biggest victory this week?
2. What area do you need the most help with?

Also, remind them of next week's assignments: Days 18-19, 21-22.

Week 6: Learning to Depend on God, Not Food

One of the hardest parts about giving up an overeating habit—probably *the* hardest part—is giving it up as a go-to comfort when life is difficult. We’re so used to going to food for help that we don’t know what to do when all of a sudden that avenue is taken away from us. The danger is that we’ll just replace food with some other non-God escape—television, books, the Internet, even exercise. There’s no end to the things we can escape to when we want to unwind from life. Our goal is to leave food for God—not for another go-to habit. This week’s lessons focus on learning to go to God for help with life and next week’s lessons will provide some more tools to do that.

Day 18: Is Overeating a Sin: Part 1

1. What did you think of this lesson?
2. If you’d like, precede the questions in this lesson by reading an example of the Israelites worshipping idols in Exodus 32:1-4. In this passage, God is with Moses up on the mountain, planning their new life, a life that included a *rest* day (the Sabbath), something they probably never got as slaves. Meanwhile, the people are at the base of the mountain building a fake god (the golden calf) that could do nothing for them and was a slap in the face to a God who cared about them!
3. After reading that passage, go through the questions and verses on page 78 and 79.

Day 19: Is Overeating a Sin: Part 2

I would go through all of the questions in this lesson.

Day 21: I. Need. Chocolate

Since this was more of a personal time with God lesson, I probably wouldn’t go through all of the questions. Instead I might ask “What did you think of this lesson?” and just see what happens with that question, or I might ask if anyone wants to share what God taught them through that lesson.

Day 22: Breaking Free from Binges

The most important thing to bring out in this lesson is the fact that we can’t break free from the control of food on our own. We need to cling to God *all day* if we’re going to be able to follow our boundaries, especially after a binge. And He wants us to cling to Him! Think of what a blessing that is. He’s not condemning us, saying, “You terrible person, look what you just did. Instead, He’s saying, “Come over here. Cry on my shoulder. Let me comfort you, and then let’s talk. I’ll help you take off those lies and put on the truth, but I can’t do it unless you take the time to come to Me. I love you. Let me help.”

The question is, “How best to get that message across?” You could read the paragraph above if you’d like and then I think it might be best to just go through all the questions in this lesson and discuss them.

Sharing Time

Don’t forget to have sharing time if you’ve decided to include that feature. Here are some possible questions to ask:

1. What was your biggest victory this week?
2. How is God changing you?
3. What area do you need the most help with?

Also, remind them of next week’s assignments: Days 23-25 and either pray through Scripture or truth journal every day this week. They should try to do both on the days they don’t have a Bible study. You may also want to encourage them to do their studies the first three days of the week so they have plenty of time to work on truth journaling and Scripture prayer the rest of the week.

Week 7: Spiritual Battle

The purpose of this week's lessons was to remind the class that they're in a spiritual battle and give them weapons and time to fight the battle. Truth journaling (a practical way to bring thoughts captive to the truth) and Scripture prayer are weapons they can use to fight the battle. Most of the class will already be familiar with Scripture prayers but many won't be familiar with truth journaling. Because of that, it may be helpful to spend some time in class working through examples.

Day 23: Spiritual Battle

I would go through this whole lesson, looking up the Bible verses and giving the class an opportunity to share the answers to the questions.

Day 24: Truth Journal

I would ask them if they gave truth journaling a try, if they have any questions about it, and then go over a couple of examples. Give them a situation and then ask, "What would you be thinking in this situation?" Write their thoughts on the board, then number them, then for each thought ask the class, "Is this true? If not, what is the truth for this thought?" You don't have to write the truth on the board, although you could if it helps.

If you have trouble thinking of situations look at the truth journal entries I've made on my blogs (barbraveling.com and my old one, ideserveadonut.com) or *Freedom from Emotional Eating* for ideas. It may also be helpful to look at "Truth Journaling: The List Method" for a different type of truth journaling at barbraveling.com. You'll find that post under the renewing-of-the-mind tools tab there.

One of these days I hope to make a video of truth journaling you can use in class. If teaching this lesson really intimidates you and I don't have a video out yet, email me and I'll try to get one out. (That might provide just the motivation I need to figure out how to do it!)

Day 25: Scripture Prayer

1. Did everyone see the difference between a Scripture prayer and a regular prayer?
2. Would anyone like to share the Scripture prayers you wrote?

Sharing Time

Don't forget to have sharing time if you've decided to include that feature. Here are some possible questions to ask:

1. What was your biggest victory this week?
2. How is God changing you?
3. What area do you need the most help with?

Also, remind them of next week's assignments: Days 26-30.

Week 8: The Journey of Weight Loss

I'm afraid the classes in this week's lessons don't really follow a theme. I had a terrible time trying to decide how to order the lessons in *Taste for Truth*. If you have any input on how the current order worked in your classes, I would love to hear it. Basically, the classes in this week's lessons are the classes I felt like I could put off until the end of the study. Although, interestingly enough, as I look at them, they're indicative of the overall journey of weight loss, as they contain a smattering of things we'll have to overcome to live in victory: good food eating, entitlement eating, caring too much about looking good, and the failure that is inevitable along the way. Those failures won't last forever, but we'll have to learn to persevere in the midst of them—continuing to go to God for help, renewing our mind, and not giving up on our boundaries—if we want to be ultimately victorious.

Day 26: That Looks Tasty

Ask them if anyone tried the “rate your bite” activity and what they learned from it. You could also ask a general question, “Any thoughts on this lesson?” I wouldn't spend much time on this lesson.

Day 27: It's My Party and I'll Eat If I Want To

I would go through this whole study if you have time – just pace yourself so you can touch on the other studies.

Day 28: Worshipping Skinny

1. Any thoughts on this lesson?
2. Questions 3, 5-6

Day 29: When You're Not Losing Weight

I would try to go through this whole study if you have time. Some of the questions are a bit personal, but by this time your group may be fairly close. In a sense, this study is a wrap up Bible study of the whole book so going through it together will touch on some of the ongoing struggles and hopefully provide hope as you lean on the comfort of Scripture – that God is with us in this trial, that He loves us, and that after we've been trained by it, we'll experience the peaceful fruit of righteousness. Hopefully, the people in the group are already experiencing a taste of that peaceful fruit.

Day 30: It's a Journey

I changed this Bible study at the last minute right before I published it and didn't realize I had just used the Philippians passage just a few studies ago! Fortunately, the Bible is so powerful, God can use it over and over again in our lives for new insight. Although if I ever update this study, I will probably change either this Bible study or the one that used the same Bible

passage. ☺ My guess is that by the time you finish discussing the other studies, you won't have much class time left over anyway, but if you do, I would go through this whole lesson—share how you think God wants you to approach weight loss, see if anyone wants to share their prayers of thanksgiving, and answer the last question (why is thanksgiving so powerful?).

Sharing Time

Since this is the last class, I would just ask a general question: How has God helped you through this study? Or what did you learn in this study? Or something along those lines. Before you share, you may want to give them a few minutes of quiet time to think about whether or not they want to set any personal goals to continue going to God for help with food. For example, they may want to make a commitment to continue going through one set of questions and Bible verses from *I Deserve a Donut* each day.

That's It!

I hope this study guide has been helpful. If you have any other questions, email me! Writing this guide is making me want to teach my own class. It would be nice to teach a class for once with actual books rather than photocopied sheets of paper! Anyway, I hope you all have a great experience leading this Bible study. And if you get a chance, write and tell me how it went. I'm praying God will bless you and your group as you go through the study.

In Christ,
Barb Raveling