

INTRODUCTION



Icebreaker/Get Acquainted (15 min)

Preface (5 min)

Briefly go over Preface, *My Story*. Leader can briefly share why s/he chose to facilitate this study.

Introduction (10 min)

Read Introduction, *Choose*. Invite participants to privately decide whether they wish to commit to completing the study.

We will only weigh three times during this study. We will weigh during week 2, 5, and 9. A weigh sheet can be found at the back of the Bible Study. On weigh days, either arrive a few minutes early to weigh and complete the weigh sheet in class, or, weigh and complete the sheet at home. The focus is to be aware where you started at the beginning of the study and to note your feelings about your journey, things you want to focus on or change, things you've done well, positive changes you've made, changes in your weight, and anything else showing your progress. This is meant to be a positive experience.

Discussion (40 min)

WORSHIP GOD! AND PRAISE AWAY THE POUNDS!

What does it mean to “be in the world, yet not of it?”

In what ways are you in the world, yet **not** of it?

In what ways are you in the world, yet **of** it? What needs to change?

List some ways you deal with your weight and health that follow the world’s ways.

List some ways you deal with your weight and health that do **not** follow the world’s ways.

Worship God! And Praise Away the Pounds! is a biblical approach to weight loss. It isn’t about how to lose weight per se. It is about how to follow God’s leading and, in so doing

- make right choices
- become healthier (mentally, emotionally, spiritually, physically, relationally, financially)
- and lose excess weight (and not just physical weight!)

This is a guide for how to achieve wellness in mind, body, and spirit. *Worship God! And Praise Away the Pounds!* teaches you how to live a life that is pleasing to God, utilizing Romans 12:1–2 as its foundation:

“I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.” (NKJV)

Write what Romans 12:1-2 says in the Message version.

WEEK 1—INTRODUCTION

What sticks out to you about this version?

In this study, Romans 12:1-2 is formed into seven strategies:

1. Present your body to God as a _____.
2. Be _____ and _____ to God. (*These two words come from the AMPC version.*)
3. Give God your _____ service.
4. Don't _____ to the world.
5. Be _____.
6. _____ your mind.
7. Establish yourself as _____, _____, and _____.

These strategies will point you to God's Word, teach you to live a life that pleases Him, free you from bondage, transform you, and establish you as "good, acceptable, and perfect."

What would it look like to try to become healthy doing things the world's way?

What would it look like to become healthy doing things God's way?

Do you want to figure things out on your own and do things the world's way? Or, do you want to live a life of surrender and obedience to God, letting Him lead you to the best possible solutions?

If you want to keep doing things on your own and following your own leading, you may as well stop this Bible Study. No hard feelings. Come back when you are ready to surrender control to God because only then will you see lasting change.

WORSHIP GOD! AND PRAISE AWAY THE POUNDS!

If you want to surrender to God and let Him lead, prepare to move forward and watch God change your life! He will permanently deliver you from bondage and lead you to a freedom and peace you've never thought possible.

Homework (5 min) Due next week.

1. Go back and answer any questions you missed.
 2. Think about the choice you made to stop or move forward. Write a letter to God explaining your choice and why you made it.
 3. Write a prayer about the choice you made and pray it daily for one week.
 4. Choose a version of Romans 12:1-2 you like. Put it where you can see it daily and memorize it.
 5. Find at least one Scripture or passage that points you away from the world's ways and toward God's ways, then write it down. Next, write what the passage is teaching you.
 6. Read chapters 1-3 and answer the *Call to Action* at the end of each chapter.
- * *Prepare to arrive early to next class if you want to weigh.*

Prayer (5 min)

This week only: either have the Leader do a general prayer; or have those who would like prayer say their request(s) aloud and have volunteers pray for the requests; or have each person write down 1-2 prayer requests, collect them all, then have each person draw one to pray for during the next week.

Wrap up, Close (5 min)

NOTES

