

"LET'S TALK ABOUT WEIGHT, BABY!"

28 QUESTIONS TO ASK YOURSELF ABOUT BODY IMAGE & HOW GOD SEES YOU.

1. If my body could talk right now, what would it say?

2. What's one way I can celebrate my body every day?

3. What's something that makes me feel worse about my body? (e.g., women's magazines, diet books, keeping a scale at home.)

4. What people make me feel bad about my body and myself? Why?

5. What people make me feel better about my body and myself? Why?

6. What helps me to feel comfortable in my own skin?

7. What helps me deal with stress in a healthy way?

8. How long have I wanted to lose/gain weight?

9. What do I like about my body?

10. What are my favorite ways to move my body?

11. What brings me joy?

12. What is my current weight? What is my current size?

13. What does a positive body image mean to me?

14. What does self-love mean to me?

QUESTIONS CONT.>>

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28 QUESTIONS TO ASK YOURSELF ABOUT BODY IMAGE & HOW GOD SEES YOU.

15. What does self-love look like?

16. How does God view me?

17. If I don't have much time to tend to myself today, what can I do in 15 minutes that would help me breathe and be replenished?

18. When I look in the mirror, what is the first thing I think?

19. Do I hate what I look like?
Scaling Question 0-Never; 1- Sometimes 2- Always

20. Do I find value in a certain weight or dress size?

21. Do I feel alone on this journey?

22. Do I wear a mask of happiness, being silly and more to cover the pain my weight has caused me?

23. Do I beat myself up if I gain weight, miss a workout or eat too much?

24. Do I think that men will only like me once I reach a certain weight?

25. Do I focus on my Fitbit and calories too much?

26. Do I want to feel freedom on this journey?

**ASK YOURSELF,
YES? OR NO?**

27. *Have I tried multiple methods to lose weight?*

28. *Have I struggled with losing or gaining weight for a while?*

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BIBLICAL ENCOURAGEMENT TO SEE YOURSELF IN GOD'S IMAGE.



EVEN IF I FINALLY REACHED THAT PERFECT SIZE OR WEIGHT, I WOULD HAVE STILL WANTED MORE AND WOULD HAVE NEVER BEEN SATISFIED. THE ISSUE WAS MUCH MORE THAN A SIZE. IT WAS AN ISSUE OF NOT LOVING MYSELF. IT WAS AN ISSUE OF SELF HATRED. IT WAS AN ISSUE OF NOT FULLY UNDERSTANDING HOW GOD SEES ME. THE SOLUTION IS NOT A SIZE, WEIGHT, A MAN. "IT IS FOUND IN MORE DEEPLY UNDERSTANDING WHO I AM AS A CHILD OF GOD."

-WORDS FROM DR. G

FROM BLOG "SIZE 12 IN A SIZE 2 WORLD"

"The more we allow His truth to speak to and shape our identity of who we are, the more we are able to silence the poisoning voices in our head that tell us, "You're not enough." Not good enough. Not thin enough. Not successful enough. The list is endless."

Friend, you were made in the image of your Creator to reflect Him and bear His image. Your Heavenly Father looks on you with favor, and you are perfectly known and perfectly loved. He doesn't criticize you for having thick thighs or for being skinny as a rail. He looks at you and says, "I love you just as you are. I created you, and you are beautiful. When you are harsh with yourself, it harms you. When I look at you, I see my Son who I sent to die for you, and I could never be disappointed with him. I am well pleased with you, my child. Accept His love."

BY BETH MOORE:

Food-related/weight strongholds aren't just about appetites. They are often about real-life needs and wants that have gone unmet and unanswered. They can be about loneliness and emptiness. Those are the kinds of issues to talk to godly counselors about but I want to make sure you know this here and now: **WHETHER OR NOT YOU ARE FREE FROM A STRONGHOLD HAS ABSOLUTELY NO BEARING ON HOW LOVED, ACCEPTED AND CHOSEN YOU ARE BY GOD.** This is about your liberty. Not about your worth. Your value is not wrapped up in this. In fact, accepting your inestimable value to God in advance of a whit of victory will be the single biggest leap toward freedom you will ever take.

Beating yourself over the head with your Bible will never set you free. It will only bruise you. The Word of God bringing life and truth into the heart and mind of a follower of Jesus sets you free. These are the mindsets for demolishing strongholds based on the charge in **2 Corinthians 10:5** ("to destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ"): Choosing to believe and confess that God is well able, that you are well loved, that you can do anything He calls you to do through His power at work within you and that no sin or stronghold has the right to master you. That's why the prayers below are a cross-section of professions rather than a compilation strictly about eating.

Use the prayers below anyway you want but say them aloud as often as you can. It will build up your faith which will build up your strength. After you get the general idea, go dive into your Bible where you will find no end to the verses that you can turn into prayers to profess the power and greatness of God, His love for you and His promises extended through the Lord Jesus Christ. In Romans 8 alone you'll find such a wealth of promises that simply reading the words out loud as professions of your faith will start snapping chains and quaking concrete floors where you feel imprisoned.

DEAR HEAVENLY FATHER:

My Father, great are Your works! They are pondered by all who delight in them. Glorious and majestic are Your deeds, and Your righteousness endures forever. You have caused Your wonders to be remembered; You, Lord, are gracious and compassionate. **(PSALM 111:2-4)** The works of Your hands are faithful and just; all Your precepts are trustworthy. They are steadfast for ever and ever, done in faithfulness and uprightness. **(PSALM 111:7-8)**

DEAR HEAVENLY FATHER:

Father, so often I feel like the boy's father who first exclaimed, "I do believe!" then in a flood of sincerity cried out, "Help me overcome my unbelief!" **(MARK 9:24)** Please help me to overcome my own unbelief, Lord, so I can start taking You at Your Word.

DEAR HEAVENLY FATHER:

Sovereign Lord, Your hand has made heaven and earth, and through You they came into being. Your Word says, "This is the one I esteem: he who is humble and contrite in spirit, and trembles at my word." **(ISAIAH 66:2)** Father, I can hardly imagine being someone You esteem, but I sincerely want to be! Make me that kind of person through the power of Your Holy Spirit, Lord.

DEAR HEAVENLY FATHER:

Father, according to Your Word, in his pride the wicked does not seek You; in all his thoughts there is no room for You. **(PSALM 10:4)** Please help me to always make room in my thoughts for You, God. Don't allow me to continue on in pride that stops me from seeking You.

PRAYERS CONT.>>>

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BIBLICAL ENCOURAGEMENT TO SEE YOURSELF IN GOD'S IMAGE.

DEAR HEAVENLY FATHER:

Father, You have promised that if Your people, who are called by Your name, will humble themselves and pray and seek Your face and turn from their wicked ways, then will You hear from heaven and will forgive their sin and will heal their land. (2 CHRONICLES 7:14) Please help me to understand that corporate revival begins with personal, individual revival. Help me to humble myself and pray and seek Your face and turn from my own wicked ways. Thank You for hearing me from heaven and forgiving my sin and bringing healing to my heart.

DEAR HEAVENLY FATHER:

Father, I don't want to be like the ancient Israelites who were not able to enter the Promised Land "rest" because of their unbelief. (HEBREWS 3:19) Help me to believe You and follow You to the place of Your promised land in my own life.

DEAR HEAVENLY FATHER:

Lord, without You I would be foolish, disobedient, deceived, and enslaved by all kinds of passions and pleasures. I would live in malice and envy, being hated and hating others. (TITUS 3:3) I don't want that kind of life, God! I want to live life in the power and fullness of Your Spirit.

DEAR HEAVENLY FATHER:

I praise You, Lord, with all my soul, and I desire never to forget all Your benefits—You, Lord, are the one who forgives all my sins and heals my diseases, who redeems my life from the pit and crowns me with love and compassion, who satisfies my desires with good things so that my youth is renewed like the eagle's. You, Lord, work righteousness and justice for all the oppressed. (PSALM 103:2-6)

DEAR HEAVENLY FATHER:

"Everything is permissible for me"—but not everything is beneficial. "Everything is permissible for me"—but I desire not to be mastered by anything. (1 CORINTHIANS 6:12) Lord God, help me to recognize and discern what is not beneficial for me. Help me to see that authentic liberty is being free to do certain things and free not to do others.

DEAR HEAVENLY FATHER:

In view of Your mercy, Lord, I offer my body as a living sacrifice, holy and pleasing to You, God. This is my spiritual act of worship. I desire not to be conformed any longer to the pattern of this world, but to be transformed by the renewing of my mind. Then I will be able to test and approve what Your will is—Your good, pleasing, and perfect will. (ROMANS 12:1-2)

DEAR HEAVENLY FATHER:

Lord, I have too long given the devil a foothold. (EPHESIANS 4:27) Please help me to stop offering him so many opportunities to bring defeat into my life. Your plan for me is victory.

DEAR HEAVENLY FATHER:

God, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which You have called me heavenward in Christ Jesus. (PHILIPPIANS 3:13-14) Help me to forget all past failures or even achievements and to focus on pressing forward with You now. Lord Jesus, I can do everything through You because You give me strength. (PHILIPPIANS 4:13)

DEAR HEAVENLY FATHER:

Lord, though I live in the world, I do not wage war as the world does. The weapons I fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. Your power can demolish arguments and every pretension that sets itself up against the knowledge of You, God, and take captive every thought and make it obedient to Christ. (2 CORINTHIANS 10:3-5) Enable me, Lord! Help me not just to read it and say it, but to believe it and do it!

DEAR HEAVENLY FATHER:

Show me Your ways, O Lord, teach me Your paths; guide me in Your truth and teach me, for You are God my Savior, and my hope is in You all day long. (PSALM 25:4-5)

DEAR HEAVENLY FATHER:

My all-powerful God, enable me to stand firm, with the belt of truth buckled around my waist and with the breastplate of righteousness in place. (EPHESIANS 6:14) Help me to understand that without the girding of truth, I am defenseless against the devil. Truth is my main defense against the father of lies.

DEAR HEAVENLY FATHER:

Lord, according to Your Word, what a man desires or craves deeply is unfailing love. (PROVERBS 19:22) Every other use of the words unfailing love in Scripture is attributed to You alone. You are the only one capable of perpetually unfailing love. Help me to understand that my deep cravings for someone to love me with that kind of love were meant to be satisfied in You alone. Thank You, Lord.

DEAR HEAVENLY FATHER:

Father, Your Word says that a person who lacks self-control is like a city whose walls are broken down. (PROVERBS 25:28) Sometimes I feel like there is so much rubble, I can't rebuild the wall. (NEHEMIAH 4:10) Your Word claims that You are the Repairer of Broken Walls, and the Restorer of Streets with Dwellings. (ISAIAH 58:12) Please introduce Yourself to me by these wonderful names and rebuild the rubble in my life.

DEAR HEAVENLY FATHER:

Lord God, I acknowledge that it is for freedom that Christ has set me free. Your desire is for me to stand firm, then, and not let myself be burdened again by the yoke of slavery. (GALATIANS 5:1) Help me, Lord. Empower me.

DEAR HEAVENLY FATHER:

Lord, I can find great encouragement in knowing that many believers, weak in their natural selves, have walked faithfully and victoriously with You. (HEBREWS 11) Therefore, since I am surrounded by such a great cloud of witnesses, help me throw off everything that hinders and the sin that so easily entangles, and help me run with perseverance the race marked out for me. Help me fix my eyes on Jesus, the author and perfecter of my faith, who for the joy set before Him endured the cross, scorning its shame, and sat down at the right hand of Your throne, O God. (HEBREWS 12:1-2)

DEAR HEAVENLY FATHER:

Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me. (PSALM 142:6) Lord, an important part of my victory will be admitting that without Your complete intervention, my oppressor is too strong for me. I am unable to be victorious without You. Come and rescue me with Your mighty hand

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