



BESTWEIGH

Class 3

HELP IS HERE—NOW!!!

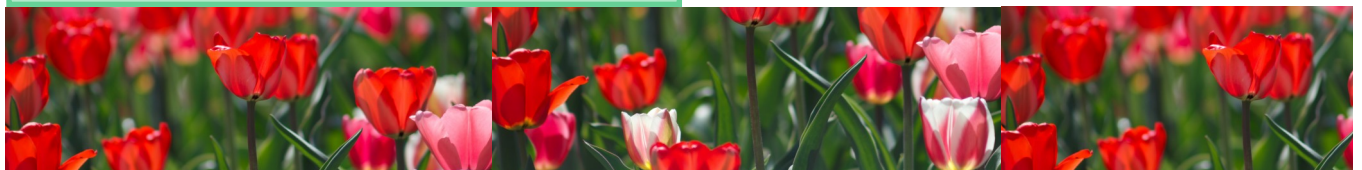
“Every one of us may know that there is a power working with our efforts to overcome. Why won’t men and women lay hold upon the help that has been provided, that they may become elevated and ennobled? Why do they degrade themselves by the indulgence of perverted appetite? Why do they not rise in the strength of Jesus, and be victorious in his name? The very feeblest prayer that we can offer, Jesus will hear. He pities the weakness of every soul. Help for every one has been laid upon Him who is mighty to save. I point you to Jesus Christ, the sinner's Saviour, who alone can give you power to overcome on every point.” *Ellen White*

MOTIVATION CHECK LIST

Why do you want to lose weight?

(Check all that apply and add some of your own)

1. ☐ For better health
2. ☐ To look better
3. ☐ To live longer
4. ☐ To fit into my clothes
5. ☐ For the sake of my spouse
6. ☐ For the sake of my children
7. ☐ Because my body is the temple of God
8. ☐ To please God
9. ☐ _____
10. ☐ _____
11. ☐ _____
12. ☐ _____



Is God Interested in You Losing Weight?

You may consider the following questions to be true, false, you don't know, or don't have an opinion. Please mark the statements as being true (T), false (F), don't know (?), or no opinion (N).

1. ___ God is concerned about me being overweight or obese.
2. ___ Weight loss is something I will just have to do on my own if I want to have success.
3. ___ I believe that God may help me to a limited extent if I want to lose weight but most of the effort is still up to me.
4. ___ I believe that God will only help me lose weight if I affiliate with a church somewhere.
5. ___ Perhaps God will help me lose weight even if I haven't had a particularly close relationship with God up to this point in time.
6. ___ I would be very surprised if I had success in losing weight after asking God for help.
7. ___ If God helps me lose weight, it would be reasonable for me to ask God for help every day—probably before I eat anything at mealtimes.
8. ___ If God helps me lose weight I would want to continue my relationship with God.
9. ___ Will God help an atheist or agnostic lose weight if that person asked God for help as kind of a test to see if God was real or not?
10. ___ If God helps me lose weight, there are some other problems I want Him to help me with.
11. ___ I am willing to give this a try for 1 week and see if I have more success than usual by asking God to help me lose weight.

Here I am God. I come boldly in my bigness. You offer me grace to become what you want me to be. Save my soul. Save my body. Please give me help. I need it now, 5 minutes from now and for the rest of today. May today be a good day for losing some fat. I ask this in Jesus name who is my example. Amen.

Lord I am sick. I really am. I feel alright some of the time but I know that my blood pressure is up, my sugars are high, my cholesterol is elevated, and I am fat. I am a disaster just waiting to happen. I am killing myself by all I am eating. I can't control my self any more. Save me from myself. Don't let me die young. Keep me alive. Help me get this weight off. Make all my blood chemistries come back to normal as I lose weight. Please make me healthy as I lose this weight. Make me thin like Jesus was. Amen

My father in heaven you are great and wonderful. Give me just what I need to eat today. Don't let me see or be overcome by food temptations. Deliver me from the evil of an indulged appetite. You have the power and I need some of it in my life today. Thank you for Jesus who taught us to pray these simple prayers to you. Help me to live in His strength today. Amen.

Oh Lord, I am tempted on all sides. The sight of food, the smell of food, the beautiful dishes of food, the sound of food cooking, all just set my saliva to flowing. Help me with temptation today. Give me something else to think about. Help me to just keep walking on by. Help me not to nibble. I don't know how skinny people can just walk by all this food and never give it a thought. I will need special help to resist temptation today. Give me the strength you gave Jesus to resist temptation. I really need it today. Amen.

REMINDER



I lost my temper today Lord and I comforted myself by eating. Help me to look to You and not to food for comfort. I have a lot to learn about trusting You in all situations. Help me to stay in control so I won't be tempted to look to food for comfort. You have to help me God as I can't do this by myself.

God, I have failed. I ate more than I should have. You have been helping me up to now but I deliberately ate more than I should even though I knew I didn't have to. This is not a good pattern to follow. I want to get back on the wagon once again. Help me to do better with this meal and the next meal. Give me the strength to say NO when I should.

EXERCISE REMINDER

Walk for 30 minutes five days this next week. Get soft soled shoes if you haven't so far. Your speeds will gradually increase. Any soreness of muscles will disappear this week. You will come to enjoy these walks. Walk outside if the weather permits. Keep score.

PROGRESS CARD REMINDER

It is best if you carry your progress card with you at all times. Fill it in as the day progresses and total it up at the end of the day. Don't miss a day of record keeping. Turn in your completed cards to your group leader at the end of each session.

READING REMINDER

Spend time meditating on the truth of the scriptures you read. Look up and contemplate on some of the Bible texts in the list of Supplemental Strength from Scripture verses. Ask for a Bible if you don't have one.

EATING LESS REMINDER

Don't eat that food you were going to avoid. (You get it once a week without penalty.) Eat less at meals. It is more effective to eat less at the evening meal when you are going to go to sleep anyway. You don't need those calories if your aren't going to be exercising.

Meal time again Lord. I can't go even one meal without eating more than I should. I really need your help in controlling my appetite. This is a test of your reality and your concern for me personally. Successful weight loss will be your doing and not mine. Help me to say no when I have had enough.

Lord, I want you to be first in my life. Help me to truly put you first in everything. I don't want to lose you just because I can't give up excess food. You must be first and food must be second. This is a tough lesson I need to learn every day. You are first today Lord! Help me keep it that way all day. Amen

NEW DIRECTIONS

It is always wise to prepare for emergencies. It is good to practice what your response will be when you face a difficult situation. The same is true in the area of appetite control. You need to prepare for how you will behave at mealtimes. You need to prepare actions for times of crisis.

In this exercise think about what you will pray under various circumstances. It is helpful to write out your own personal responses to anticipated future situations. You will be more likely to have continued success if you plan ahead.

When you pray, what will you say:

Before eating a regular meal? _____

When you skip a meal? _____

When temptation strikes for a snack? _____

When you really want a second helping? _____

When you crave the food items to avoid? _____

When you want to give up on losing weight? _____

When you have success in eating less at lunch? _____

When you are too tired to walk—but you need to? _____

Once your weight loss will be evident to all who see you? _____





Scripture Strength

Class

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1. **Anxiety:** Psalms 94:19 _____

2. **Temptation:** Matthew 4:1-4 _____

3. **Asking:** Ephesians 3:20 _____

4. **Power:** Ephesians 3:16 _____

5. **Strength:** Psalms 29:11 _____

6. **Thanksgiving:** Colossians 4:2 _____

7. **Praise:** Psalms 142:7 _____
