



Meant For Majesty

Weekly Summary Thought

Many things contribute to my tendency to eat when my body isn't calling for food. Discovering those things can help me relate to food and my body as God intends.

Our God is so wonderful! Our bodies are truly amazing masterpieces, designed for so very much! We are here for a Divine purpose and to fulfill God's heavenly plan. In this there is such joy! He has purposed that you will not be anxious about food, eating and your body. He will move you blessedly beyond all of that! As you continue to walk the Path of God's Provision, you will experience the blessing of His grace. His grace is a wonderful pardon and so much more! It is also a provision, a power and a blessed Presence of His Holy Spirit resident within *you!*

Assignment:

- Read Days 6-10 in Thin Within.
- Complete your study guide questions before attending your group meeting.
- Pray for yourself and for your group members as God so leads.

For the Leader:

Your group participants had an opportunity last week to wait for physical hunger. It probably became clear, however, that there *are* other factors at work that draw us to food. As we investigate and expose these, we can begin to fight against these tendencies! This is a wonderful discovery and it will unlock many possibilities for your participants.

Crowd Breaker: Ask each group member to go around the circle sharing their favorite person from the bible and why.

Sample prayer: Dear Lord, thank you that our bodies are so amazing. Please open our eyes to see all the reasons we are drawn to food. Give us strength today. We invite you to reveal the Truth to us during our time today. In your Precious Name, Amen.

Week Two Thin Within Study Guide

Heidi Bylsma Filename: SG Week 2

- 2 -

- **Looking Back**

1. Last week, as you waited for physical hunger, what did you discover? What did physical hunger feel like:

- Emotionally? _____

- Physically? _____

- Spiritually? _____

2. How do you feel about these discoveries? _____

*What you may have discovered last week is that many factors are actually at work drawing you to food when you aren't feeling physical hunger! Hopefully, you began to define for yourself what physical hunger does, in fact, feel like! If not yet, then continue to persevere! It will come with time, prayer and determination! This week, we will expose many of the factors that do, in fact, draw us to food when we aren't hungry. We will also discover what **will** meet the needs of our hearts and souls in that place of need, instead. The answer, of course, is a wonderful, vital relationship of intimacy with our God!*

- **Scriptural Focus: God desires and initiates intimacy with me!**

*¹ "Come, all you who are thirsty, come to the waters;
and you who have no money, come, buy and eat!
Come, buy wine and milk without money and without cost.*

Week Two Thin Within Study Guide

Heidi Bylsma Filename: SG Week 2

- 3 -

*² Why spend money on what is not bread,
and your labor on what does not satisfy?*

*Listen, listen to me, and eat what is good,
and your soul will delight in the richest of fare.*

³ Give ear and come to me; hear me, that your soul may live.

*I will make an everlasting covenant with you,
my faithful love promised to David.*

- Isaiah 55:1-3

A wonderful truth found throughout the pages of scripture is that our Great God and King, the Master and Creator, the one Who is so powerful and Sovereign, is also intimate and personal with me, with you, with each of us! Somehow, this matchless God of ours cares about the details of my life, of your life! As I respond to His love and desire for intimacy with me, amazing possibilities unfold!

- **Scriptural Focus Questions**

1. What is the condition of the person to whom this passage is written? _____

2. Describe any ways at all in which you find yourself hungering and thirsting. What are you hungering and thirsting for? _____

Week Two Thin Within Study Guide

3. God is so loving. He did not send His Son into the world to condemn you. (John 3:17) Consider ways that you know, in your heart of hearts, you try to satisfy your hunger and thirst with that which doesn't satisfy, that which isn't really bread. Please resist allowing the enemy to make you feel condemned! That is not what this is for! _____

4. Fill in the blanks in the second column based on Isaiah 55:1-3. Use the New Testament references to fill in the last column.

Isaiah 55 Verse	Statement or Need	New Testament Verse	What supplied and by Whom
1	Come, you who are _____.	John 4:14	
2	Listen and _____ what is good and your _____ will _____ as in the richest of fare.	John 6:35	
3	Give ear and _____ to me that your _____ may _____.	Matthew 11:28-29	

5. Go back to the Isaiah 55:1-3 printed in the Scripture Focus at the beginning of the lesson. Circle each time you see the word "Come." How many times is this invitation issued in these three short verses? _____

6. Who is it that says "Come?" _____ Who is it He says it to? _____

Week Two Thin Within Study Guide

Heidi Bylsma Filename: SG Week 2

- 5 -

7. In this day of hidden catches and “freebies” that really aren’t free, what is a recurrent theme throughout these three verses? What cost is there to *me* to receive the blessings promised if I will come to Him? _____ Write down the phrases that give you the indication that this is so. _____

8. Why has God offered to satisfy me for free? Why has God promised to give life to my soul without cost? Why has God promised that my soul will delight? Why has He promised to love me? Because of His _____
_____ promised to David (from verse 3). What does this mean to you personally? _____

9. List or describe as many practical ways as you can to respond to God’s wonderful invitation to come, eat, drink from what He supplies. _____

10. Can you think of anything that would keep you from coming to Him to receive all the blessings that He has offered? Use the space below to journal a prayer to the Lord, committing yourself to turning to Him in that place of need or asking Him to make you willing to do so. _____

Week Two Thin Within Study Guide

Heidi Bylsma Filename: SG Week 2

- 6 -



Last week, did you discover that waiting for physical hunger before starting to eat was a bit more challenging than you thought? You may have found that there were tendencies to be drawn to food even when you weren't hungry, for instance, when you were feeling stressed, lonely, bored, emotional or any number of other things! This week, the keys we have chosen to focus on are:

☞ **Key #2 Eat in a calm environment by reducing distractions.**

☞ **Key #3, Eat while sitting.**

*As you apply yourself to using these two keys (as well as the others!), you can begin to gain a more purposeful approach to your food. In the scripture focus we just studied, we saw that sometimes we “eat” what doesn't really fill the need. We “drink” when our **soul** is actually in need. If you take the time to remove distractions and to be calm and seated when you eat, you will have a chance to sort through whether or not it is truly physical food you need or if your soul is thirsty or hungry instead. Food won't satisfy the thirsty or hungry soul! Only the bread and drink that our Lord offers, as we have seen, can do that so well!*

👁 **Focus Task**

Stop eating when you find yourself at the “comfortable” mark or “5.”

Continue to eat only when you are physically empty or at a “0.”

- **Thin Within Book Focus Questions**

Week Two Thin Within Study Guide

Heidi Bylsma Filename: SG Week 2

- 7 -

Use the material in the *Thin Within* book to respond to the following questions. These may be done concurrently to your own reading of the material or after you have read all of the material. Whichever works best for you!

Day Six

1. Describe what “Fat Machinery” or “Flesh Machinery” is.

2. What are four categories of “Flesh Machinery.”

1. _____
2. _____
3. _____
4. _____

3. Which of these have you experienced in your life this week? Circle it/them in your answer above.

Day Seven

3. What did you discover about your emotions and how they relate to your eating?

4. What are three questions you can ask yourself when you are faced with a desire to eat and you know emotions or some other form of “flesh machinery” may be playing a role?

1. _____
2. _____
3. _____

Day Eight

Estelle Shares

Part 4

At the workshop, I looked at what is motivating me to put more food into my body than it needs. I saw it was a coping mechanism. I tend to go to food for comfort. So now I go to God and tell Him I should have come to Him first, before eating. He is always there, ready to forgive me. I need to receive His forgiveness instead of getting stuck in the cycle where I think, *Since I have eaten too much, I may as well eat more.*

Week Two Thin Within Study Guide

5. What did you discover about the way your beliefs have affected the way you relate to food, eating and your body? _____

6. What is the fourth question you can ask yourself when you wonder if “Flesh Machinery” is a part of what is drawing you to food? _____

Keep track of any time that you use any of the four questions or another strategy to help you derail your “Flesh Machinery!”

Day Nine

7. How does the way you react to trials affect your eating and the way you relate to your body? _____

8. What are God’s intentions for the trials that come into your life and how can knowing this derail “Flesh Machinery?” _____

Day Ten

9. How does the way you react to your failures affect your eating and the way you relate to your body? _____

Week Two Thin Within Study Guide

Heidi Bylsma Filename: SG Week 2

- 9 -

8. What are God’s intentions for the failures that you experience and how can knowing this derail “Flesh Machinery?” _____

- **Week Summary**

*Our marvelous and wonderful King and God can take anything in our lives—anything at all—and spin it to gold. He is a Master! The Supreme Magician! He uses no sleight of hand or deception, but works purely and completely with a heart given over to Him. He will even bless the heart that is **willing to be made willing**. Precious child of God, offer Him all of your broken dreams, heartaches, mistakes and tears. He will be sure that each is used to glorify Him and to form and shape your character, bringing forth joy bubbling up from deep within you!*

Use the lines that follow to journal or write prayer requests or answers to prayer that occur during the week. Feel free to personalize this guide, making it personally your own chronicle of your journey to freedom!
