Healthy Eating & Abundant Living
Group resources actually work!

This Group resource incorporates our R.E.A.L. approach to ministry. It reinforces a growing friendship with Jesus, encourages long-term learning, and results in life transformation, because it’s

Relational
Learn-to-learner interaction enhances learning and builds Christian friendships.

Experiential
What learners experience through discussion and action sticks with them up to 9 times longer than what they simply hear or read.

Applicable
The aim of Christian education is to equip learners to be both hunters and shepherds of God’s Word.

Learner-based
Learners understand and retain more when the learning process takes into consideration how they learn best.

Healthy Eating and Abundant Living

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Visit our websites: group.com and group.com/women

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10 9 8 7 6 5 4 3 2 1 20 19 18 17 16 15 14 13 12

Printed in the United States of America.

Please note that it is important to consult your physician anytime you begin a new health or exercise program. This resource and the information contained within this resource are not intended to replace a one-on-one consultation with a medical physician. Medical issues and certain medications can often interfere with your weight and overall health, so we encourage you to seek professional medical advice.
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Introduction

Welcome to the Healthy Eating and Abundant Living journey, a movement of women like you who are courageously rising above the strongholds of food, eating, and body image and choosing to walk upon the unbeaten path toward living a fulfilling life of health, love, joy, friendship, and service.

When it comes to the areas of food, eating, and body image, many women are desperate for healing. We’re a generation of women obsessed with what we’re going to put into our mouths and the number that’s going to show up on the scale. We have a love-hate relationship with food, fashion, and our reflection. Because our bodies don’t feel “good enough,” we don’t feel good enough. We try to control the craziness in our lives by controlling our eating, or we escape it all by stuffing ourselves sick. We’re blessed with an abundance of food we don’t know what to do with. We feel empty, lifeless, stuck, and desperate for more. But this isn’t the life we’ve been created for! The woman God designed you to be can be healed and made whole in body, mind, and spirit. The truth is that we are loved.

Because of this love, we have hope. We have a God who wants to heal us and restore us to be the women he created us to be. As you open your heart to be healed by his love, you’ll find yourself joyfully living in more light than you ever dreamed possible. You will have the joy of seeing your body, mind, and spirit transformed from within, as God tenderly molds you into the beautiful woman he’s created you to be. May you embark on this journey with a newfound hope for healing, with God as your confidence, healer, and friend.

Allie and Judy
Endorsements

Allie Marie Smith has put together a wonderful plan for a healthy life. Having raised three daughters and listened to the pain of hundreds of others, I can’t think of a more practical resource than Healthy Eating and Abundant Living. This is more than a book with great insight, it’s a God-honoring experience to read, reflect, and react to establish a proper foundation for living life to the fullest. This material is written by someone who definitely knows and understands the issues of young women in this generation.

Jim Burns, Ph.D.
President, HomeWord
Author of Teaching Your Children Healthy Sexuality; The Purity Code; and 10 Building Blocks to a Solid Family

Our world offers band-aids to the yearnings we feel deep within, yearnings that only true understanding of God’s love and acceptance can quench. In her first book, HEAL, Allie will help you identify your hurts and hungers so you can bring them fully to Christ, where every craving finds complete fulfillment. Allie has walked this path and will guide you in the right direction!

Andrea Stephens
Author of Glamour Girls and founder of the B.A.B.E. Event for teen girls

What a delightful partnership between Allie and Judy—youthful commitment combined with proven wisdom! In this book you will find an abundance of both. This book sees women as whole people and offers realistic help to them in practical ways. No crazy diets to follow, no super-spiritualized advice given. Just straightforward and hopeful talk about the issues that plague so many in our culture today. In helping women explore the underlying issues that drive them to food without undue navel-gazing, this work approaches the issues of disordered eating, body image, and cultural pressure in such a way that individuals and small groups who use it will find a path to help and healing. I will certainly be recommending this book in the future.

Travis Stewart, LPC, MATS
Ministry Relations, Remuda Ranch
Co-founder of the True Campaign

If you want to experience true freedom, balance, and the abundant life God has dreamed for you, then you will love this study! Packed with wisdom, insight, and encouragement, HEAL will guide you in becoming the shining star God designed you to be!

Christina DiMari
Author of You’re Designed to Shine and Ocean Star
HEAL is a much needed book for so many women I have crossed paths with—women who are literally starving for love, hope, and true identity. The freedom and encouragement found within these pages provide all of us with a breath of fresh air and a newfound joy for the journey of healing ahead. Practical, fun, full of wisdom, personal stories, and hope for healing, HEAL is a must-read for all women!

Nicole Bromley
Speaker and author of Hush: Moving From Silence to Healing After Childhood Sexual Abuse

In a market glutted with books that capitalize on the epidemic of eating and body image issues among women, it is refreshing to come upon material that clearly puts the reader first. The fresh voice of Allie Marie Smith, combined with the seasoned perspective of Judy Halliday—a pioneer in Christ-centered approaches to eating issues—makes for a comprehensive yet practical tool for all who seek freedom from the tyranny of the scale.

Constance Rhodes
Founder and CEO, FINDINGbalance
Author of Life Inside the “Thin” Cage: A Personal Look Into the Hidden World of the Chronic Dieter

Whether [you are] a binge eater, restrictive eater, or somewhere in between, HEAL provides the insight and tools to help establish a healthy relationship with food. Written clearly and concisely, it will inspire women of all ages to appreciate, respect, and care for their uniquely designed, God-given bodies.

Ann Capper, RD, CDN
Nutrition Editor, FINDINGbalance.com
Author of Big Thighs, Tight Jeans: Should Jane Go on a Diet?
How to Use This Book

This “guide to a fabulous life” is designed to be done with a small group of four to ten girls or women. (And let us just say right now, we refer to women of all ages as “girls,” so no matter how young or old you are—we’re talking to you!) You can also go through this guide without a small group if you prefer.

If you have a group larger than this, we encourage you to break into smaller groups during your weekly meetings. There are six lessons total, which include both a personal study section (that you do yourself) and a group study outline (that you do with others). It’s up to your group to decide if you’d like to do the study in six weeks or span it out across 12 weeks—whatever works best for your group’s schedule and needs!

We encourage you to work through each lesson at your own pace. We’ve found it works great to spread the personal lesson out over the week, giving you plenty of time to absorb the material and not feel rushed or overwhelmed.

When you gather with others for the group portion, we recommend having one or two facilitators, depending on the size of your group. You can always break into smaller groups of four or five, each one with a facilitator, to make the sharing time more personal and allow everyone a chance to talk. Each girl needs her own copy of this book so she can journal in it and make it her own!

Accountability and friendships are a core part of the HEAL journey, and our hope is that you embrace this wholeheartedly. Our desire is that this will be a place where you feel welcomed, safe, and valued. We ask that you treat your sisters as you’d like to be treated—with respect and keeping confidential all the information that’s shared. We’re so excited for you to join us on this life-changing venture and pray that God will shine his face upon this freedom-filled journey.

Accountability Moments

Throughout each individual lesson you’ll come across a box that says “Accountability Moment.” Every time you reach this road mark, we encourage you to give one of your sisters on the HEAL journey a call. Keep it short—maybe around 5 to 10 minutes. If you’d like to talk longer, consider meeting up for a walk or a cup of coffee. This is a chance for you to focus on encouraging someone else, which includes listening to her and praying for her. This is also a chance to bring to light anything you are struggling with yourself and ask for support and prayer. It’s up to your group to decide if you’re going to have the same accountability partners each week or mix it up week by week.
Each session includes a blank page. This is your creative or free space to enjoy as you like! Make a collage, journal, write down verses, or draw a picture. It’s up to you!

The HEAL Principles

• HEAL is a shared journey.

“Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!” (Ecclesiastes 4:9-10)

Our struggles with food and our body tend to be at their worst when we’re isolated or surrounded by a negative community. Authentic healing requires you to consciously step out of the darkness and into the light. Much of this light awaits you in a community of like-minded women who are also walking toward freedom in this area of their lives. You’re not alone. You have a God who loves you and wants to see you through this and bring his children to encourage you as you begin to cultivate a positive approach to food, your body, and life.

• HEAL is centered on God, not ourselves or worldly wisdom.

“So whether you eat or drink or whatever you do, do it all for the glory of God.” (1 Corinthians 10:31)

HEAL is a Christ-centered program—one that is grounded in God. Built upon biblical wisdom, HEAL encourages you to bring God into your daily interactions with food while also allowing him to heal the deepest hungers of your heart. You’ll learn how to take your eyes and hearts off of food and fix them upon the Lord. Experience has taught us that we need something bigger than ourselves to heal and restore us—because we can’t do it on our own. Girls are encouraged to surrender their food and body struggles to God, believing that it is his desire to restore and heal them as his daughters.

• HEAL offers a freedom-filled approach to food.

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” (Galatians 5:1)

On your HEAL journey you’ll be challenged to give up restrictive eating, calorie counting, weighing and measuring, and other diet-like practices as you learn how to approach food with freedom and confidence. Dieting only intensifies your focus on food, your body, and yourself. HEAL teaches that the key to both reaching and maintaining your God-mandated (not media-mandated) size is to become aware of and obey your stomach’s hunger and fullness cues. This sets us on the path toward reaching our natural, healthy, and God-given size.
• HEAL is a lifestyle.

“Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.” (Philippians 1:6)

HEAL is not a diet. It is a lifestyle of inward transformation and lasting change that you can carry with you for the rest of your life. We are continually changed from within as we surrender our lives to Jesus and allow him to continue the good work he has begun in each of us.

• HEAL is about living an abundant life.

“I have come that they may have life, and have it to the full. I give them eternal life, and they shall never perish; no one can snatch them out of my hand.” (John 10:10, 28)

HEAL is dedicated to inspiring you to live a more meaningful and abundant life.

Many diet programs lead you on to think that once you have your ideal body, you will have the perfect life. This is a lie! We’ve been created for so much more, and HEAL inspires you on this journey toward truth and transformation. It’s time to step away from the words of the world and embrace the words of the Father. We have to get our eyes, hearts, and thoughts off of food and on to a deeper relationship with God. You need to trust and know that the plans God has in store for you are plans to prosper you and not to harm you—to give you a hope and a future. He has created you with unique beauty, gifts, talents, and experiences. He longs to see you used to love and serve the world around you. This is the abundant life he has for you.

Now, let’s get started, girl! We’re so glad you’re here!
Psalm 139

1 O Lord, you have searched me and you know me.
2 You know when I sit and when I rise; you perceive my thoughts from afar.
3 You discern my going out and my lying down; you are familiar with all my ways.
4 Before a word is on my tongue you know it completely, O Lord.
5 You hem me in—behind and before; you have laid your hand upon me.
6 Such knowledge is too wonderful for me, too lofty for me to attain.
7 Where can I go from your Spirit? Where can I flee from your presence?
8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there.
9 If I rise on the wings of the dawn, if I settle on the far side of the sea,
10 even there your hand will guide me, your right hand will hold me fast.
11 If I say, “Surely the darkness will hide me and the light become night around me,”
12 even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.
13 For you created my inmost being; you knit me together in my mother’s womb.
14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
15 My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth,
16 your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.
17 How precious to me are your thoughts, O God! How vast is the sum of them!
18 Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you.
19 If only you would slay the wicked, O God! Away from me, you bloodthirsty men!
20 They speak of you with evil intent; your adversaries misuse your name.
21 Do I not hate those who hate you, O Lord, and abhor those who rise up against you?
22 I have nothing but hatred for them; I count them my enemies.
23 Search me, O God, and know my heart; test me and know my anxious thoughts.
24 See if there is any offensive way in me, and lead me in the way everlasting.
ONE: You Are Wonderfully Made

Personal Study
Remember, you don’t have to do the entire personal study section in one day. Take your time. Reflect. Journal. Let the words really sink in!

You Are Wonderfully Made
If there’s one truth every girl longs to know, it’s that she is wonderfully made. I still remember the time I came across the verse in Psalm 139 containing this truth. It was like I’d finally found what I was looking for, like something I’d been longing to hear my entire life was spoken to me and I could finally rest easy, secure in the truth behind those two words.

We are hungry to know that we are wonderfully made—to know that we’re esteemed, of high value, beloved, and set apart. When we don’t know and experience the freedom offered in this truth, we turn to things that promise to fill this void—food, false intimacy with guys, perfectionism, a hot body, an eagerness to please. We give ourselves away because we don’t know who we are or to whom we belong.

You Have a Maker
Being wonderfully made means that you have a Maker—a Maker who made you and made you beautifully; a Maker who loves you and knows you, has amazing plans for you, and longs to reveal to you your value and worth as his daughter. Walking in the truth that you’re wonderfully made is not only the key to experiencing authentic healing in your relationship with food and your body, but it opens the way to an awesome and abundant life.

God never intended for us to struggle with food and body confidence as we do. He made our bodies perfect in his image. Genesis 1:27 says, “So God created man in his own image, in the image of God he created him; male and female he created them.”

As little girls, many of us were blind to what the world had to say about our bodies. We didn’t know that one day we would be pressured to look a certain way. Our bodies were simply a way to explore the wonders of the world—bodies were for twirling and skipping and laughing out loud. But as we ventured from the innocence of our youth, the world began to tell us otherwise. It told us that the shape of our bodies reflects the level of our worth. That place of girlhood freedom we’ve left behind is where God still intends for us to live, and to live abundantly—to live in freedom and confidence, content in the way our bodies have been made.
What would it be like to live in a state of “girlhood freedom”—to live with joy and confidence, content and at peace with your body? Describe your thoughts and feelings about this kind of mindset.

Reflect on the people, events, or circumstances that may have influenced how you currently view your body and relate to food.

What does it mean to you to know that you are fearfully and wonderfully made?

Fashioned by the Hands of God

Of all God’s creations, we are his masterpiece. Psalm 139:13-14 says, “For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

As I was babysitting my friend’s 7-week-old little girl one night, I marveled at the incredible way God created her. It was amazing to think that at one time I’d been a little baby just like her. We are God’s little miracles—his children, wholly and dearly loved.

Ephesians 2:10 says we are “God’s workmanship.” Knowing that we are fearfully and wonderfully made by his hands, we can trust that God knew what he was doing when he gave us the natural signals of hunger and fullness. These signals will be your internal compass on your HEAL journey that can guide you toward or help you maintain the size you were designed to be.

Psalm 139:15 says, “When I was woven together in the depths of the earth, your eyes saw my unformed body.”

Meditate for a few minutes on what this verse is saying. What do you think it means that God’s eyes saw your unformed body?
A Breath of Fresh Air
On the HEAL journey, you are challenged to do away with “worldly” ways of thinking about food and your body. These are the messages we see and hear around us each day through the media, through conversations with others, and through our overall environment. As you embark on this new journey and begin to rely on God for guidance as you eat and live, you’ll be liberated from diet rules, emotional eating, compulsive exercise, and other prisons that may have consumed you. This is a freedom-filled approach to food.

To experience authentic healing and restoration, we need to focus on something bigger than ourselves. Healthy Eating and Abundant Living is about bringing God into the center of your life and giving him the struggles with your body, weight, and eating.

One girl on the HEAL journey said, “Although I already had a relationship with God, I never thought about going to him with my struggles with my body and food. It was like it was my thing. But now after HEAL, I can’t imagine going anywhere but to God with this area of my life. I realize now that he is the only One who can heal and restore me.”

• Have you ever tried on your own to change or make peace with your body? If so, what was this experience like?

The Woman God Created You to Be
As you draw nearer to God in every area of your life, he’ll reveal the truth about who you are as his child and guide you into becoming more of the amazing woman he has designed you to be—both spiritually and physically. As you begin to trust God with the way he made your body by obeying your God-given signals of hunger and satisfaction, you will have the joy of seeing your body transformed into its God-mandated (not media-mandated!) size.

• In what ways do you need to learn to trust God regarding the way he’s made you?

• What are some practical ways you can begin to welcome God into every meal and eating experience?
Living in the Light

As daughters of God we are made to live in the light, but too often we opt for the darkness either because it's familiar and safe or because we're ashamed of our secrets.

When it comes to our interactions with food, many of us are experts at hiding things. We wait for everyone to go to bed to begin our midnight binge. We lock the bathroom door, turn on the fan, and run the faucets full blast while we make ourselves throw up. We tell our friends we just ate before we came. But the reality is, while we might be able to hide our secrets from the people in our lives, we can’t hide from God.

In Psalm 139:11-12, David recognizes something about God we too easily forget: “If I say, ‘Surely the darkness will hide me and the light become night around me,’ even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.” Whatever your secrets might be, you can’t fool God.

Jessica, a young woman on the HEAL journey, shares her story of how she tried to hide:

My eating disorder started off innocently. I began to work out a couple times a week and eat a healthier diet in order to look fit for my wedding. Then I lost weight and liked it. A secret obsession began to grow. I developed a fear of gaining weight, so I did everything in my power to prevent that.

I had always suffered from stomach pain after eating, but I never went to the doctor so I just lived with the pain. I finally saw a doctor and was diagnosed with celiac disease, a food allergy to gluten, and was told I couldn’t eat bread, pasta, cookies, pizza, processed foods, salad dressings, cakes, or many of the foods that were a regular part of my diet.

I drastically lost weight, and secretly, I liked it. I began to intentionally starve myself and work out obsessively. I’d wake up at 6 a.m. and make it back before my husband woke up. I’d go again before or after lunch and once more after dinner. Everyone in my life began to notice my unhappiness and drastic weight loss but attributed it to my food allergy. It was a secret curtain I could hide behind. No one would ever know. But I knew and God knew.

It’s in the light that our sin and shame is cleansed and wiped away. We must have bare-naked hearts that can be completely open and honest before God first, ourselves second, and others third.
Take some time with God to lay down the truth and bring to light anything you’ve been hiding or struggling with on your own. Reflect on the areas you’ve kept in the dark, and humbly ask God to meet you in those secret places. Write those thoughts here.

**My reflections:**

Prepare your heart before God. Quiet your spirit. Then pray:

**Dear Jesus,**

I come to you broken and tired from living in the dark. I realize that when I thought I was hiding in the darkness all alone, you were there right beside me. I know now that I am made to live and walk with you in the light. I give you my secrets. I give you my fears. Heal me, restore me, and wipe away my shame. Thank you for the gift of new life, and thank you for the light.

- Be completely honest with yourself. In what areas of your life are you living in the dark? Where do you need healing but fear or shame has prevented this?

Open and Honest

We are going to challenge you to be open and honest with the girls accompanying you on this journey. You are made to live in sisterhood and community with one another and to live in the light with God.
During the time I struggled with anorexia, I was a part of a home group. This one night I was in total despair—weary and tired from trying to control everything. I knew I was going to cry and realized I could either cry alone and keep on hiding my struggle or I could go to home group and be with others in prayer. I fought the desire to keep my struggle hidden and decided to go.

As I walked into the house, one of the leaders asked me how I was doing. The depth of my sorrow came forth and erupted in uncontrollable tears. Everything in me wanted to flee to my safe place of secrecy, where I could live alone, but in utter despair. I fought the temptation with all my strength, because deep down I knew God wanted me there. After worship my friend and another woman who had also struggled with an eating disorder prayed for me. As soon as I stepped into the light, I felt the bondage break. I saw that God had placed people in my life who wanted to walk with me out of the darkness, and I knew that as I stepped into the light, my journey toward healing had begun.

• What struggles with food, your body, or just life are you sharing with those close to you?

Accountability Moment
Remember, now’s the time to call a girlfriend and share with her how things are going—and hear how she’s doing, too.

My reflections:
Made in Intimacy With God

We often don’t recognize that there’s a connection between what’s drawing us to food, the pursuit of perfection (which doesn’t exist!), or whatever we’re filling ourselves with, and our inherent need for intimacy with God. We live in a world that threatens our relationship with God. We are surrounded by counterfeits that claim to be the answer to what our hearts are seeking. But he is the only One who can truly satisfy our hungry hearts.

- In what areas of your life are you tempted to fulfill your need for intimacy apart from God?

- How can you begin to turn to God instead of these counterfeits?

My HEAL Journey

“Commit to the Lord whatever you do, and your plans will succeed.”

(Proverbs 16:3)

It’s time to put the past behind you and move into the present—and take what you’re learning on into the future. Before you meet with your group this week, take some time to journal about your relationship with food and your body at the following places on your journey.

- Where I’ve been…

- Where I am now…

- Where I want to be…
Remember that God wants to tell you the truth about who you are. He wants to see the little girl in you come alive again, to be healed and made whole by his love and to rise up and fill the irreplaceable role on earth he has for you and only you. As you begin to bask in the truth that you are wonderfully made, you will begin to discover where your true value lies, and this truth will set you free.

**Challenge**
This week spend a significant amount of time acknowledging God’s creation around you, shouting praises to God. Think about what it means to be “wonderfully made.”

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**Memory Verse**
“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made.”
(Psalm 139:13-14)
Where I Am
Please take a few minutes to complete the following questionnaire. This will help you evaluate where you are, and as you move forward in your relationship with God, you'll be able to see how you're growing and changing. As you move along in the HEAL journey, you may want to re-evaluate where you are. You can download additional copies of this at www.wonderfullymade.org.

How would you rate the following areas of your life?

1. Health
   0 1 2 3 4 5 6 7 8 9 10
   Poor
   Excellent

2. Energy level
   0 1 2 3 4 5 6 7 8 9 10
   Low
   High

3. Friendships
   0 1 2 3 4 5 6 7 8 9 10
   Unsatisfying
   Very Satisfying

4. School
   0 1 2 3 4 5 6 7 8 9 10
   Unsatisfying
   Very Satisfying

5. Work
   0 1 2 3 4 5 6 7 8 9 10
   Unsatisfying
   Very Satisfying

6. Relationship with God
   0 1 2 3 4 5 6 7 8 9 10
   Poor
   Excellent

7. The degree to which you feel a part of a loving church community
   0 1 2 3 4 5 6 7 8 9 10
   Unsatisfying
   Very Satisfying

8. Productivity
   0 1 2 3 4 5 6 7 8 9 10
   Low
   High
9. **Family relationships**

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10. **How often are you aware of your body’s hunger and fullness signals?**

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11. **What hunger level are you usually at when you begin eating?**

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12. **What hunger level are you usually at when you stop eating?**

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13. **How often are you on a diet or restricting yourself of certain foods?**

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14. **How often do you eat foods you really enjoy?**

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15. **Your weight as a child (under 12 years old) was:**

| Underweight | Natural Weight | Somewhat Overweight | Very Overweight |

16. **While you were growing up, your mom’s weight was:**

| Underweight | Natural Weight | Somewhat Overweight | Very Overweight |

17. **While you were growing up, your dad’s weight was:**

| Underweight | Natural Weight | Somewhat Overweight | Very Overweight |

18. **You most often feel as though you are currently:**

| Underweight | Natural Weight | Somewhat Overweight | Very Overweight |
19. How often do you feel confident about your body?

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20. How often do you weigh yourself?

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<th>2+ times a day</th>
<th>Once a day</th>
<th>2-5 times a week</th>
<th>Rarely</th>
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21. How often do you speak negatively about your body (to yourself and others)?

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22. How often do you think of yourself as a thin person?

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23. What are some of the things you might be struggling with? Please rate the following items:

**a. Depression**

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**b. Alcohol abuse**

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**c. Unhealthy relationships**

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**d. Promiscuity**

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**e. Drug use**

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<td>f. Smoking</td>
<td>g. Starving myself</td>
<td>h. Disliking my body</td>
<td>i. Bingeing and purging</td>
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Welcome to your personal creative space. Reflect on Lesson 1 by journaling, making a collage, or doing whatever you’d like to do!
ONE: You Are Wonderfully Made

Group Study

Open your Bibles (or turn to page 11), and have one person in the group read Psalm 139 aloud as everyone follows along in their own Bibles.

Allow a few minutes for everyone to reflect on this psalm.

• Discuss this beautiful piece of Scripture verse by verse. Write down any insights from your discussion. Try to relate each verse to your relationship with food, eating, and your body.

Important Lessons From Psalm 139

• God is familiar with all our ways.
• We are fearfully and wonderfully made.
• We were made in absolute intimacy with our Maker. Our heart hungers to return to this place of intimacy, peace, and solitude before God.
• God’s eyes saw our unformed body.
Activity—Living in the Light
Briefly take turns sharing your personal experiences regarding your weight, eating habits, and body image. Specifically discuss what you wrote in response to the three reflections from your personal study this week on page 19 under “My HEAL Journey.”

Sharing and Discussion
Use these questions to go deeper in your sharing. Be sure everyone has a chance to talk. (This might mean you need to form smaller groups or pairs.) And remember, what’s shared here is shared in confidence.

• What does being “wonderfully made” mean to you?
• In what areas of your life have you been living in the dark?
• What scares you about living in the light?
• How have you hidden your struggles with food and your body from God and others?
• Reflect on the miracle of being knit together in your mother’s womb.

Once you have finished sharing, form pairs and pray for each other. Pay special attention to the needs of your partner based upon what she shared.

Prayer
Close your time together as a group with prayer.

Write prayer requests here: ______________________________________
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A Mission to Give, a Mission to Heal

Fact: Americans spend over $40 billion a year on diet-related products.
Fact: Almost 30,000 children die every day, most due to hunger and treatable illnesses.

“From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked.”—Jesus (Luke 12:48)

Girls, what can we do to help put things right?

As your group embarks on the HEAL journey, we would like to invite you on a mission to give—a mission to heal. I would like your group to prayerfully consider sponsoring just one child (or more, if you’d like!) through World Vision or Compassion International for around $30 a month. Just think, you’d only have to pitch in a few dollars, depending on the size of your group—the cost of a vanilla latte! Girls, it’s time to extend our hearts and our eyes outward; it’s time to love and serve the world around us as Jesus calls us to.

To sponsor your child for around $30 a month, visit the websites of World Vision or Compassion International. Then e-mail us at info@wonderfullymade.org to let us know about your commitment.