



A PERSONAL GROWTH BIBLE STUDY

WEIGHT LOSS STRUGGLES

WANDA-BALL.COM

#FOLLOWINGJESUS101MINISTRIES

WHY, WHEN AND HOW FOOD FILLS YOUR VOID

1. Think of times when you went to food to fill a void. Choose one or more significant times in your life where you felt food was there when no one else was. **Write them down.**
2. Why do you believe you looked to food to fill this or these voids?
3. When you ate did you feel satisfied, happy or depressed? **Why? How long did this feeling(s) last?**
4. Read Ecclesiastes 6:7. What does this verse mean to you? **Explain.**
5. Is food used for nutrition, pleasure or punishment in your home currently or in the past? **Name all that apply.**
6. Do you currently suffer from over-eating or under-eating?
7. Read James 5:5. **Do you believe you have a food addiction?**
8. Name times when you felt driven to food for comfort, help or support. **What tempted you? Now**
Read 1 Corinthians 10:13
9. Food and feasting is seen in the Bible quite a bit. Why do you believe God references feasting 240 times in his word? *Copy/paste this link:*
<https://bible.knowing-jesus.com/words/Feast>
Read some of these scriptures then explain.
10. Do you have a distorted self-image of yourself when you look in the mirror? Are you ever satisfied with your appearance?

HELP FOR WEIGHT LOSS AND ADDICTIVE STRUGGLES

- Read 2 Corinthians 2:14** How can you allow God to lead you instead of food?
- Read 1 John 5:4** What reassurance does God give you in this passage?
- Read 8:37** Why should you not allow food or addiction to take over your life?
- Read 1 John 2:14** God's given you strength and power over Satan! Why?
- Read John 16:33** Why does Jesus tell us not to worry, but to have peace?
- Read 2 Corinthians 5:10** What must we all do before God one day?
- Read Hebrews 2:18** How can Jesus relate to your struggle?
- Read James 4:7** Why should you submit your life and struggles to God on a daily basis?
- What can you thank God for today?**

DAILY REMINDER

PRAY TO GOD ASKING HIM TO RENEW YOUR MIND AND INNER SPIRIT INTO THE PERSON YOU ARE MEANT TO BECOME!