



Healthy Weight Helps

Session Guide and Review Notes

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5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: Healthy Weight Helps

- Cindy Stephan moved from “wanting to winning” in her wellness journey. In her own words: “I needed a mental and physical makeover, and it was up to me to do something about it.” Here’s what she did:
 1. “I saw my need *and* my potential as they really were.”
 2. “I chose to believe I could change.”
 3. “I chose faith in God to activate my decision.”
 4. “I accepted the support I needed to persist in my decision.”
 5. “I learned to daily accept responsibility.”
 6. “I chose to act on my decision every day by eating healthful, high-fiber fruits, vegetables, whole grains, and beans and stopped buying impulse “comfort” foods. And I determined to exercise every day, and gradually increase the intensity and frequency, challenging myself to become stronger and more fit.”
 7. “I learned to see in today’s discipline tomorrow’s reward.”
- Cindy lost 80 lbs. and her influence helped her husband lose 30 lbs. “Every good choice today yields a gift tomorrow. Now *that’s* something to look forward to!”
- Smart Choices: Plan ahead. Drink more water. Eat more veggies and fruit. Avoid sugar foods. Eat at a regular meal times. Don’t shop hungry! Exercise daily.
- Walking with God is soul satisfaction—a calming presence. He “satisfies your mouth with good things, so that your youth is renewed like the eagle’s.” Psa 103:5

10 min Discussion Time 1: What are your thoughts?

- ✓ What practical tools did Cindy utilize that strengthened her to meet and maintain long term healthy weight goals?
- ✓ Why do “quick” weight loss schemes rarely work long term?

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a “delivered story” that pertains to the session topic. Take a few minutes for you or a guest to share.

5 min Freedom Journey: Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.

- **Reflect:** God has engineered you for spiritual renewal, mental restoration, and physical recovery.
- **Recalculate:** The battle is not for the bulge—it's for the brain. It's not so much about weight control, it's about appetite control—and that's a brain thing. The addicted brain fights hard—but now it's time to fight smart.
- **Reframe:** Living healthfully is about abundance, not deprivation.
- **Remember:** Jesus invites us to trust Him fully. With His help your thoughts, emotions, and mood can become more healthy and balanced.

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

- **Create a Lifestyle:** Enjoy healthy food choices, exercise, adequate sleep, and adequate water intake.
- **Create an Environment:** Create a positive internal environment in how you think. Record your positive choices in your **Better Way Journal**.
- **Create Connections:** Locate a Bible promise to memorize and repeat several times each day. Seek out someone to help or encourage daily.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for wanting peace?
- ✓ Which part of **Lifestyle Links** will you focus on right now?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** "Dear God, thank you that by your power and strength, I am Living Free!"
- **Promise:** "I can do all things through Christ who strengthens me." Philippians 4:13.
- **Affirmation:** "Thank you God for my freedom journey to better physical, mental, and spiritual health!"
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: Balanced Living Tract: Healthy Weight Helps