

# Change Your Thoughts, Change Your Health

## July Session

### Review:

1. What is a current problem in your life?

Example: I am overweight and have health issues

2. What is the behavior change that will help?

Example: I have to stop turning to food when I am upset

The behavior isn't the real issue it's the thoughts/lies you are believing. Need to get at the root.

3. What is the lie you are listening to that is keeping you from changing your behavior?

Example: Food will comfort me

### July Teaching: Covering the Lie with Truth (Declaration Statement)

Truth is found in God's letter to us (Bible).

Example:

Verses:

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. **2 Corinthians 1:3** "

"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand." **Isaiah 41:10**

Declaration:

“When I am upset I turn to God for comfort. He is always with me and can heal my pain in a way that food never will. With God help I have overcome emotional eating.”

“What comes into our minds when we think about God is the most important thing about us.” A.W. Tozer

Problem & Behavior Change:

### **Small Group Discussion:**

Get to know each other:

Where are you from and how many siblings do you have?

What is the lie you are believing. Is this really the root?

Lie:

### **Self-Reflection for the month**

What verses can you use to show you the truth?

Declaration (make it personal):

God Is:

God looks at me and thinks: