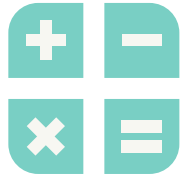


Tuesday, July 14 11AM



CH 18 & 19 MY GOAL/WHERE DID MY SELF-CONTROL GO?

WEEK 5 FACING CHALLENGES

Psalms 37:4-5

John 8:11b

1 Corinthians 6:19-20

1 John 1:9

Is your goal a number on the scale, a health goal or both?

What Mind Renewal method will you use for today's scriptures?

**How do you
handle the
embarrassment
of going back to
being
overweight
when you had
been
“successful?”**

**What scripture
will you choose
to keep with you
when you
struggle with
self-control?**
