



Food and Me and the Bible

by Judith Eastham

Summer Study
2020



TAPESTRY OF BEAUTY MINISTRIES

TEAM@TAPESTRYOFBEAUTYMINISTRIES.COM

Welcome to the Food and Me and the Bible

Study by Judith Eastham

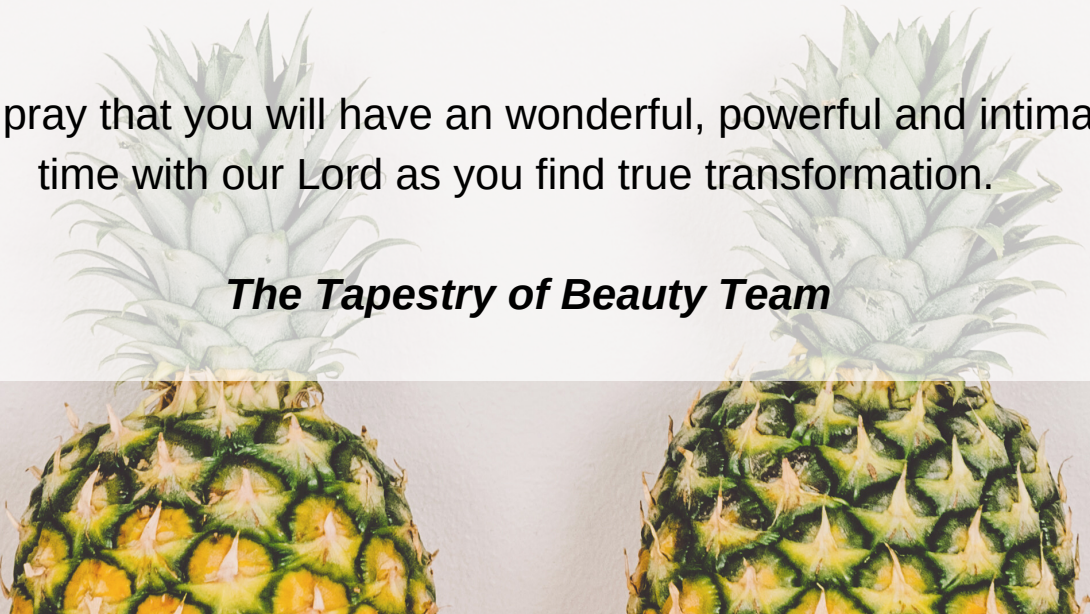
"This is a story of my weight loss journey. It is how God led me, through the Scripture, to change my relationship with food. As I read the Bible, and as I went through some Bible based weight loss studies, I learned how many Scriptures could be applied to this journey. This is a book of hope. I feel others can also have success and I want to share this hope." - Judith Eastham

We are so excited to have you on this journey with us as we go deeper in studying God's Word, renewing our minds and breaking free from the strongholds of food idols in our life.

In this study guide you will find all the information, tools and recommended resources needed to complete this study.

We pray that you will have an wonderful, powerful and intimate time with our Lord as you find true transformation.

The Tapestry of Beauty Team



STUDY INFORMATION

This study is based on the book Food and Me and the Bible by our very own Judith Eastham!

ACCOUNTABILITY

In order to have great success with this study, accountability is essential. There are a number of ways to hold yourself accountable during these next 6 weeks.

FACEBOOK SUPPORT GROUP

We have a Tapestry of Beauty Facebook group of ladies who are also following this study and the many other studies we do throughout the year.

Each day discussion questions will be posted throughout the duration of this study by our bible study leader Judith Eastham.

Food and Me and the Bible questions and discussion posts can be easily found under "UNITS", "Food and Me and the Bible Summer 2020".

SMALL GROUPS

We recognize the power of small groups therefore we have some groups available to help keep each other accountable. Each group is run by one of our Leaders and/or facilitators and will be on hand daily for encouragement and support. Further details to join these small groups can be found within the Tapestry of Beauty website and bible school.

STUDY INFORMATION

FACEBOOK PAGE & WEBSITE

Please visit our Facebook Page at

<https://www.facebook.com/TapestryBeauty/> or our website at www.tapestryofbeautyministries.com for up to date information, links and other resources!

WEEKLY ACCOUNTABILITY

We host a weekly weigh in for those who find the scale a helpful tool in their journey. Weighing in is totally optional. Included in this packet will be a weigh in sheet for you to print if you choose to participate. If you choose not to "Weigh In" please focus on the "Non-scale Victories" & "Weekly Overview" posts or you can complete all three. Our Weekly Overview Sheets start from Friday in accordance with our whole group accountability.

LIVE ZOOM CHATS

We run live bible studies by video using the program Zoom which is available both on mobile, PC, Mac and other devices. This is free to join if you are a member of the Tapestry Facebook Support Group. The live Bible studies run 3 days a week and you are welcome to join. All details to sign up and register can be found in this document.

****Zoom Class Replays can be accessed through \$7/mo per course subscription at <https://learn.tapestryofbeautyministries.com/> (all proceeds go to the ministry).**

YOUTUBE & SOUNDCLOUD

Our team has video's and audio recordings available for additional support and teaching. Please look to the end of this study pack for relevant links.

FOOD AND ME AND THE BIBLE

Study Schedule

*Week
intro*

Introduction

June 8-12

*Week
1*

Why God Cares

June 15-19

*Week
2*

**Making a
Permanent
Change**

June 22-26

*Week
3*

**God's Word, Our
Guide**

June 29-July 3

*Week
4*


Facing Challenges

July 6-10

*Week
follow up*

Staying On Track

July 13-17



ZOOM CHAT Schedule

All our Zoom Chats are held weekly and require registration.

All study information and registration can be found at:

www.tapestryofbeautyministries.com

All zoom chats cover a different topic of Food and Me and the Bible
for 6 weeks.

FOOD AND ME AND THE BIBLE

SESSION: SUMMER 2020

MONDAY: 8PM EST

TUESDAY: 11AM EST

FRIDAY 10AM EST

ZOOM SCHEDULE

Beginning June 8-July 17

WEEK	MONDAY	TUESDAY	FRIDAY
Intro Week	WELCOME	WELCOME	WELCOME
Week 1	Why do you want to do this study?	Why Study Bible for Health	Overview: Renewing the Mind
Week 2	Ch 1-3: Boundaries	Ch 4: Is Food a god	Ch 5&6: Intro Food Boundaries
Week 3	Ch 7&8: Caring About Health	Ch 9: We know better	Ch 10: Do you need help?
Week 4	Ch11&13: God's Temple & Mind Renewal	Ch12&14: The Bible & Released frm Bondage	Ch 15&16: "I'm not emotional eater."
Week 5	Ch 17: Rejoicing in Suffering	Ch 18&19: My Goal & Self-Control	Ch 20: Why have I not yet overcome?

STUDY GOALS

WHY DO YOU WANT TO PARTICIPATE IN THIS STUDY?

WHAT ARE YOUR GOALS FOR THE NEXT SIX WEEKS?

DO YOU WANT TO RELEASE, MAINTAIN OR GAIN WEIGHT DURING THE STUDY?

WHAT STEPS DO YOU NEED TO PUT IN PLACE TO REACH YOUR GOALS?

WHAT ARE YOUR FOOD BOUNDARIES?

WHAT ACCOUNTABILITY MEASURES WILL YOU TAKE DURING THIS STUDY?

NOTES

WEEKLY OVERVIEW

HABIT TRACKER

	F	S	S	M	T	W	T
Renew My Mind 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Renew My Mind 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boundaries Kept	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accountability Check in & Support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THANKSGIVING

NON SCALE VICTORY

NOTES

EMOTIONAL EATING TRACKER

INSTRUCTIONS

All of our eating is not driven by emotions, but occasionally it is. This chart is a good way to review what emotions are stirring your appetite. When we have a “craving,” it is sometimes a feeling of anxiety, or boredom.

Try using this for a few days and see if your emotions are driving your appetite. You can also use it when it seems there is something else pulling you to eat outside your boundaries. That would be the challenge, from there you can identify the underlying feeling.

Example: Everyone else is eating. Underlying problem: jealousy? Being left out? Unworthy? What can you do differently? What mind renewal tool will you use to avoid eating outside of your boundaries? Is there a verse of scripture you will meditate on? Will you look in IDAD for help? Other?

EMOTIONAL EATING TRACKER

1 Peter 5:7 "Casting all your care upon him; for he careth for you."

WEEK:

[illegible]

Boundaries Worksheet

Around the outside perimeter of the box, copy the verse: “The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. I will praise the LORD, who counsels me; even at night my heart instructs me.” ~ Psalm 16:6-7a (ESV).

Around the inside perimeter, write your boundaries. Lastly, in the middle of the box, list at least three things you LOVE about your boundaries. Write: “I love my boundaries because...” for each one.

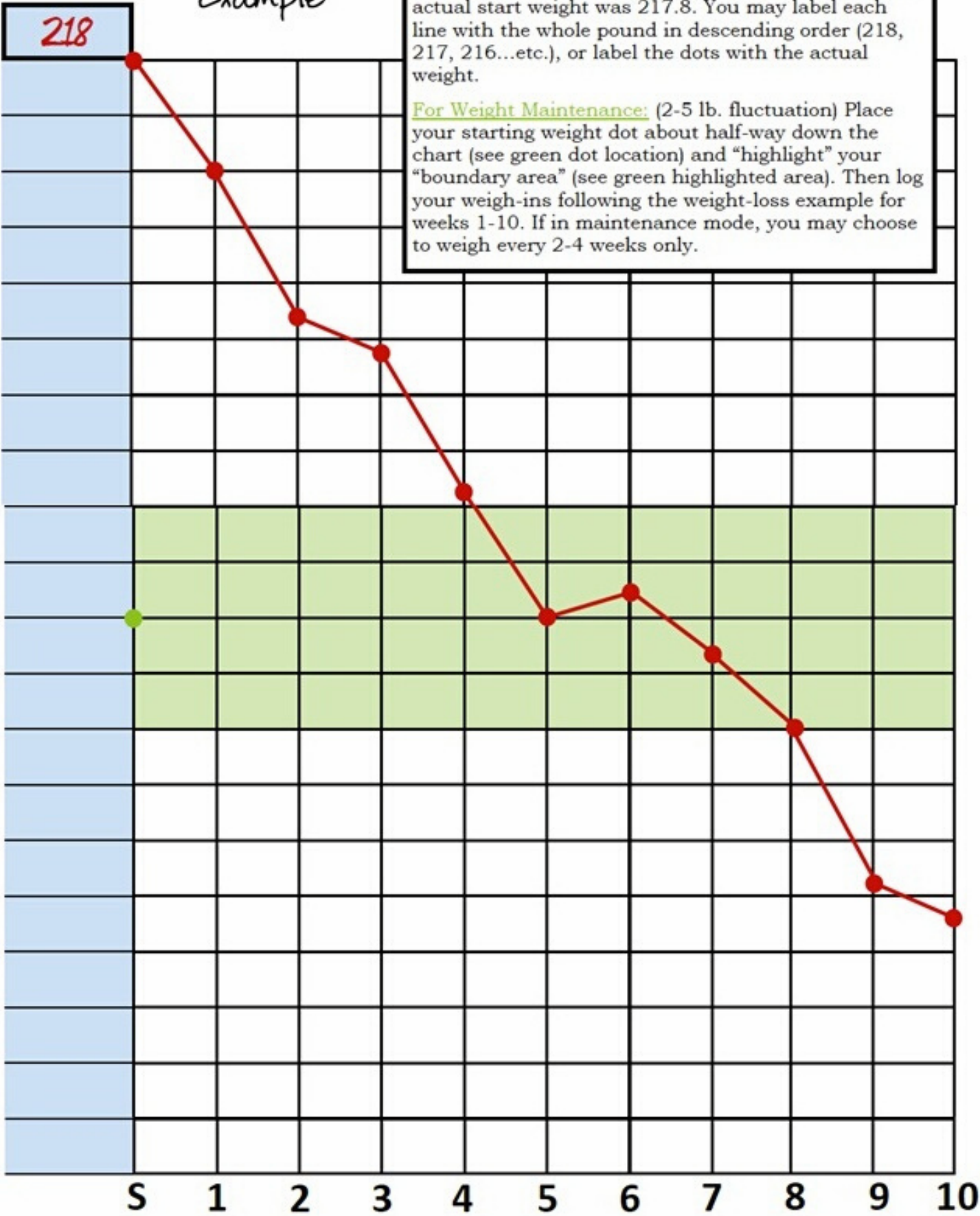
The worksheet consists of three concentric rectangular boxes. The outermost box is a dark red border. The middle box is a white border. The innermost box is a dark red border. The space between the outer and middle boxes is for copying the verse. The space between the middle and inner boxes is for writing boundaries. The space inside the inner box is for listing things loved about boundaries.

Weigh In Worksheet

Example

For Weight-loss: Round up your "starting weight" to a whole pound number and enter it on the line to the left. Then, mark your actual weight on the chart with a dot (see red example). In the example, the member's actual start weight was 217.8. You may label each line with the whole pound in descending order (218, 217, 216...etc.), or label the dots with the actual weight.

For Weight Maintenance: (2-5 lb. fluctuation) Place your starting weight dot about half-way down the chart (see green dot location) and "highlight" your "boundary area" (see green highlighted area). Then log your weigh-ins following the weight-loss example for weeks 1-10. If in maintenance mode, you may choose to weigh every 2-4 weeks only.



Resources & Links

WEBSITE

For all downloadable resources, worksheets encouragement & support

<https://www.tapestryofbeautyministries.com>

FACEBOOK

For daily accountability, study discussions, small groups and
zoom chat details

<https://www.facebook.com/groups/TapestryBeauty/>

AUDIO & VIDEO'S

For encouraging video's, audio and teachings

Youtube: <https://bit.ly/2HENkvt>

Sound Cloud: <https://bit.ly/2YRMIZm>

RESOURCES

In order to take part in this study you will need the following books/files:

Food and Me and the Bible

<https://bit.ly/FoodMeBible>

RTM & Health Journal

<https://bit.ly/rtmh6wkj>

A Bible & Journal

We pray that you will have a fruitful 6 week journey with the Lord and that you will achieve mighty breakthrough and healing during this study.