

A Woman of Faith, Strength, and Moderation

Sample Lesson

Week 1 Change My Heart O God

*One of the things from we need to be redeemed is confusing
“soul hunger” with “physical hunger”. With physical hunger
there are actual rumblings in your stomach. With soul hunger
there is a feeling of emptiness but no stomach rumblings.
If we run for food when we are really hungry for God,
then we are falling into the enemy’s snare.*

This week’s memory passage

Taste and see that the Lord is good; blessed is the man who takes refuge in Him. Fear the Lord
you His saints, for those who fear Him lack nothing. Psalm 34:8-9

Day 1

In Order to stop eating mindlessly, start one of the food programs mentioned in the introduction.
If you are doing Setting Captives Free (SCF), the first day you will eat half portions of what you
normally eat. Don’t graze, but sit down each time you eat and savor each bite.

Record here which plan you’ve chosen for your overall plan: _____

Plot Your weight

Turn to the end of the guide and record what you weigh today? Each week on the same day, first
thing in the morning, wearing the same clothes, weigh yourself and record it on the graph.

End of Day Evaluation:

**What concrete steps have you taken toward being set free from overeating or poor eating
habits?**

Did you rid your home of food traps?

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“Your goals are the road maps that guide you and show you what is possible for your life.” Les Brown

How well did you follow your chosen food plan today?

Did you find an accountability partner?

In what ways did you connect with Lord today?

Supercharged Goal Setting

Where Are You Headed?

When we have a clear vision and path to where we want to go, possibilities become more real. When we become committed, we become unstoppable.

This session is designed to provide you the opportunity to get crystal clear on what it is that you *really* want for yourself and to support you on your journey to live a healthy and fulfilling life **designed by you**. So put your dreams *in writing*. **Step out and live BIG** – otherwise those dreams are simply wishes!

Do not skip this step because this is where you get to start designing your future.

Grab a planner or get one of the suggested apps like AwesomeNote, 2Do, or Toodledo (there are many others too) to set specific goals and help keep you on track. I like these apps because they keep you organized and you have what you need at your fingertips.

Having an initial time frame for when you'd like to accomplish your goals will drive you towards reaching them sooner. Adjust tasks and due dates as needed. We all work smarter when we have a deadline.

Go back over your list of priorities, your WHY and your SMART goals and be sure your goals are in sync with what you really want for your life. How do you really want to spend your time? What makes you happiest? Are your goals in line with that? If yes, that's great – you're on your way. If they're not, just take some time to reevaluate what's most important to you at this time in your life and adjust your goals and your plan accordingly.

Once your goals are in line with your priorities, you have a solid plan in place and you know what you want, deep down inside, you become unstoppable! Keep your goals in front of you often as this will guide you in the direction you want to go.

What you focus on is what you get.

What will you start with TODAY?

To Pre-register for A Woman of Faith, Strength, and Moderation click [Pre-Reg](#)

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