



Wonderfully Made Healthy Eating Abundant Living 6 Bible Study Sessions for Personal or Small-Group Study

By Allie Marie Smith

Group Publishing. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.9in. x 6.0in. x 0.3in. Six Bible study sessions for personal or small group study. Explore healthy eating, and discover your true identity in Christ! Many girls and women struggle with an unhealthy body image and an unhealthy relationship with food. They're desperate for healing. We're bombarded with messages about being thin and having a perfect body. We're obsessed with what we put in our mouths and the number on the scale. Our worth seems to be based on outside appearances. We try to control our lives by controlling what we eat—either too much or too little. We feel empty, lifeless, stuck, and desperate for more. There's hope! You are loved. And you can be healed. In *Healthy Eating and Abundant Living*, you'll discover how to stop counting calories and start living through your relationship with God, not food. This study gives you: A lifestyle plan to learn how to be more healthy, fit, and aware, and gain motivation to rise above the strongholds of food and body image. An exploration of Psalm 139 to allow your body, mind, and spirit to be renewed through God. Encouragement as you take bold, new steps to work through your...



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