

"I Kissed Dieting Goodbye"

STUDY GUIDE



TAPESTRY OF BEAUTY MINISTRIES

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Word studies conducted using Strongest Strong's Exhaustive Concordance of the Bible, The: 21st Century Edition ®
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All emphases in scripture quotations are added by the author.

Cover by Matthew & Sophia Tucker

Welcome

renew • word • transformation

Dear Friend,

Thank you for joining us for our latest study on "I Kissed Dieting Goodbye" with Tapestry of Beauty Ministries.

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 strongholds 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 a wonderful, powerful and intimate time with our Lord as you find true transformation.

With Love,

The Tapestry of Beauty Team



WHY THIS STUDY?

"IT'S TIME"

Our Facebook group was originally founded on studies to help women find freedom with food, weight and health. The Lord led us on a journey of re-discovery and identity and what it TRULY meant to live a life fully surrendered to Him. This looked like pausing health and related studies and submitting this to Him. God has been faithful and our hearts have been truly touched in wonderment to see the breakthrough in many, many women's lives.

Whilst we will continue to bring a variety of spirit-led studies. This is now a time for us to deliver what we believe is on the Father's heart about health. Our studies for this year will be anchors to help you on this journey.

What I (Sophia) have discovered through coaching, mentoring, and a plethora of bible studies is that many of us have "post-traumatic dieting stress." I don't like labels so take this with a sense of humor, but is something the Lord whispered to me. However, it's true I and many have experienced many years of dieting, restrictions both practically, mentally, and pathological dieting. They all lead us away from focusing on Christ. And guess what? The answer is found in Him and has always been. Man can NOT fix or heal man, only God can. Yet for some reason we have turned to man for their ways to fix us.

Are you tired? Are you fed up with the struggle? Me too. Four years ago God told me not to diet anymore but I didn't know what to do. I was addicted to dieting, lost in the rules that bombarded my mind, and most importantly confused. God is not the author of confusion and you have been given the mind of Christ!

This study is a first and fundamental stage of helping us discover the TRUTH.

For more details, visit our website at www.tapestryofbeautyministries.com. You may also email us team@tapestryofbeautyministries.com



WHY THIS STUDY?

YOU ARE NOT WHAT YOU WEIGH!

"You Are Not What You Weigh" was one of the very early books I read on healing and food freedom. At the time I truly did not fully comprehend all Lisa Bevere was trying to say. So many years later I can now see - our answer is in truly understanding our identity, breaking the idols of this age, the philosophies, and traditions of man.

We have been honored that we have been given permission by Lisa and her team for this study. We are believing that this book will aid you in freedom, wholeness, and victory.

Why Colossians?

Wow. Well, the Word is truth and this book of the bible is packed full of truths on every page. This book of the bible gave me and Cindy revelations upon revelations about God's will for our health and we are excited to work through it with you.

I have been asked will this study help me with emotional eating? Will this help me to break food addictions and obsessive thoughts?

What I can say is give this study your all and focus for the next 9 weeks, seek God and Him alone, be prepared to submit and surrender to Him. He alone will heal your land. It's time to get a lot deeper.

Submerge yourself in the truth and watch God move.

SOPHIA & CINDY

"Beloved, I pray that in every way you may prosper and enjoy good health, as your soul also prospers." 3 John 1:2

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ACCOUNTABILITY

"I KISSED DIETING GOODBYE", BY SOPHIA & CINDY

ACCOUNTABILITY

In order to have great success with this study, accountability is essential.

It is our mission at Tapestry to ensure everyone feels fully supported and encouraged.

There are a number of ways to hold yourself accountable during these next 9 weeks.

ZOOM GROUPS

We recognize the power of study groups, therefore we have 3 zoom classes available each week to help keep each other accountable. Each group is run by one of our Leaders and/or facilitators and will be on hand for teaching & support.

Further details to join these small groups can be found within the Tapestry of Beauty Facebook group

FACEBOOK 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 leaders Sophia Tucker & Cindy Smith.

Questions and discussion posts can be easily found under "UNITS", "IKDG 2021".

"THEREFORE ENCOURAGE ONE ANOTHER AND BUILD ONE ANOTHER UP, JUST AS YOU ARE DOING."

1 Thessalonians 5:11



DETAILS OF THE STUDY

ARE YOU READY FOR FREEDOM?

Our study will run for 9 weeks and each day we will read a section of the book *You Are Not What You Weigh* which includes journal questions at the end of each chapter.

In Tapestry of Beauty Ministries renewing the mind encompasses all of our studies, and so for this study we will have scriptures relating to each chapter for you to read and complete the mind renewal tool SOAP-F. The verses are based on the Book of Colossians.

SOAP-F allows you to take some time for studying scriptures, applying the truths to your life, prayer and also picking an activity you can do throughout your day to cement the truths.

To further enhance your time of study we will be holding three zoom classes a week on Monday, Tuesday & Friday where our leaders will teach the same chapters each week.

For more details, visit our website at www.tapestryofbeautyministries.com. You may also email us team@tapestryofbeautyministries.com



WHAT YOU WILL NEED

IN ORDER TO TAKE PART IN THIS STUDY,
YOU WILL NEED THE FOLLOWING BOOKS

STUDY BOOKS:

(ALL ARE AVAILABLE ON AMAZON IN YOUR
COUNTRY):

- **YOU ARE NOT WHAT YOU WEIGH BY LISA
BEVERE**
- **I KISSED DIETING GOODBYE BY SOPHIA &
CINDY**

THE BIBLE

*But his delight is in the law of the LORD, and on His law he
meditates day and night. He is like a tree planted by streams of
water, yielding its fruit in season, whose leaf does not wither, and
who prospers in all he does.... PSALM 1:2*

A vertical collage of fresh fruit on the left side of the page. At the top is a whole pineapple. Below it is a glass bowl containing several strawberries. Further down is a glass filled with a pink strawberry smoothie. At the bottom is a single raspberry.

KEY DATES

HERE ARE SOME DATES FOR YOUR DIARY!

FACEBOOK LIVE WITH SOPHIA & CINDY

May 7th, Friday 5:30 pm eastern

Meet the study leaders as they discuss the heart behind the study and answer your questions live.

INTRO & SIGN UP WEEK

May 10th - 14th

Join us for a week of welcomes, ensuring you have everything you need and some steps to get you started.

INTRODUCTION CLASS

May 15th, Saturday, 10 am eastern

Join in as everyone who is participating in the study will meet before our first week of zoom classes begin. We will run through the study all that is involved. Fellowship, fun, and prayer.

STUDY & ZOOM CLASSES BEGINS

May 17th

Join us daily in our Facebook group and or the course in our bible school

Don't forget to sign up for your zoom classes

ZOOM CLASS SCHEDULE

Zoom classes are:

Mondays 8 pm est

Tuesdays 11 am est

Fridays 9 am est

TOPICS

Week 1: Welcome, Goals & Fellowship

Week 2: The Tyranny Of The Lie

Week 3: The Truth

Week 4: The Image Of The Lie

Week 5: The Image Of Self

Week 6; The Root Of Image

Week 7: Reordering Disorder

Week 8: The Idol Tumbles

Week 9: Dieting vs God's Fast

Week 10: Tearing Down Idols &

Building Altars/If I am Not What I

Weigh What Am I?

Please note that our zoom classes work a week behind the study to give you time to complete the week's discussion questions before you join your class. You are free to attend as many classes and days as your choose.

Our Teachers

We look forward to walking with you on this transformative journey.

Elaine



DiDi



Sophia



Kara



Cindy



Judith

My Goal Tracker

BIBLE STUDY: "I KISSED DIETING GOODBYE"

Why do I want to participate in this study?

What is my main goal that I want to achieve?

What do I need to put in place to finish well?

What accountability measures will I use?

Write a prayer to dedicate this study to the Lord

GET CONNECTED

TAPESTRY OF BEAUTY



WEBSITE

FOR ALL DOWNLOADABLE RESOURCES & BOOK CLASSES

www.tapestryofbeautyministries.com

CONTACT INFORMATION



team@tapestryofbeautyministries.com

www.tapestryofbeautyministries.com

Message us:

<https://m.me/TapestryBeauty>

FACEBOOK GROUP

FOR DAILY ACCOUNTABILITY, STUDY DISCUSSIONS, SMALL GROUPS

facebook.com/groups/TapestryBeauty/

BIBLE SCHOOL

JOIN OUR "I KISSED DIETING GOODBYE" ONLINE COURSE"

learn@tapestryofbeautyministries.com

AUDIO & VIDEOS

FOR ENCOURAGING VIDEOS,
AUDIO AND TEACHINGS

Youtube: bit.ly/2HENkvt

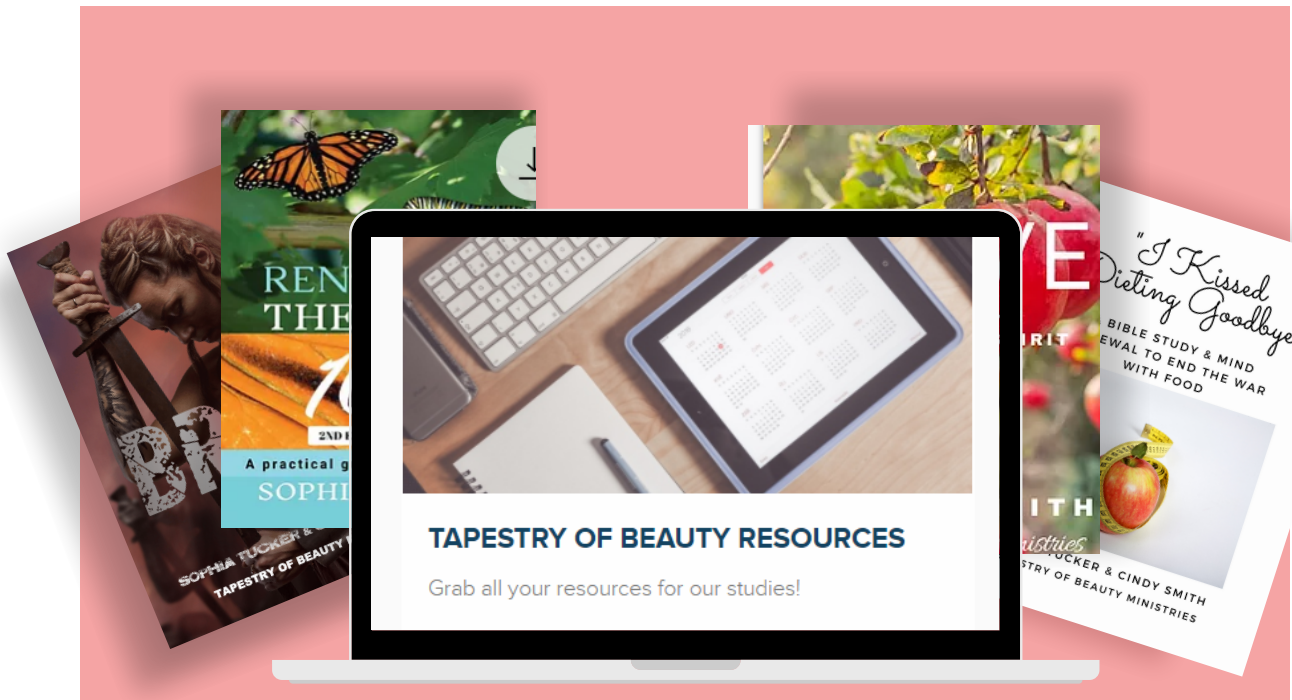
Sound Cloud: bit.ly/2YRMIZm

Questions & Notes

Write any questions that you have for our introduction class on May 15th

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The paper has a slightly textured appearance and a torn edge on the right side. There are approximately 20 lines visible across the page.

JOIN THE *Bible School*



The IKDG study as well as other studies are now available in our bible school.

This is a great complement to the study. Included in the study:

- **FREE PDF Copy of IKDG**
- Devotional Posts
- Extra worksheets
- Replays of zoom groups
- Video's by the authors of IKDG
- Community

ENROLL NOW

www.learn.tapestryofbeautyministries.com