



WEIGHT on the LORD

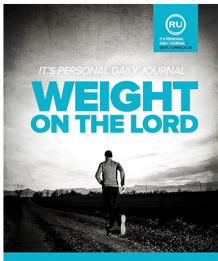
LOSING WEIGHT GOD'S WAY

RU RECOVERY RESOURCES FOR A HEALTHIER AND BETTER BALANCED LIFE

*"WHETHER THEREFORE YE EAT OR DRINK,
OR WHATSOEVER YE DO, DO ALL TO THE GLORY OF GOD."*

(1 CORINTHIANS 10:31)

WHAT IS WEIGHT ON THE LORD?



Weight on the Lord is a eight to twelve week breakout second talk session helping the participant to overcome the stronghold of food dependence! Complete with two workbooks, and used with the "It's Personal" Daily Journal, the challenges will help you to lose weight to the glory of God! This program was written by Ken Griffin, RU Director from Pasco, Washington, and has been used to help many people with this particular stronghold in their lives.

HOW IT WORKS

The Weight on the Lord program is broken up into men's and ladies' classes and can be used for RU challenge groups, Sunday school classes, or any small group. Those interested in participating in the Weight on the Lord group on Friday nights will leave their regular challenge group and rejoin it when the ten weeks is completed.

The Weight on the Lord challenge group is run like any other group except with the intention of helping the students with the specific stronghold of unhealthy living.

It is recommended (but not required) that you complete 3-4 challenges a week while simultaneously using your "It's Personal" Daily Journal at the beginning of this book to deepen your walk with God and allow Him to govern all areas of your life, including your diet and exercise. May God richly bless your efforts as you strive to "do all to the glory of God."

This program has been designed to give the group leader freedom in tailoring their Friday nights to the specific needs of their group members. Feel free to share with your group any resources that have helped you, add extra challenges, or even extra accountability to those who need it. **For help in launching a class today call 815.986.0460.**



Increase accountability and motivation



Grow in biblical perspective for a healthy lifestyle



Experience lasting results through a Spirit-controlled temperament



Build relationships with others on the same journey



Feel better physically, emotionally, and spiritually!

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