

SPIRITUAL PRINCIPLES FOR LASTING WEIGHT LOSS

UP CHURCH FALL SEMESTER

REV. SHEREE THOMPSON



OPENING PRAYER

**THE HOLY SPIRIT IS THE HEAD
OF THIS CLASS. WE OPEN OUR
MINDS AND HEARTS TO HIS
TEACHERS FOR IT IS OUR
GUIDE TO BETTER LIVING.**

CLASS AGENDA

- **HOUSEKEEPING**
- **OPENING PRAYER**
- **ZOOM RULES**
- **CLASS INSTRUCTION**
- **CELEBRATION**
- **BLESS THE OFFERING**
- **SOUL WORK**

HOUSEKEEPING

- **MASTERS CERTIFICATE PROGRAM – ELECTIVE**
- **REGISTRATION IS STILL OPEN**
- **VOLUNTARY LOVE OFFERING IS COLLECTED AT EACH CLASS**
 - **ONLINE, TEXT TO GIVE, CASHAP, US MAIL**
 - **WE WILL BLESS THE OFFERING AT THE END OF EACH CLASS**

“ TRUST IN THE LORD WITH ALL YOUR HEART, AND DO NOT RELY ON YOUR OWN INSIGHT. IN ALL YOUR WAYS ACKNOWLEDGE HIM, AND HE WILL MAKE STRAIGHT YOUR PATHS.

DO NOT BE WISE IN YOUR OWN EYES; FEAR THE LORD, AND TURN AWAY FROM EVIL. IT WILL BE A HEALING FOR YOUR FLESH AND A REFRESHMENT FOR YOUR BODY.

”

GUIDING SCRIPTURE

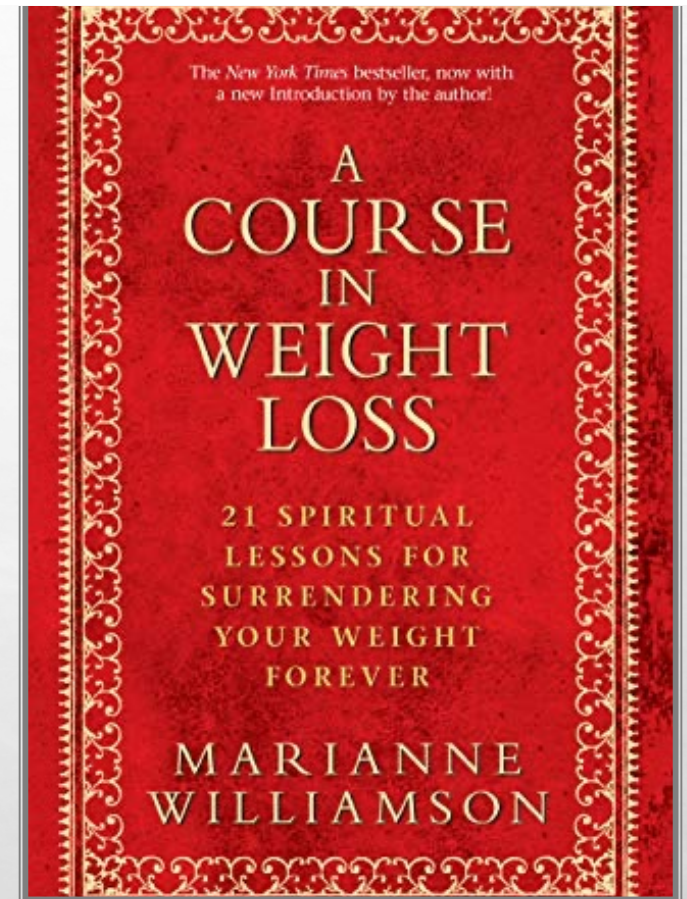
PROVERBS 3:5-8



**WHO HAS EVER BEEN ON
A DIET? WHICH ONES?**

ENROLL THE SUBCONSCIOUS MIND

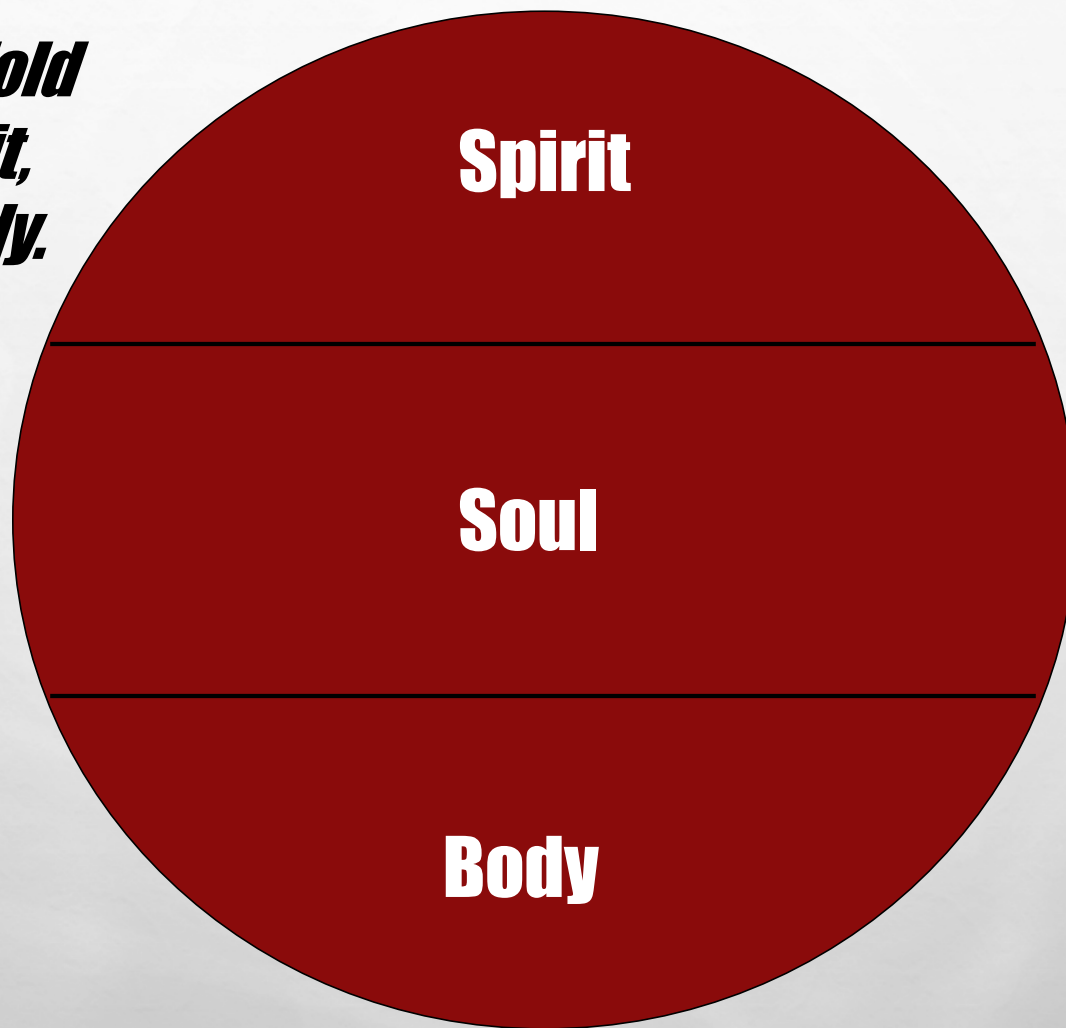
**ON YOUR OWN, YOU MIGHT HAVE CHANGED YOUR
CONSCIOUS THINKING, BUT YOU ALONE CANNOT
CHANGE YOUR SUBCONSCIOUS. AND UNLESS
YOUR SUBCONSCIOUS MIND IS ENROLLED IN
YOUR WEIGHT-LOSS EFFORTS, IT WILL FIND A WAY
TO RECONSTITUTE THE EXCESS WEIGHT
REGARDLESS OF WHAT YOU DO.**



WHO ARE YOU?



***We are threefold
beings-Spirit,
soul, and body.***



Spirit

**I AM
Christ
Spiritual Man
Seed**

**Idea
Image-Likeness
Divine Pattern**

Soul

**Superconscious
phase of mind**

**Conscious
phase of mind**

**Subconscious
phase of mind**

Body

**Vehicle through which
Spirit-Soul expresses**



FOUR PRINCIPLES THAT GUIDE THESE LESSONS

A woman with short dark hair, wearing a dark jacket, is shown in profile from the chest up. She is looking towards the right with a thoughtful expression. The background is a plain, light-colored wall.

FIRST PRINCIPLE

**YOUR BODY ITSELF IS
COMPLETELY NEUTRAL. IT
CAUSES NOTHING; IT IS
COMPLETELY AN EFFECT, NOT A
CAUSE.**



SECOND PRINCIPLE

**POOR DIET IS NOT THE CAUSE OF
YOUR EXCESS WEIGHT, NOR IS
LACK OF EXERCISE THE CAUSE
OF YOUR EXCESS WEIGHT.**

**THE CAUSE OF YOUR EXCESS
WEIGHT IS IN YOUR MIND.**

THIRD PRINCIPLE

**THE CAUSE OF YOUR EXCESS
WEIGHT IS FEAR, WHICH IS A
PLACE IN YOUR MIND WHERE
LOVE IS BLOCKED.**



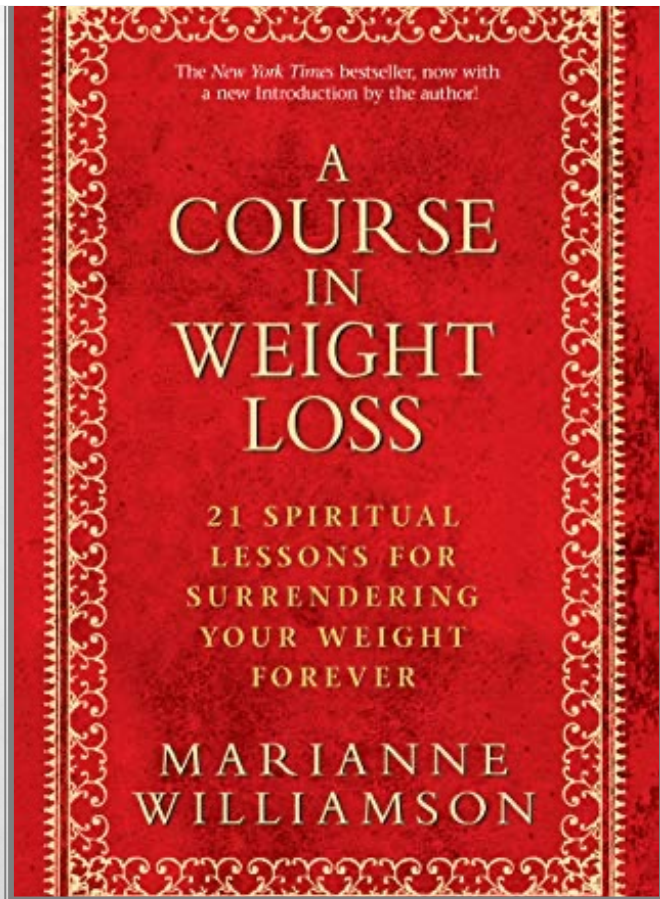
FOURTH PRINCIPLE

FEAR EXPRESSES ITSELF AS SUBCONSCIOUS URGES, WHICH THEN EXPRESS THEMSELVES AS EITHER EXCESSIVE AND/OR UNHEALTHY EATING HABITS AND/OR RESISTANCE TO PROPER EXERCISE.

THE ULTIMATE EFFECT OF THIS—THAT IS, EXCESS WEIGHT—WILL ONLY BE PERMANENTLY AND FUNDAMENTALLY HEALED WHEN THE FEAR ITSELF IS ROUTED OUT.



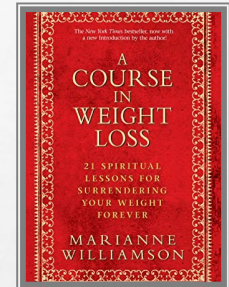
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BODY IS NOT SEPARATE FROM THE MIND

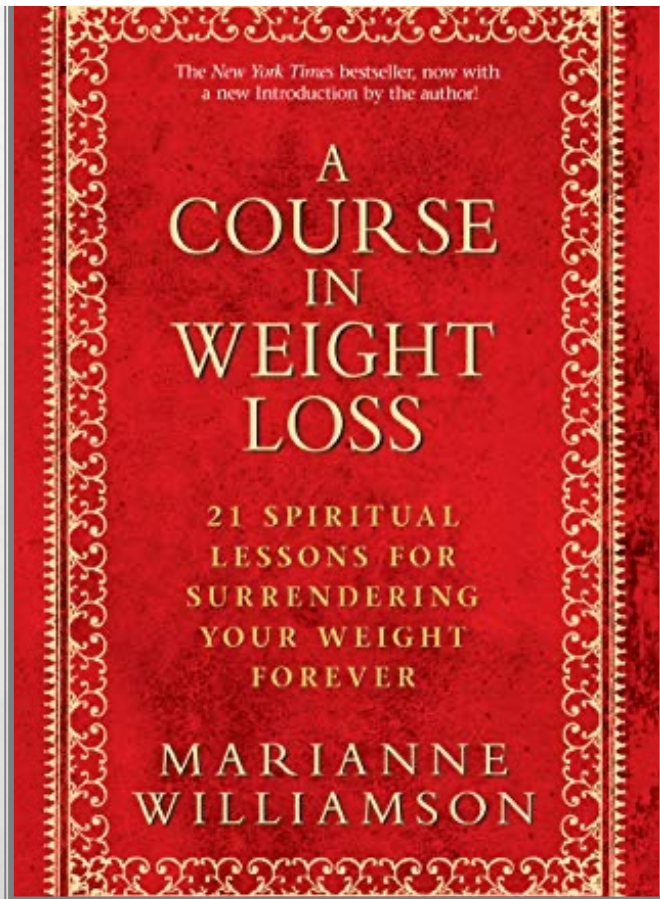
THE BODY IS NOT SEPARATE FROM THE MIND; IN FACT, IT TAKES INSTRUCTIONS FROM THE MIND. YOUR MIND HAVING FORGOTTEN ITS DIVINE RIGHT PROGRAMMING, YOUR SYSTEM OF PHYSICAL APPETITES THEN FORGOT THEIR DIVINE RIGHT PROGRAMMING. YOUR MIND HAVING BECOME CONFUSED, YOUR NERVOUS SYSTEM THEN BECAME CONFUSED. PG 10

YOU ARE PERFECT



REMEMBERING YOUR DIVINE PERFECTION, THEREFORE, IS KEY TO YOUR HEALING OF BOTH MIND AND BODY. AS YOU EMBRACE THE IDEA THAT YOUR SPIRIT IS CREATED PERFECT, YOUR SUBCONSCIOUS MIND WILL BEGIN TO REMEMBER THAT YOUR BODY IS CREATED PERFECT AS WELL. AND THAT PERFECTION IS REFLECTION, AMONG OTHER WAYS, IN THE PERFECT, MOST HEALTHY WEIGHT FOR YOU. YOUR BODY IS MEANT TO BE A REFLECTION OF YOUR SPIRIT, AND BOTH YOUR THOUGHTS AND YOUR CELLS WILL RESPOND TO A REMINDER OF THEIR DIVINE PERFECTION. THE GOAL OF THIS COURSE IS TO REMIND YOUR BODY OF ITS PERFECTION BY REMINDING YOUR MIND OF ITS PERFECTION. BY RESETTING ONE, YOU RESET THE OTHER.

**THE POWER OF LOVE IS PERFECT,
CREATIVE, SELF-ORGANIZING,
HEALTHY, SELF-HEALING AND
ABUNDANT.**



HIGHER LOVE HEALS

**ADDICTION AND COMPULSION ARE
SPIRITUAL ISSUES, HEALED ONLY BY A
HIGHER LOVE.**

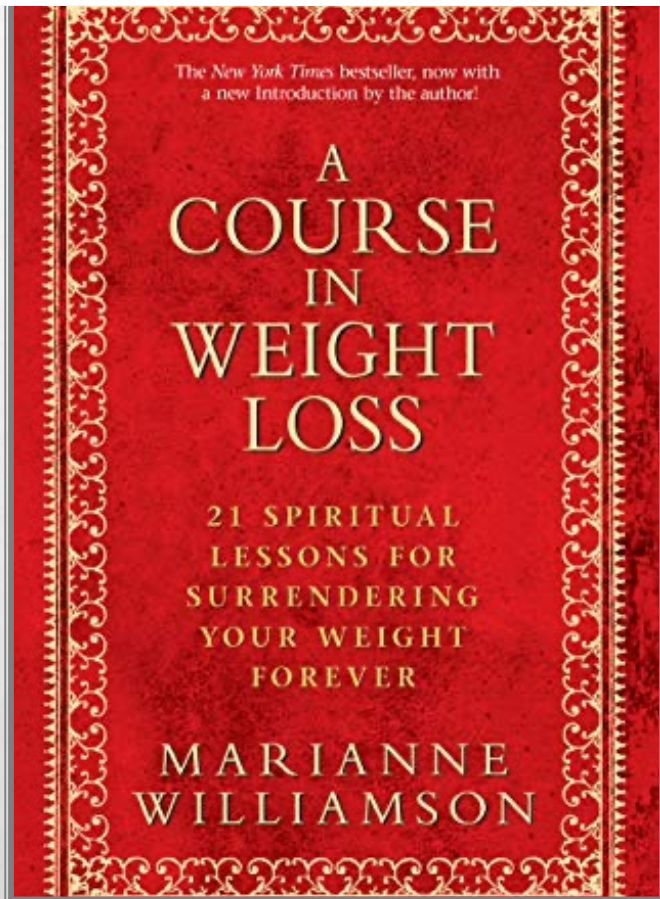
PG 12

THE SHIFT

FEAR

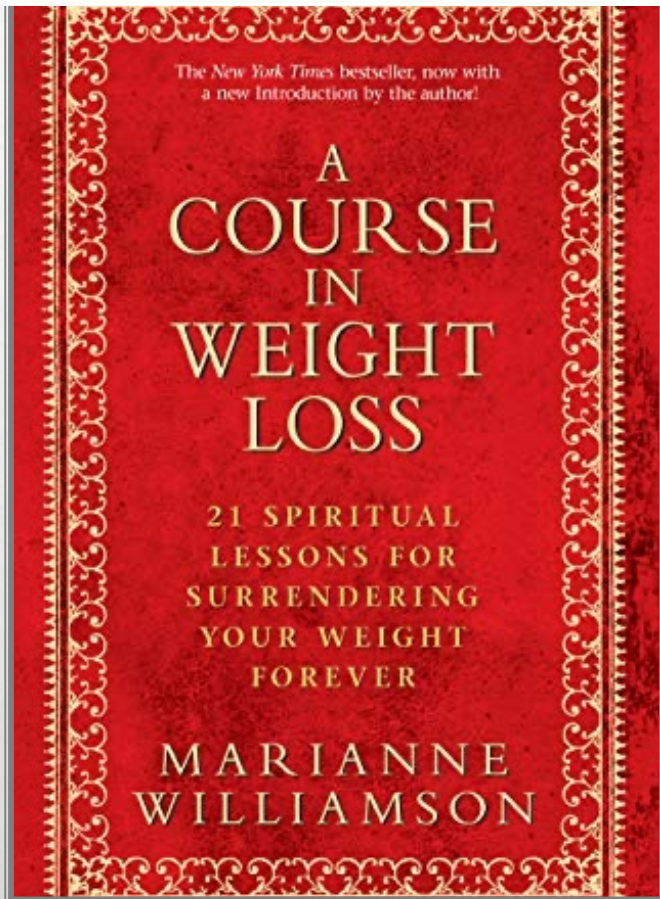


LOVE



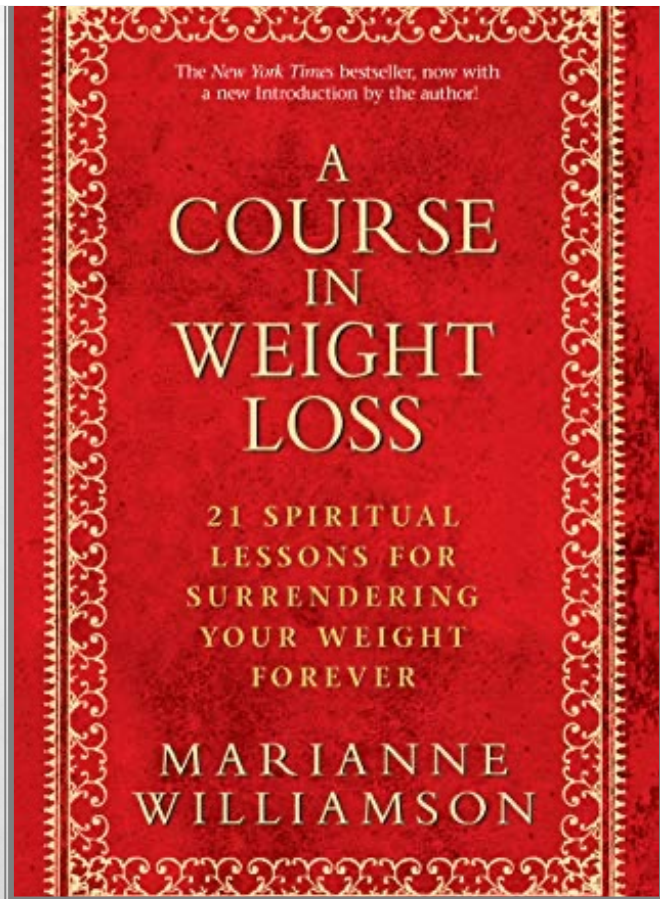
SPIRIT OF FEAR

THE SPIRIT OF FEAR, REGARDLESS OF WHAT FORM IT TAKES, IS YOUR OWN MENTAL POWER TURNED AGAINST YOURSELF; HOWEVER MANIPULATIVE, PUNITIVE, OR OUTLANDISH YOU CAN BE, IT CAN BE.



YOU BELIEVE A LIE

THE FIRST REALIZATION ON YOUR JOURNEY TO FREEDOM IS THAT YOU HAVE COME TO BELIEVE A LIE. THEN, THROUGH THE STRENGTH OF YOUR BELIEF IN THIS LIE, YOU HAVE ACTUALLY MADE IT SEEM TRUE FOR YOU. THE LIE IS THAT FOOD THAT IS ACTUALLY BAD FOR YOU HAS THE POWER TO COMFORT, NURTURE, AND SUSTAIN YOU. YOUR TASK IS TO CORRECT THE LIE.



LOVE WILL SET YOU FREE

THE LOVE THAT WILL FREE YOU IS DIVINE LOVE, COMING FROM BEYOND YOUR MORTAL MIND. IT IS A DIVINE INTERCESSION FROM A THOUGHT SYSTEM BEYOND OUR OWN. PLACING YOUR PROBLEMS IN THE HANDS OF GOD, THE SITUATION IT REPRESENTS WILL BE RE-CREATED. THAT WHICH IS IMPERFECT WILL THEN BECOME PERFECT.

PRAYER

DEAR GOD,

PLEASE FREE ME FROM FALSE APPETITES AND TAKE AWAY MY PAIN.

TAKE FROM ME MY ADDICTED SELF AND SHOW ME WHO I AM.

UNCHAIN MY HEART SO I MIGHT LIVE A FREER LIFE AT LAST.

AMEN



SET YOUR INTENTION



1

**Read Introduction &
Embarking on the
Journey in A Course
in Weight Loss**

2

**Pray and meditate
daily for 15 minutes**

3

**Write in your journal.
Explore an intention
for the journey.**

SOUL WORK