LASTING FREEDOM

MODULE H: Recover Holiday Freedom

action sheet



H2: Holiday Food Strategies

- 1. Eating issues don't go on ______.
- 2. Structure is your ______.
- 3. Have someone who serves as your ______
- 4. _____ as you go.
- 5. Have a plan for handling ______.



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"to do" by group:

- Activity Sheet: Complete
 "My Holiday Food Strategy" worksheet and share with a trusted friend.
- Challenge: Don't walk alone!
 Ask a friend if they can be your reality check this week.

this week's Word:

"But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere."

- 2 Corinthians 2:14 (ESV)

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Notes:

my holiday food strategy

Plan ahead for how to handle some of the triggers that may arise. If using this in a group setting, please complete BEFORE your next meeting.



Elements of Thanksgiving/holidays that I know may cause discomfort are... (List all that come to mind, i.e. "comments from family," "loneliness," "triggering foods," etc. Be as specific as possible.)

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When I feel discomfort, I will... (list strategies that work for you, i.e. "phone a friend," "take a walk," etc.)

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My	"reality-check" person is:
	I have confirmed their willingness to do this.
	I have not asked them yet but will do so by (date):

"Oh give thanks to the Lord, call upon His name; make known His deeds among the peoples."

1 Chr. 16:8 (NASB)

"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Joshua 1:9 (NIV)

"In everything give thanks, for this is the will of God in Christ Jesus concerning you."

1 Thess. 5:18 (KJ21)

always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere."

"But thanks be to God, who in Christ

2 Cor. 2:14 (ESV)

"All this is for your benefit, so that the grace that is reaching more and more people may cause Thanksgiving to overflow to the glory of God."

2 Cor. 4:15 (NIV)



"Give thanks to the Lord, for He is good! His faithful love endures forever."

Psalm 106:1 (NIV)



"But I will sacrifice to you with the voice of thanksgiving. That which I have vowed I will pay. Salvation is from the LORD."

Jonah 2:9 (NASB)

HOW TO USE THESE CARDS

Print onto cardstock and trim on dotted lines. Tuck into your Bible, journal, or stick on your mirror, refrigerator, or anywhere you need a reminder of what is TRUE.

They're also great for sharing...



NIV—New International Version KJ21—21st Century King James NASB—New American Standard Bible ESV—English Standard Version

