



DOWNLOAD

# A WORK BOOK

KIM JAGWE

FREE!

A black dressmaker's mannequin is centered in the image, facing forward. It is positioned against a white background that is part of a larger graphic design. The mannequin is a simple, form-fitting silhouette on a silver stand.

GOD'S PERFECT  
*size*

Gain victory and lose food addiction for life

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original download

[WWW.GODSPERFECTSIZE.COM](http://WWW.GODSPERFECTSIZE.COM)

Welcome to *God's Perfect Size*,

Getting started is easy. Simply download and print your free GPS workbook. Grab a notebook so you have plenty of space to record your answers in and you are ready to begin!

The *GPS* workbook was designed for individual or group studies.

This workbook is a powerful tool to guide you on your path to freedom from food addiction. Before you begin, we encourage you to commence with prayer and an open mind. Invite God on your journey. Ask Him to reveal His truth to each one of the questions asked and make a commitment to complete the process.

Because of the complex nature of the questions, it may take a significant amount of time to finish the workbook. This is to be expected and preferred.

The staff of *GPS* would love to pray for you and hear how your journey is going. Please leave us a message at: [www.godsp perfectsize.com](http://www.godsp perfectsize.com)

May the Lord Jesus Christ bless you richly!

Sincerely, Kim Jagwe

\**GPS* Workbook written by, Kathy Gibbens and Kim Jagwe

### ***Bruised but Not Broken***

- Have you felt helpless in controlling your eating?
- What/who have you looked to in the past to try to save you from food addiction?
- Have any of these worked?
- Describe the shame you have felt.
- How have you tried to cover & hide your shame & self-disgust?
- Why do you think it is so hard to overcome food addiction on our own?
- Is God a last-ditch effort for you?
- Do you believe that God is able and willing to set you free?
- All of us would love to have the magic wand waved over us and be instantaneously healed of food addiction. How does it make you feel to think that the process is going to require hard work, sacrifice and obedience?

### ***Ground Zero***

- Food addiction is a death sentence. Note: Put Your Food Addiction Stats here – a wake-up call, turn the lights on to show Satan’s lies for what they truly are.
- Kim writes, “...I was a hypocrite. I gladly proclaimed ‘I love the Lord,’ and yet my needs and satisfactions came first. I was a hypocrite because I thought losing weight was about me. Food, my agenda, and level of comfort were idols in my life.”
- These are hard words to hear. Are they true for you?
- Have you ever thought about food addiction in light of obedience to God? What if you knew God was going to turn you into a pillar of salt the next time you disobeyed Him when it comes to the food you eat? Would that change things for you?
- What does it mean to fight for obedience?
- In what ways have you loved food more than Jesus?

### ***Plugged In: He's Your Power Source***

- Describe your salvation experience.
- How does it make you feel to know that, in addition to offering you heaven for all eternity, God wants to transform your life right here on earth?
- What story is the fruit of your life telling?
- Kim says that one of the devil's tactics is to keep us blind by creating an illusion of success – keeping you blind by allowing you to think you are able to do it in your own strength. Have you seen this in your own life?
- So much for self-help, huh? God's Word is pretty clear in this area, "This is what the LORD says: 'Cursed is the one who trusts in man, who depends on flesh for his strength and whose heart turns away from the LORD.'" How does it make you feel to know that you can't do this on your own strength?

### ***Small Beginnings***

- Have you ever felt that you are too far gone for God to help? That you're too unlovable, too much of a failure?
- Have you worshipped food?
- Have you seen food addiction as an area of moral failure? Does it change anything to view it that way?
- What patterns of insanity have you found yourself caught in? What has the result of these been in your life?
- Does the hard work of gaining freedom seem too big a task?
- What has your view of God been? Do you see Him as a judgmental father just waiting for you to mess up again? Or as a loving Father rejoicing in your first steps, comforting you when you fall and giving you a safe place to rest and recuperate?
- What does it mean to follow hard after God?
- What does God want you to change about your lifestyle so you can truly seek after Him?
- If you were to truly be free of food addiction, what voids would be left in your life? What is your plan to fill those voids God's way?

### ***Call Waiting***

- Have you ever felt reluctant to turn to God out of shame, fear or embarrassment?
- What ground has been given to the devil in your thought life? What are some scriptures you can use to reclaim that ground?
- Kim says, “Both addiction and freedom require effort and sacrifice. One or the other is going to have you. Which price are you willing to pay?” What price has addiction required you to pay? What do you think the price for freedom is going to be?
- Take an honest look at your relationship, your connection with God. Is it where you want it to be? Have you been indifferent to His attempts to woo you to Him? Why?
- What is something you can do today to strengthen that relationship?

### ***Savoring the Silence***

- Do you see evidence that enemy has wormed his way into your life?
- Has television influenced your thinking in a negative manner? If so, what changes would God have you make to limit your exposure to negativity?
- Proverbs 4:23 warns us to guard our hearts. What practical steps can you take to do this?
- Meditating on the Lord and his Word will transform your life immensely. Do you believe quality time with God is necessary for your spiritual growth? How much time do you spend with God on a daily basis?
- Have you asked God to give you a desire to spend more time with him? Do you believe he will answer your prayer?

### ***Write the Vision***

- Christ died on the cross to give you life in abundance. Your life has a Holy plan and a Holy purpose. Do you believe these statements? What will you give up in order to pursue His plan for your life? What will you gain?
- Have you ever trusted the Lord for something and He let you down? Was your trust in Him affected by the outcome?
- Does God still speak to His children today? Do you believe He can/will speak to you? What evidence have you found in scripture to support your belief?
- If you never fulfill your destiny, will you regret it? What do you think God will say when your time is up?
- I Corinthians 12:4 says, *There are different kinds of gifts, but the same Spirit.* <sup>5</sup>*There are different kinds of service, but the same Lord.* <sup>6</sup>*There are different kinds of working, but the same God works all of them in **all** men.* Do you know what gifts your Father has placed inside of you?
- Pursuit of your God-given vision will come at a price. Are you willing to fight, in order to obtain it?

### ***Breath of Life***

- From time to time, we all fantasize about doing something great. What impossible dreams do you have? Do you believe God is powerful enough to make your impossible dreams come true?
- Breath of Life simply means to speak about your dreams so they become conceivable in your eyes and heart. Have you ever told someone you love and trust about your hopes and dreams. Have you spoken about them in prayer?
- List two people you love and trust to share your dreams with.
- Living beyond the “norm” requires blind faith. Are you willing to go through dark moments to have a brighter tomorrow?
- Are you able to keep promises to yourself? Do you think you are worthy of truth?
- If God never puts on us more than we can handle are you then willing to endure pain and suffering without giving up on your goals?

### ***True Reflection***

- Does God love you less when you fail or more when you succeed?
- If making mistakes is a part of life what plans have you made to recover from failure?
- Do you believe the Holy Spirit lives on the inside of you? What scriptures support your belief?
- Is salvation eternal, or does God revoke it every time you sin?
- Are your sins greater than God's power?
- Many of us hesitate to run into the Presence of God when we fail. Will waiting longer to seek God change the outcome?
- Is God able to lie? He has called you forgiven, free, and more than a conqueror. Do you believe him?

### ***The Art of Rebound***

- What new strategies can you use to recover from overeating or any other sinful activity?
- Do you believe your freedom lies in a purely physical fix? Will diet and exercise alone fix the mental, emotional and physical lure of food?
- Have you ever coveted someone else's results? How did you deal with it?
- Do you believe unhealthy lifelong patterns can be changed? Assuming you have not been able to bring about change on your own, what new thing must you say or do to see results?
- In what ways have you given up on yourself? Do you deserve to be a priority? Why?
- Does God see you as valuable? Do you believe you are valuable to God?

### ***A Prize Worth Fighting For***

- Is Jesus at the core of every decision you make?
- How would your behavior change at each meal if Jesus sat across from you?
- Do you believe in spiritual warfare?
- Do you believe Satan exists? If so what is he doing today?
- Have you ever been attacked by a spiritual enemy? Do you know what an attack looks and feels like?
- What type of weapons do you use on an enemy you can't see?
- Is it possible to win a spiritual battle in your own strength?

### *The Pressure's On*

- At what point does a casual problem become an addiction?
- Can an addiction be maintained without growing in strength?
- The parable of the sower in Matthew chapter 13 tells us the heart is spiritual soil. If you fill up on more of God's word, seek Him in prayer, sing His praises and ask Him to help you make better choices, do you think your life would look the same a year from now? How would it change?
- Many warriors die on the battlefield. Are you willing to pursue obedience to God even unto death?
- How will you benefit by drawing near to God? Does he desire to bless you in this life? How do you know?

### *Dressed for Success*

- How has the enemy made you numb to the reality of your addiction?
- Can you pinpoint exactly when your addiction grew in strength?
- Ephesians 6:10 tells us “to be strong in the Lord and in his mighty power”. What does that look like in day to day living?
- Make a list of what the full armor of God contains.
- Why do you have to armor yourself if God is fighting for you?
- How do you define victory in your life? How do you think God would define it?
- Are you ready to change today or do you need more time to think about it? Why?

### ***Pass It On: the Gift of Giving***

- Recall a time someone showed you kindness or came to your rescue. How did it make you feel?
- Make a list of people you can begin to help immediately. Pray over that list.
- Many of us become very uneasy when we have to give of our finances. Does your money solely belong to you?
- Giving comes in many forms: a smile, a word of encouragement, praying for the lost. Would you consider yourself a giving person? Would God consider you a giving person? Have you asked Him?
- Do you have to be perfect for God to use you? Can he use someone with a sinful and embarrassing past?

### ***Shattered Ceilings***

- Making sweeping changes all at once sounds noble but is unsustainable, what small change can you make today and stick with?
- Do you believe it is possible to relapse and still be victorious?
- What is self control? Do you have it? Have you asked God for it?
- Do you desire to have an abundant life in the Lord?
- What more do you want from God that he has not already given?
- What more does God want from you that you have not already given?