

Mindsets, Disciplines, and Skills

To stay out of the food we keep Jesus in the center. In the left column are heart attitudes that we in Bible for Food have found to be helpful in our resolve to keep abstinent. As each is being read, place a mark in the right column that reflects how your week has been regarding these. **Put Y for “yes”; S for “sometimes”; N for “not yet”.**

Mindsets, Disciplines, and Skills	My Honest Evaluation of Self
<ol style="list-style-type: none"> 1. With my heart, I follow a daily Bible reading schedule that will take me through the Bible in a year. I make God’s word a priority. 2. With my heart, I study the Bible daily. I think about Scripture, write about Scripture, and pray using Scripture daily. 3. I work on Scripture memory daily. 4. Each day I practice disciplined, God-honoring eating. I resolve not to eat over the ups and downs of life. I use a food sponsor daily. I am (or I am in the process of becoming) a food sponsor. 5. I have completed (or I am in the process of completing) the Ninety Days Book with a shepherd. I am (or I am in the process of becoming) a shepherd myself. 6. I make at least three daily phone calls to others in the Bible for Food ministry. I pray with as many as I can on these calls. 7. I am a regular attendee at The Bible for Food phone meetings and /or home meetings. 	<p><i>Tell me, what have I done wrong? Show me my rebellion and my sin. ~ Job 13:23</i></p> <ol style="list-style-type: none"> 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ <p>Are you pursuing the Lord more, or are you still chasing the food? Because of the indwelling Holy Spirit, you have the ability to keep your food clear, clean, and committed today. Do you believe that?</p> <p>Write a prayer to the Lord.</p>

Talk to God about the trouble spots in your food recovery. Pray for the willingness and the strength to change. Pray for the willingness and strength to ask others to pray with and for you.