

TASTE FOR TRUTH

Summer Study
2019

With Challenges ★

TAPESTRY OF BEAUTY MINISTRIES



Welcome to the TASTE FOR TRUTH Study 2019

Thank you signing up to join our latest study this Summer on Taste for Truth with Tapestry of Beauty Ministries.

We are so excited to have you on this journey with us as we go deeper in studying Gods Word, renewing our minds and breaking free from the strongholds of food idols in our life.

This study pack is for members who want an extra challenge throughout the following 8 weeks. This is for you if you have done Taste for Truth before or you are not new to renewing the mind. Or you simply just want to get stuck in at the deeper end.

Each day a challenge will be posted in our Facebook group for you to complete. You can also find an overview of the plan here:

In this study guide you will find all the information, tools and recommended resources needed to complete this study.

We pray that you will have an wonderful, powerful and intimate time with our Lord as you find true transformation.

The Tapestry of Beauty Team

STUDY INFORMATION

This study is based on the book Taste For Truth by Barb Raveling!

ACCOUNTABILITY

In order to have great success with this study accountability is essential. There are a number of ways to hold yourself accountable during these next 8 weeks.

FACEBOOK SUPPORT GROUP

We have a Tapestry of Beauty Facebook group of ladies who are also following this study and the many other studies we do throughout the year.

Each day discussion questions will be posted throughout the duration of this study by our bible study leaders Judith Shew Eastham & Sophia Tucker. TFT challenges, questions and discussion posts can be easily found in search by the tag #TFTJUNE2019 or found in 'Learning'.

SMALL GROUPS

We recognize the power of small groups therefore we have small accountability teams to keep each other accountable. Each team is ran by one of our leaders and facilitators and will be on hand daily for encouragement and support. Further details to join these small groups can be found within the Facebook group.

STUDY INFORMATION

WEEKLY ACCOUNTABILITY

We host a weekly weigh in for those who find the scale a helpful tool in their journey. Weighing in is totally optional. Included in this packet will be a weigh in sheet for you to print if you choose to participate. If you choose not to weigh in please focus on the non-scale victory & weekly overview posts or you can complete all three. Our weekly overview sheets start from Friday in accordance with our whole group accountability.

LIVE ZOOM CHATS

We run live bible studies by video using the program Zoom which is available both on mobile, PC, Mac and other devices. This is free to join if you are a member of the Tapestry Facebook Support Group. The live bible studies run 4 days a week and you are welcome to join. All details to sign up and register can be found in this document.


YOUTUBE & SOUNDCLOUD

Our team has video's and audio recordings available for additional support and teaching. Please look to the end of this study pack for relevant links.

TASTE FOR TRUTH

Study Schedule

Week 1	Introduction	June 3rd - 9th
Week 2	Days 1 - 5	June 10th - 14th
Week 3	Days 6 - 10	June 17th - 21st
Week 4	Days 11 - 15	June 24th - 28th
Week 5	Days 16 -20	July 1st - 5th
Week 6	Days 21 - 25	July 8th - 12th
Week 7	Days 26 - 30	July 15th - 19th
Week 8	Review Week	July 22 - July 26th



Zoom Chat Schedule

All our Zoom Chats are held weekly and require registration.

All zoom chats cover a different topic of Taste for Truth for 9 weeks.

You can find the zoom topics here: <https://bit.ly/2ExMChx>

Monday's 8pm EDT

Register for Mondays: <https://bit.ly/2MffnpC>

Tuesday 11am EDT

Register for Tuesdays: <https://bit.ly/2MdAqsJ>

Thursday 11am EDT

Register for Thursdays: <https://bit.ly/2QrEynu>

Friday's 11am EDT

Register for Fridays: <https://bit.ly/30MzCyb>

STUDY GOALS

WHY DO YOU WANT TO PARTICIPATE IN THIS STUDY?

WHAT ARE YOUR GOALS FOR THE NEXT EIGHT WEEKS?

DO YOU WANT TO RELEASE, MAINTAIN OR GAIN WEIGHT DURING THE STUDY?

WHAT STEPS DO YOU NEED TO PUT IN PLACE TO REACH YOUR GOALS?

WHAT ARE YOUR FOOD BOUNDARIES?

WHAT ACCOUNTABILITY MEASURES WILL YOU TAKE DURING THIS STUDY?

NOTES

WEEKLY OVERVIEW

HABIT TRACKER

	F	S	S	M	T	W	T
Renew My Mind 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Renew My Mind 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boundaries Kept	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercised	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accountability Check in & Support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced Challenges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THANKSGIVING

NON SCALE VICTORY

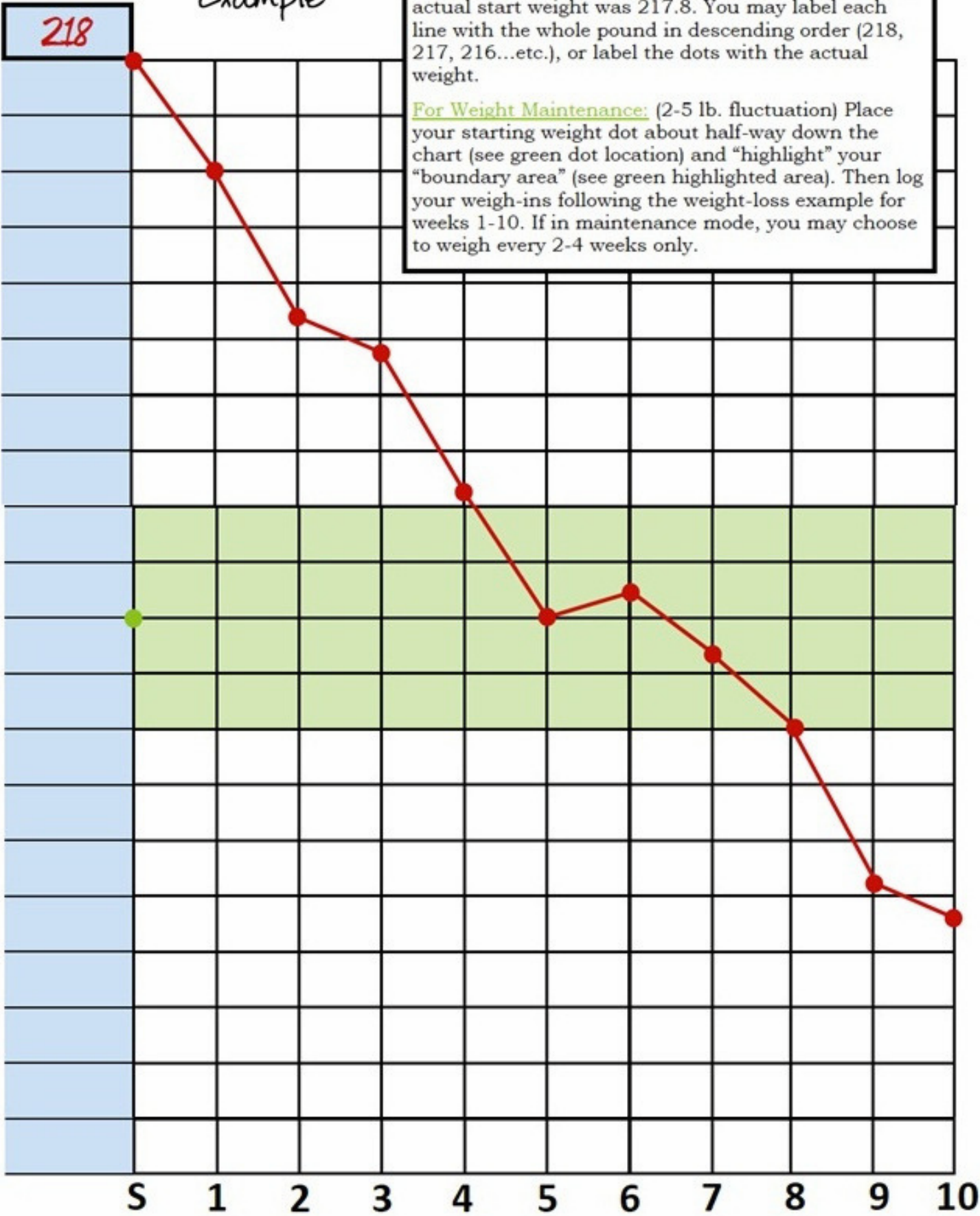
NOTES

Weigh In Worksheet

Example

For Weight-loss: Round up your "starting weight" to a whole pound number and enter it on the line to the left. Then, mark your actual weight on the chart with a dot (see red example). In the example, the member's actual start weight was 217.8. You may label each line with the whole pound in descending order (218, 217, 216...etc.), or label the dots with the actual weight.

For Weight Maintenance: (2-5 lb. fluctuation) Place your starting weight dot about half-way down the chart (see green dot location) and "highlight" your "boundary area" (see green highlighted area). Then log your weigh-ins following the weight-loss example for weeks 1-10. If in maintenance mode, you may choose to weigh every 2-4 weeks only.



Resources & Links

WEBSITE

For all downloadable resources, worksheets encouragement & support

<https://www.sophiatucker.com/tapestry-of-beauty>

FACEBOOK

For daily accountability, study discussions, small groups and zoom chat details

<https://www.facebook.com/groups/TapestryBeauty/>

AUDIO & VIDEO'S

For encouraging video's, audio and teachings

Youtube: <https://bit.ly/2HENkvt>

Sound Cloud: <https://bit.ly/2YRMIZm>

RESOURCES

In order to take part in this study you will need the following books/files:

Taste for Truth, Barb Raveling

<https://amzn.to/2VrRQ96>

Praying God's Word, Beth Moore

<https://amzn.to/2QuwWjX>

I deserve a donut, Barb Raveling

<https://amzn.to/2u1p2Ec>

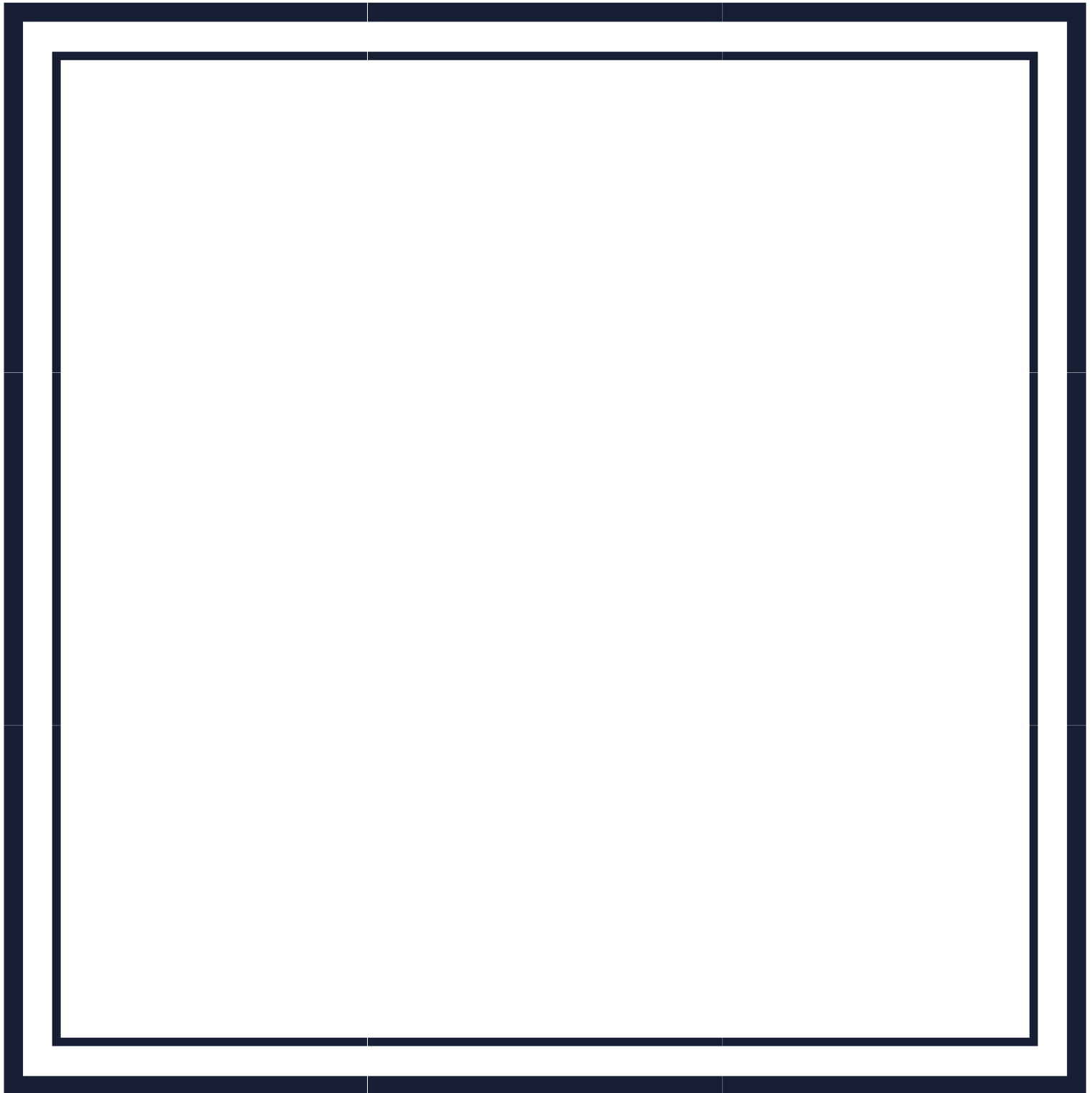
A Bible & Journal

We pray that you will have a fruitful 8 week journey with the Lord and that you will achieve mighty breakthrough and healing during this study.

Boundaries Worksheet #1

Around the outside perimeter of the box, copy the verse: “The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. I will praise the LORD, who counsels me; even at night my heart instructs me.” ~ Psalm 16:6-7a (ESV).

Around the inside perimeter, write your boundaries. Lastly, in the middle of the box, list at least three things you LOVE about your boundaries. Write: “I love my boundaries because...” for each one.

A large rectangular box with a thick dark blue border, intended for writing boundaries and reflections. The box is empty, providing space for the user to write their boundaries and reflections.

Exercise Worksheet #2

Around the outside perimeter of the box, copy the verse: “Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” ~ 1 Corinthians 6:19-20 (ESV).

Around the inside perimeter, write some options for exercise you can incorporate into your life. Lastly, in the middle of the box, list at least three things you LOVE about exercising. Write: “I love to exercise because...” for each one.

A large rectangular box with a thick yellow border, intended for writing exercise options and things loved about exercising. The box is empty and occupies the lower half of the page.

Treasures Worksheet #3

Around the outside perimeter of the box, copy the verse: "I will give you hidden treasures, riches stored in secret places, so that you may know that I am the LORD, the God of Israel, who summons you by name." ~ Isaiah 45:3 (NIV).

Do the following on the days indicated in the assignments: (Day 23) Around the inside perimeter of the box, write the attributes of God you highlighted over the past three weeks. (Days 24-26) In the center, list the treasures you unearth with God this week.

The worksheet features three concentric rectangular frames in a vibrant pink color. The outermost frame is the most prominent, creating a large rectangular area. Inside this is a second, slightly smaller frame, and then a third, even smaller frame. The space between the outer and middle frames is the widest, followed by the space between the middle and inner frames. The center of the worksheet is a large, empty white rectangle, intended for writing.

Mirror Exercises Worksheet #4

Mirror Exercises are a great way to speak the truths that the bible says about you. Knowing your identity in Christ is key to having a renewed mind. Print this out and place in a prominent place in your home or on your mirror and look at yourself as you speak these truths.

In Christ... I am wonderfully made (Psalm 139:14)

I am God's child (John 1:12)

I am forgiven (Colossians 2:13)

I am loved (1 Peter 1:5)

I am not condemned (Romans 8:1-2)

I am set free (Romans 8:1-2)

I am light in the darkness (Matthew 5:14)

I am protected (1 John 5:18)

I am more than a conqueror (Romans 8:37)

I am a victor (1 John 5:4)

I am healed by his stripes (Isaiah 53:5)

I am God's beloved (Romans 1:7 and 2 Thessalonians 2:13)

I am God's temple (1 Corinthians 3:16; 6:16)

I am able to do all things through Christ (Philippians 4:13)

I am able to defeat the enemy (Revelations 12:11)

I am never separated from God's love (Romans 8:35-39)

I am secure (John 10:28-29)