

1.1: Seven Keys to Lasting Freedom

1. Surrender your _____, _____,
_____ and the _____. (Ps. 139:16, Isa. 46:10)
2. Balance = _____. (1 Cor. 6:12)
3. _____ your journey. (Gal. 5:1)
4. Put your _____ in God alone. (Ps. 20:7)
5. Look for the _____. (Phil. 4:6-7)
6. Embrace what is _____. (Jn. 8:32)
7. Keep your eye on the _____. (Phil. 3:14)



Constance Rhodes
 Founder, FINDINGbalance, Inc.
 Author, *Life Inside the Thin Cage*
www.constancerhodes.com

“to do” this week:

- **Activity:** Complete “My View From Within” worksheet and share it with someone you trust.
- **Journal Prompt:** Which of the seven keys Constance mentioned challenges you most, and why?

Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

this week's Word:

"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland." - **Isaiah 43:19 (NIV)**

~ my view from within ~

In this week's video Constance shared her own personal "View from Within," pulled from her journal when she was first coming to terms with her eating disorder. Now it's your turn. **This activity is NOT designed to be a history of your eating disorder journey, but a vulnerable glimpse into the thoughts that run through your mind TODAY.** What are your fears? What does your struggle look like RIGHT NOW? And what is God whispering to you? Try not to write with an audience in mind. **Share the REAL you.**

~~"MY EATING ISSUES
BEGAN WHEN..."~~

*"I MAY LOOK NORMAL ON THE
OUTSIDE BUT HERE'S WHAT I'M
WRESTLING WITH ON THE INSIDE..."*

Yes! This helps people know you!

A stylized teal bird silhouette is positioned on the left side of the page. The bird is facing left and has a simple, rounded body with a pointed beak and a long, thin tail. The background is white with horizontal dashed lines.

"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness, and streams in the wasteland."

Isaiah 43:19 (NIV)



"Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

Psalms 139:16 (NIV)



"All things are lawful for me," but not all things are beneficial. "All things are lawful for me," but I will not be dominated by anything.

1. Corinthians 6:12 (ESV)



"For freedom Christ has set us free; stand firm, therefore, and do not submit again to a yoke of slavery."

Galatians 5:1 (ESV)



"Some trust in chariots and some in horses, but we trust in the name of the LORD our God."

Psalms 20:7 (NIV)



"Do not be anxious about anything, but in every situation, in prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

Philippians 4:6-7 (NIV)



"...I press on toward the goal for the prize of the upward call of God in Christ Jesus."

Philippians 3:14 (ESV)



TRANSLATION KEY

ESV—English Standard Version

NIV—New International Version

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...



FINDINGbalance®

eat well. live free.