



DR.CALLY SEYMOUR

WARRIOR'S WEIGHT LOSS

**Video Sessions Outline,
Listening Guides, and
Discussion Questions**

SESSION #12 | LISTENING GUIDE

WARRIOR, WHERE DO I GO FROM HERE?

“But those who wait for the Lord (who expect, look for, and hope in Him) will gain new strength and renew their power; They will lift up their wings (and rise up close to God) like eagles (rising toward the sun); They will run and not become weary, They will walk and not grow tired.” Isaiah 40:31 AMP

Personalize this for yourself and apply it to every area of your life, including your weight loss journey! I wait for the Lord. I expect Him. I look for Him. I hope in Him. I will renew my strength and power. I will lift my wings and mount up (close to God) as eagles (mount up to the sun); I am determined to run and not be weary. I will walk without fainting, in His strength.

IF YOU TRY

IF YOU FAIL, TRY AGAIN

IF YOU GROW

IF YOU STAY THE COURSE

IF YOU STAY CONNECTED

IF YOU STAY COMMITTED

IF YOU STAY POSITIVE

IF YOU ASK FOR GOD’S HELP

**A HEALTHY BODY NATURALLY
REACHES A HEALTHY WEIGHT!**

SESSION #12 | REFLECTION AND DISCUSSION

WARRIOR, WHERE DO I GO FROM HERE?

Your healing is His priority- Embrace and personalize the truth of these scriptures...choose 2-3 to study, meditate on, and discuss. These scriptures are mainly focused on Grace, Diligence, and Hope. (Add anything that the Lord impresses upon you for your personal journey!)

Psalm 84:11, Luke 2:40, Acts 13:43, Romans 3:24, Romans 5:15, Romans 5:20-21, 1 Corinthians 3:9-11, Ephesians 2:8, James 4:6, Deuteronomy 4:9, Psalm 119:4, Proverbs 4:23, Hebrews 11:6, Psalm 33:18, Psalm 147:11, Proverbs 13:12, Romans 15:4, Romans 15:13, 1 Corinthians 13:10, 12-13,

What “IF’s” mentioned in today’s session resonate most with me?

What is my process for staying motivated and hopefully expectant moving forward?

How will I stay connected to my health and weight loss support system?

What is the biggest obstacle facing me in this next season of my life and my weight loss journey?

What are my 3 biggest wins from the past 12 weeks?

What are my next 3 goals or hopes for the next phase of my health and weight loss journey?