

# Awareness

## The Journey to Freedom Begins

Sin isn't just about actions

—it's about the attitudes of our hearts and whether we're turning toward God or away from Him. It's easy to get caught up in what we do, but the real question is:

### **What's happening inside our thoughts?**

- Are we turning toward God or away from Him?
- Are we acting out of peace or fear?
- Are we striving for holiness or getting pulled into what the world says matters?

Pay attention to what grabs your focus and sends you into tornado thinking—worry, self-doubt, frustration.

Those moments are actually signals, showing us where we need to surrender.

And here's the good news: **this isn't about shame. It's about awareness.**

When we recognize these patterns, we can shift, grow, and step into the life God is calling us to.

To be Free.  
Unchained.  
To be fully His.  
To be restored.

On the next few pages, you'll find a prayer to begin your examination of conscious, followed by 2 versions of an examination of conscious - one simplified and one more thorough.

Let the Holy Spirit guide you as to which fits when.



# Prepare Your Heart

Dear Lord,

Shine the light of Your truth on my heart and mind as I come before You. I surrender my thoughts about food, my weight, and my body—every worry, frustration, and self-doubt that pulls me away from You. I know my worth is found in being Your beloved daughter, not in a number on the scale or a reflection in the mirror, yet I still struggle to fully believe it.

Help me to surrender, Lord. Show me where I am holding on too tightly—where I am seeking control instead of trusting You. Reveal the thoughts and beliefs that keep me stuck in shame, guilt, or frustration, and replace them with Your peace. Draw me closer to You so that I can see myself the way You see me—not as someone who needs fixing, but as someone already deeply loved.

**I know You can restore and heal me.  
You are the God of redemption,  
and nothing in me is too far gone for Your grace.**

So, I lay this at Your feet—all of my struggles, my fears, my desires for change. I don't want to chase the world's values. I want to pursue holiness and to please you alone.

Help me to honor this body You have given me, not out of fear, but out of love and gratitude . Help me to find comfort in You, not in food.

When my mind starts spinning in tornado thinking, bring me back to You. Let me find my peace in Your presence, my strength in Your grace, and my joy in knowing that I am Yours.

**Jesus, I trust You. I surrender this journey to You.  
Keep drawing me closer to the freedom You desire for me.**

**Amen.**



# Simplified

## Examination of Conscience

1. How do my attitudes toward food and my body reflect my relationship with God?

2. Am I using food or body image to fill emotional or spiritual needs instead of turning to God?

3. How do my struggles with food and body image affect my relationships with others?

4. Am I allowing societal standards of beauty and self-worth to influence me more than God's truth?

5. What areas of my life—related to food, body, or emotions—need healing, surrender, or forgiveness?



# Deeper Examination of Conscience

## Relationship with God & Faith

**1st Commandment: "You shall have no other gods before Me"**

- **How do my attitudes toward food reflect my relationship with God?** (*Am I trusting God in all areas of my life, including my approach to food?*)
- **How do my feelings about my body affect my relationship with God?** (*Am I placing too much focus on my appearance rather than on God's love for me?*)
- **Am I actively pursuing God's truth to counter negative self-talk about my body?** (*Am I believing lies about myself rather than God's word?*)
- **Have I made idols out of my body size or the number on a scale?** (*Am I putting my physical appearance above my identity as a child of God?*)

## Food & Emotional Attachments

**1st Commandment: "You shall have no other gods before Me"**

- **Do I see food as a gift to be enjoyed or as a source of guilt and shame?** (*Am I receiving God's gifts with gratitude or turning food into something to control me?*)
- **Do I have attachments to particular foods that I "need"?** (*Am I depending on food for comfort instead of turning to God?*)
- **In what ways do I use food to fill emotional voids or to cope with stress? How does this impact my spiritual life?** (*Am I seeking relief in food instead of in God?*)
- **Have I overeaten beyond enjoyment or physical needs?** (*Am I practicing self-control and honoring my body as a temple of the Holy Spirit?*)



# Deeper Examination of Conscience

## Body Image & Self-Worth

### 5th Commandment:

**"You shall not kill" – including self-harm and destruction of self-worth**

- **Do I believe that my worth is tied to my appearance?** (*Am I valuing myself by worldly standards rather than God's love?*)
- **What messages have I internalized about beauty and body image from society, and how do these messages conflict with my faith?** (*Am I allowing secular ideals to shape my self-worth instead of God's truth?*)
- **Do I indulge in envy, jealousy, and self-comparison that leads to guilt and shame?** (*Am I breaking the commandment against coveting by comparing myself to others?*)
- **Have I engaged in self-criticism or shaming myself?** (*Am I speaking to myself in a way that dishonors God's creation?*)

## Relationships & Community

### 4th & 8th Commandments:

**"Honor your father and mother" & "You shall not bear false witness"**

- **How do my struggles with food and body image affect my relationships with family and friends?** (*Am I fully present with others, or is my focus on food and body image straining my relationships?*)
- **Do I find myself withdrawing or isolating due to shame?** (*Am I allowing shame to separate me from the people God has placed in my life?*)
- **Do I notice patterns of isolation when I am preoccupied with my body image or eating habits?** (*Am I being honest about my struggles with trusted people, or am I hiding in secrecy?*)



# Deeper Examination of Conscience

## Healing & Growth

**5th, 8th, & 10th Commandments:**

**"You shall not kill" [self-harm],**

**"You shall not bear false witness" [being truthful with self],**

**"You shall not covet"**

- **Is there a situation in my life that requires attention, but I fear addressing it?**  
(Am I avoiding a truth that God is calling me to face?)
- **Am I pursuing overcoming the root causes of my struggles revealed here?**  
(Am I willing to surrender my struggles to God and trust in His healing?)
- **Are there specific moments or actions related to my struggles with food and body image that I need to seek forgiveness for?** (Have I sinned against myself, others, or God in this area?)





Notes