

Agenda for Eden Diet Meetings

1. Opening Prayer. "Prayer of Commitment" (Everyone reads aloud, in unison)

"Heavenly father, please help me uphold my commitment to this program. Transform my thinking about food at a pace that is right for me, so that I make choices that are consistent with weight loss. Help me to eat only small amounts of food and only when I am actually hungry, and help me find ways to resist the urge to eat when I'm not hungry. Encourage me when I am down and help me be honest with myself when it is difficult. Help me to forgive myself and others for past indiscretions that led to my weight gain. And, help me to feel comfortable and satisfied in the resultant body shape and size that you want for me. Thank you, Father. Amen."

2. Greetings/Business (Allow five minutes).

- Introduce new members or guests and record their contact information (It is especially important for the group leaders and secretary to collect this information).
- If not already done, elect at least two group leaders and one group secretary to send out email and telephone reminders about meetings.
- In case new members have not yet read the book, explain the basic concept of the book in a few sentences. Tell them: "The Eden Diet is about eating according to internal cues—hunger pangs—rather than eating according to legalistic dieting rules, mindless habits, or emotions. It's also about eating smaller portions and turning to God in prayer for help to avoid the temptation to eat at those times you're not truly physically hungry."
- Explain the group format to new members (they should complete the workbook questions before the meeting, and they should contemplate the questions prayerfully).
- Explain the meeting schedule, location, dates, and times, and discuss whether or not childcare will be available.
- Encourage members to collect contact information for each other so that they may communicate and encourage each other in between meetings. There is a template to record this information in the back of the workbook.
- The secretary should add new members' names to the email roster to ensure that all members receive information updates when appropriate.
- Review meeting rules, which are in the workbook.

3. Share Eden Diet Experiences from the previous two weeks (allow fifteen to twenty minutes).

- Members who are willing may share questions, difficulties, and frustrations about the prior two week period.
- Brainstorm solutions and give support, always focusing on the positive.
- Share praise reports, accomplishments, and behavioral goals that have been met.

4. Review Portions of the Workbook (allow thirty minutes). The Group Leader will direct members to read questions from the workbook to open those points up for group discussion. Nobody should feel pressured to share their responses.

5. Audio Relaxation Exercise (allow twenty-five minutes). Play one of the "Godly Affirmations for Weight Loss," CDs, which are available for purchase on www.TheEdenDiet.com.

6. Establish date, time, and location for the next meeting.

7. Assign which section or questions are to be answered from the workbook prior to the next meeting.

8. Stand up, join hands in a circle, and pray an ad lib closing prayer that is inspired by the meeting. Pray for each other, for the success of the group and the program, and for any other needs the group members have.

9. As you finish praying, take note of who is standing to your right. That is the person you will pray for during the next two weeks. Contact that person during the intervening two weeks, and support him or her with notes of encouragement.

10. Remind members (especially new members) to take "Before" pictures if not already done, and remind existing members to periodically take "Progress" pictures. The photos may be submitted for publication to www.TheEdenDiet.com (see instructions on the Testimonials page) so as to encourage other Eden Dieters.