

“I can’t stop eating – Help !!!”

Millions of Americans struggle with overeating and food related issues.

Some people call it gluttony others call it “food addiction”, and some just say I struggle with my weight.. Whatever the name it’s clear that God did not intend for food (or anything for that matter) to control our life.

Once you’ve settled on the fact that there is no “Quick Fix” you can employ the following three steps (all of these are excerpts from my book “Right Sizing Your Life” and you’ll be on your way to walking in dominion over the “food issue”.

Renew Your Mind and Start with Prayer

“Prayer - Father, I ask you to help me as I embark on this Right Sizing Your Life Journey. Give me wisdom in my life and schedule. Bless me with understanding and help me align my priorities with your perfect will. **AMEN**

As you pray about RSYL you will also want to clear what I call the “clutter” from your life and your head. You know all the lies and garbage that sometimes we believe. We might have the belief that once we lose weight all of our problems will be solved. We might believe that people that are thin “have it all together”. We might think that if we had more time, more money, better DNA then we wouldn’t have to fight this RSYL journey. Your journey will be more successful if you renew your mind in the truth on a daily basis.

Renew your Mind in the Truth

Romans 12:2 (NLT)

Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.

This renewing of your mind applies to your thought life. A lot of times we are hanging on to a lot of negative thoughts that are absolutely NOT helping us at all.

Here are some examples of negative worldly thinking:

I’m Fat

I’m Worthless

I can’t lose weight

I'm a glutton

It's in my DNA

I can't stop eating

Before you say but it's true I can't stop eating or I don't have time to work out, take a moment and think about how different things might be if you were willing to change how you think? I am asking you to renew your mind in God's truth and not necessarily in the facts and circumstances of your life. Clear that clutter. It's okay to say right now I don't feel like I can stop eating but as you clear the clutter from your thought life that will change. Think on God's Word. Think about how through Jesus you can do all things and that means **all things**.

Replace that clutter with what God says about you. Here are some examples:

Psalm 139:14 (New Living Translation)

**Thank you for making me so wonderfully complex!
Your workmanship is marvelous—how well I know it.**

You are wonderfully and fearfully made by the Creator of the Universe. This means you have great value. There is no room for thinking negatively about yourself. God loves you and ascribes great value to your life." (Excerpt from Right Sizing Your Life' book).

Pray for the courage to change

Sometimes we just pray for problems to "go away". While that is perfectly understandable we need more than for the problem to just disappear. We need the courage to face difficulties and come through with victory. Below, I will share a part of my journey in losing weight and overcoming the feeling of "I just can't stop eating".

"First, I prayed to lose weight. Then that prayer changed. I began to pray for the courage to change my eating habits. Yes, I felt very strange about praying that prayer. Was it okay for a person to ask God the creator of the universe to help them eat more healthfully? I wondered how spiritual that prayer was – but I prayed it by faith anyway." (Excerpt from "Right Sizing your Life" Book.)

Don't just pray to get rid of the "problem". Pray for the courage to change so the problem will no longer be a part of your life. When you experience change in your inner man – the outside – the temporal will no longer have dominion over you. This battle is not just about feeling compelled to eat. This battle is about the developing the courage and discipline through Christ so that even when you're faced with Oreo cookies you're not struggling with eating the whole box.

Focus on fulfilling God's purpose for you

Lots of time we let our problem (**I can't stop eating !**) become the focus of our life. The more you focus on anything the bigger it gets. Take for example a magnifying mirror. Have you ever looked into one of those? If so, you know that your face appears so much larger and actually looks distorted. Even small details like facial

pores look HUGE and distorted. That's a lot like what happens when you focus solely on "Help I can't stop eating" or any other situation.

So go ahead and renew your mind – pray for the courage to change – and then focus on fulfilling God's plan for your life. In other words don't spend all day (or most of it anyway) thinking about what you can or cannot eat. Don't think about how much or how little you eat. Focus on fulfilling your responsibilities and duties wholeheartedly as unto the Lord. Let things take their proper perspective.

It's good that you want to Right Size Your Life. It's good that you don't want food to control you. Renew your mind, pray for the courage to change and believe that God is doing that. Read books like Right Sizing Your Life (it's available as an audio book if you prefer). These tools will help you Right Size Your Life. Then, focus on the bigger picture plan that God has for your life.

With the rest of your time enjoy, laugh and work. Even the Bible says there is nothing better for a person to enjoy their work and the fruit of their labor. Live a full life. As you fulfill God's plan for your life everything will take its proper perspective. Food is meant to be nourishing and satisfying. Your life is meant to be abundant and enjoyable as you seek Him and Honor Him with your life.

Shalom,
Monica

Other Tools and Resources that may be helpful:

Books

Right Sizing Your Life
www.monicaspeaks.com

Empowering Your Health
Dr. Asa Andrew
www.amazon.com

DVD

4-Part Right Sizing Your Life Conference
www.monicaspeaks.com