Hunger can be satisfied by

food, but our appetite is insatiable

and can never be satisfied.

True hunger comes from your stomach not your mouth.

“Nothing tastes

as good as obedience

feels.” *Heidi Bylsma*

I need to break up with my

long time love, Food!!! Mourn

it, but don’t go back to it.

There is an Admirer, the

God of the Universe, who is pursuing me non-stop! He

has turned my mourning

into dancing!

God is so creative

and gives us a way out

of every temptation.

Every little bit and bite

totally count!

Renewing my mind

releases me from wrong

attitudes and behaviors.

Foods that satisfy

and energize keep my

body, soul, and life

less stressed.

The primary function of

food is to nourish my body,

*not* to be entertainment

or a pastime.

Lord, it was so

thoughtful of You to

make refueling enjoyable

by making food

taste good!

Rather than seeing

how *much* I can get away

with eating before I get to a

5, intentionally eat *tiny.*

"No matter what

mountains or walls you face, God is greater, and HE IS GOOD!" So go to HIM

instead of FOOD!

If I mess up, hit the

“restart button” by going

straight to God and repenting. Don’t waste a *moment*

in the pit!

"Remember not the things of

the past, nor consider the things of old,

for behold I am doing a new thing, do you

not perceive it? For now it springs forth! I

will make a way in the wilderness and

rivers in the desert." (Is.43:18–19)

Food DOES NOT SOLVE PROBLEMS. The problems will

still be there even if I eat out­-side my boundaries.

I really *can* choose to put

to death the deeds of the flesh

and say no to \_\_\_\_\_\_\_\_. … I am

free to offer my body to God

for righteousness.”

(*Thin Within,* page 140)

My life

without food

boundaries;

“BEFORE”

do I really  PHOTO

want to stay

there?

"He who began a good

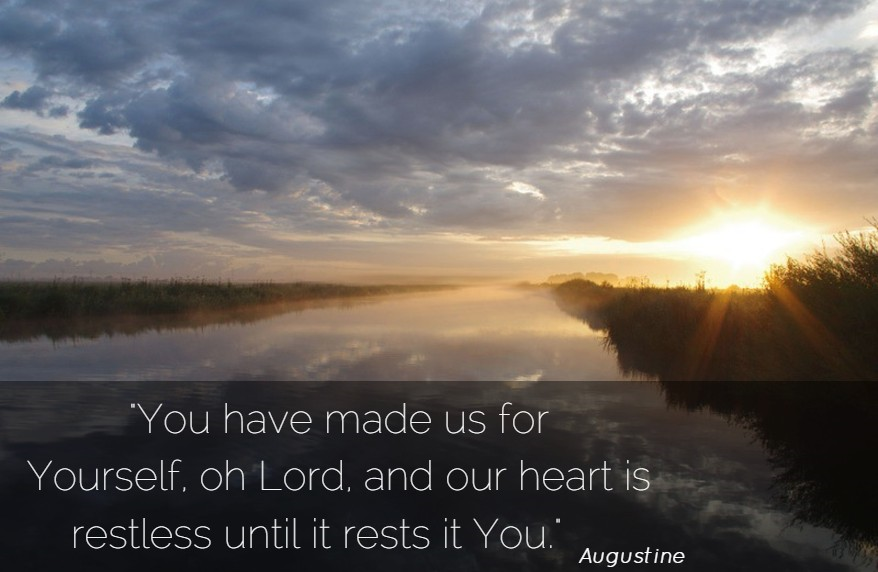
work in you will be faithful to

complete it until the day of

Jesus Christ’s return."

(Philippians 1:6)





“Escape (into food) is the easy route, but it leads me *away* from God. He is the answer to failure; I need Him more than ever when I’ve failed. He *wants* to help me.”

(from *Freedom From Emotional Eating*

by Barb Raveling, page 53)

Lifelong boundaries in the area

of food make our lives better because they keep us safe. Yes, they cramp our style, but our style *needs* to be cramped because there are (sad and serious) consequences to eating what

we want when we want.”

(from *A Taste For Truth* by Barb Raveling, p. 13)