

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.

God is so creative and gives us a way out of every temptation.

“Nothing tastes as good as obedience feels.” *Heidi Bylsma*

Every little bit and bite totally count!

I need to break up with my long time love, Food!!! Mourn it, but don't go back to it.

Renewing my mind releases me from wrong attitudes and behaviors.

There is an Admirer, the God of the Universe, who is pursuing me non-stop! He has turned my mourning into dancing!

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.

If I mess up, hit the “restart button” by going straight to God and repenting. Don’t waste a *moment* in the pit!

Lord, it was so thoughtful of You to make refueling enjoyable by making food taste good!

"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)

Rather than seeing how *much* I can get away with eating before I get to a 5, intentionally eat *tiny*.

Food DOES NOT SOLVE PROBLEMS. The problems will still be there even if I eat outside my boundaries.

"No matter what mountains or walls you face, God is greater, and HE IS GOOD!" So go to HIM instead of FOOD!

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;
do I really
want to stay
there?

"BEFORE"
PHOTO

"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)

"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)

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)

