

Reasons why 0-5 boundaries are great, good, godly and I delight in them and want to adhere to them:

- \* being the size God intends, I fit into clothes comfortably.
- \* being the size God intends, my blood pressure is more manageable, my joints hurt less, I can get around the tennis court easier, and new activities strain my joints and muscles less
- \* eating 0 to 5, I enjoy the variety of foods that God provides without having to obsess about content...this makes it easier to travel, to go out to eat, to do activities, and to generally live the life I enjoy.
- \* eating 0 to 5 I am free to make decisions in the moment...I can rely on God to lead me. It keeps me dependent on him in a way I wouldn't otherwise be. The eating and drinking and all the mundane stuff can be done for his glory
- \* I like not worrying about things
- \* I want to be healthy
- \* I prefer looking better in my clothes
- \* tennis clothes don't hide much...I like looking better in my tennis clothes
- ....etc....