

# The Weight of *Grace*



*Experience the Freedom from  
Overeating that You Already Have*

# The Layers of Issues in Overeating

*Common Wisdom*

*v.*

*God's Word*



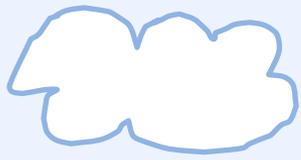
***Let's go fishing for the deeper issues that motivate overeating and remaining overweight, but let's start at the top and work our way down.***

As we look at the layers of issues, we'll compare Common Wisdom (CW) with God's Word.

Common wisdom will likely seem very familiar. It is what we have all heard over and over again and seems to make sense.

God's Word may surprise you, but keep an open mind and stay prayerful as you consider what could be the lasting solution to a problem that you've never yet fully resolved.

Let's start with the most obvious issue, at the surface...



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**CW:** Stick to your diet/pray God will help you stick to your diet



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Although dieting seems like a really good idea, God's Word is clear that legalism does not work. It doesn't help you control your indulgent behaviors. In fact, legalism makes it much more likely that you'll overindulge! Check out the verses above!!

**Now, let's go a little deeper...**



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**Deeper, Less Obvious Layer: Eating to Medicate Emotions**

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You'd think you could just distract yourself from the emotions that inevitably lead you to overeat, but God designed you to **TURN TO HIM** with your emotions. It is in our honest relationship with Him that we find resolution to emotions and no longer need to “stuff” them.

**R** – Recognize you're feeling something.

**E** – Express what you're feeling *to God*.

**E** – Prayerfully examine the thinking and beliefs that led to your feelings and ask God to show you whether what you're thinking is really the truth.

**D** – Decide to agree with God about the truth and accept how He is working in your life, and you will feel His peace and joy.

See Psalm 73 for a really good example of how going to God with your emotions is the best plan.

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When the Apostle Paul wanted the readers of his letters to change their behaviors (for example, see 1 Cor. 6:1), he exposed and challenged their beliefs (see 1 Cor. 6:2-3) and *then* expected their behaviors to change (see 1 Cor. 6:4).

You may have beliefs about being thin and being fat that may actually motivate you to stay larger. Some examples are:

*If I were thin, I'd be very proud.*

*If I were thin, I'd be tempted to flirt.*

*If I were thin, I'd be more vulnerable to rape.*

*When I'm fat, people expect less from me.*

Until such beliefs are recognized and resolved in accordance with God's truth, all attempts at weight loss will be sabotaged, because it's much too emotionally uncomfortable to be thin. See James 1:5—ask God and He will show you your underlying belief system.

**And there's one issue that's at the bottom of them all...**



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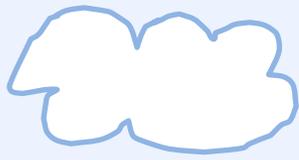
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# The Weight of *Grace*



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God *is* interested in showing you the freedom from overeating that's found in just being who He created you to be and being in an intimate, honest relationship with Him.