

“Let God Transform You By Changing The Way You Think About Food”

During your Journey from the slavery of overeating to the promised land of no desire to overeat, you will travel through a desert of testing. Do not fear the desert, for it is a period of great learning. But you can be prepared for it by girding yourself with the right armor. In 1 Corinthians 10:13 Paul says, “No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.” As you read through these and hear a series of potential “sandtraps,” examples of temptations you may face as you cross the desert. Following each situation, you will find Scripture which is applicable, and will give you both guidance and encouragement. Keep this with you and refer to it as often as necessary when you feel tempted. I assure you that the food you receive from these verses will be far more satisfying than the food you were being tempted to eat.

My stomach isn't growling and I know I'm not physically hungry, but I want to eat anyway.

Colossians 3:5

5Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

Romans 6:12

12Therefore do not let sin reign in your mortal body so that you obey its evil desires.

Romans 6:16

16Don't you know that when you offer yourselves to someone to obey him as slaves, you are slaves to the one whom you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness?

Matthew 4:4

4Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

1 John 2:3-6

3We know that we have come to know him if we obey his commands. 4The man who says, "I know him," but does not do what he commands is a liar, and the truth is not in him. 5But if anyone obeys his word, God's love is truly made complete in him. This is how we know we are in him: 6Whoever claims to live in him must walk as Jesus did.

Titus 2:11-14

11For the grace of God that brings salvation has appeared to all men. 12It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, 13while we wait for the blessed hope—the glorious appearing of our great God and Savior, Jesus Christ, 14who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.

Proverbs 26:11

11 As a dog returns to its vomit, so a fool repeats his folly.

Proverbs 21:20

20 In the house of the wise are stores of choice food and oil, but a foolish man devours all he has.

John 6:27

27Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the Father has placed his seal of approval."

John 6:48-51

48I am the bread of life. 49Your forefathers ate the manna in the desert, yet they died. 50But here is the bread that comes down from heaven, which a man may eat and not die. 51I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world."

John 6:35

35Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.

I've lost a few pounds, but I am tempted to try and lose more weight quickly by mixing what I am doing with diuretics or diet pills or even more exercise.

Colossians 2:22-23

22These are all destined to perish with use, because they are based on human commands and teachings. 23Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.

Isaiah 30:1-3 Woe to the Obstinate Nation

1 "Woe to the obstinate children," declares the LORD, "to those who carry out plans that are not mine, forming an alliance, but not by my Spirit, heaping sin upon sin; 2 who go down to Egypt without consulting me; who look for help to Pharaoh's protection, to Egypt's shade for refuge. 3 But Pharaoh's protection will be to your shame, Egypt's shade will bring you disgrace.

Mark 2:21-22

21"No one sews a patch of unshrunk cloth on an old garment. If he does, the new piece will pull away from the old, making the tear worse. 22And no one pours new wine into old wineskins. If he does, the wine will burst the skins, and both the wine and the wineskins will be ruined. No, he pours new wine into new wineskins."

Isaiah 57:10,12-13

10 You were wearied by all your ways, but you would not say, 'It is hopeless.' You found renewal of your strength, and so you did not faint.

12 I will expose your righteousness and your works, and they will not benefit you. 13 When you cry out for help, let your collection of idols save you! The wind will carry all of them off, a mere breath will blow them away. But the man who makes me his refuge will inherit the land and possess my holy mountain."

I've gone through a lot today. I'm depressed and feel anxious. I want to eat!

Matthew 11:28-30

28"Come to me, all you who are weary and burdened, and I will give you rest. 29Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy and my burden is light."

Deuteronomy 8:2

2 Remember how the LORD your God led you all the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands.

Psalms 121:1-8 A song of ascents.

1 I lift up my eyes to the hills— where does my help come from? 2 My help comes from the LORD, the Maker of heaven and earth. 3 He will not let your foot slip— he who watches over you will not slumber; 4 indeed, he who watches over Israel will neither slumber nor sleep. 5 The LORD watches over you— the LORD is your shade at your right hand; 6 the sun will not harm you by day, nor the moon by night. 7 The LORD will keep you from all harm—he will watch over your life; 8 the LORD will watch over your coming and going both now and forevermore.

People around me (family, friends, coworkers) are discouraging me. They just don't understand what I am doing. It is hard to stay strong when nobody believes in what I am doing.

Colossians 2:16

16Therefore do not let anyone judge you by what you eat or drink..."

Colossians 2:20-23

20Since you died with Christ to the basic principles of this world, why, as though you still belonged to it, do you submit to its rules: 21"Do not handle! Do not taste! Do not touch!"? 22These are all destined to perish with use, because they are based on human commands and teachings. 23Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.

1 John 4:4

4You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

Philippians 3:17-19

17Join with others in following my example, brothers, and take note of those who live according to the pattern we gave you. 18For, as I have often told you before and now say again even with tears, many live as enemies of the cross of Christ. 19Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things.

I try to stay focused, but it is really easy to lose my focus throughout the day.

Deuteronomy 30:11-15 **The Offer of Life or Death**

11 Now what I am commanding you today is not too difficult for you or beyond your reach. 12 It is not up in heaven, so that you have to ask, "Who will ascend into heaven to get it and proclaim it to us so we may obey it?" 13 Nor is it beyond the sea, so that you have to ask, "Who will cross the sea to get it and proclaim it to us so we may obey it?" 14 No, the word is very near you; it is in your mouth and in your heart so you may obey it. 15 See, I set before you today life and prosperity, death and destruction.

Hebrews 8:10b

"... I will put my laws in their minds and write them on their hearts. I will be their God, and they will be my people.

Psalms 119:129-135

129 Your statutes are wonderful; therefore I obey them. 130 The unfolding of your words gives light; it gives understanding to the simple. 131 I open my mouth and pant, longing for your commands. 132 Turn to me and have mercy on me, as you always do to those who love your name. 133 Direct my footsteps according to your word; let no sin rule over me. 134 Redeem me from the oppression of men, that I may obey your precepts. 135 Make your face shine upon your servant and teach me your decrees.

Mark 12:29-31

29"The most important one," answered Jesus, "is this: 'Hear, O Israel, the Lord our God, the Lord is one. 30Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' 31The second is

this: 'Love your neighbor as yourself.' There is no commandment greater than these."

I thought I was doing really well, but the scales show that I haven't lost a pound this week! I feel so discouraged!

Galatians 6:9

9Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Isaiah 40:31

31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

1 John 5:3-4

3This is love for God: to obey his commands. And his commands are not burdensome, 4for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith.

Isaiah 55:8

8 "For my thoughts are not your thoughts, neither are your ways my ways," declares the LORD.

John 14:27

27Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

I waited until I was hungry and ate a great lunch. But now, someone has brought birthday cake into the office and I am very tempted to eat some even though I am not hungry!

Philippians 4:8

8Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Colossians 3:1-3 Rules for Holy Living

1 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 For you died, and your life is now hidden with Christ in God.

John 14:15 Jesus Promises the Holy Spirit

15 "If you love me, you will obey what I command.

Proverbs 3:21-23

21 My son, preserve sound judgment and discernment, do not let them out of your sight; 22 they will be life for you, an ornament to grace your neck. 23 Then you will go on your way in safety, and your foot will not stumble;

Hebrews 2:1-3 Warning to Pay Attention

1 We must pay more careful attention, therefore, to what we have heard, so that we do not drift away. 2 For if the message spoken by angels was binding, and every violation and disobedience received its just punishment, 3 how shall we escape if we ignore such a great salvation? This salvation, which was first announced by the Lord, was confirmed to us by those who heard him.

I've really had a hard week, and I know I didn't obey my body's signals in my eating. I feel like God is disappointed in me. I've repented and pushed my restart button, but how can I be sure that He is satisfied with this?

Psalm 32:5

5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"— and you forgave the guilt of my sin. Selah

Proverbs 28:13

13 He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.

Psalm 103:10-11

10 he does not treat us as our sins deserve or repay us according to our iniquities. 11 For as high as the heavens are above the earth, so great is his love for those who fear him;

This seems so hard. Sometimes I feel like giving up altogether and accepting my life of being greedy and overweight.

Romans 14:17

17 For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,

Romans 14:20

20 Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a man to eat anything that causes someone else to stumble.

2 Peter 1:3 Making One's Calling and Election Sure

3 His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.

Romans 6:1-13 Dead to Sin, Alive in Christ

1 What shall we say, then? Shall we go on sinning so that grace may increase? 2 By no means! We died to sin; how can we live in it any longer? 3 Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? 4 We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. 5 If we have been united with him like this in his death, we will certainly also be united with him in his resurrection. 6 For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin— 7 because anyone who has died has been freed from sin. 8 Now if we died with Christ, we believe that we will also live with him. 9 For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. 10 The death he died, he died to sin once for all; but the life he lives, he lives to God. 11 In the same way, count yourselves dead to sin but alive to God in Christ Jesus. 12 Therefore do not let sin reign in your mortal body so that you obey its evil desires. 13 Do not offer the parts of your body to sin, as instruments of wickedness, but rather offer yourselves to God, as those who have been brought from death to life; and offer the parts of your body to him as instruments of righteousness.

Deuteronomy 30:11-14 The Offer of Life or Death

11 Now what I am commanding you today is not too difficult for you or beyond your reach. 12 It is not up in heaven, so that you have to ask, "Who will ascend into heaven to get it and proclaim it to us so we may obey it?" 13 Nor is it beyond the sea, so that you have to ask, "Who will cross the sea to get it and proclaim it to us so we may obey it?" 14 No, the word is very near you; it is in your mouth and in your heart so you may obey it.

Ephesians 6:10-18 The Armor of God

10 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God. 18 And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

I know I should submit to authority (my husband, my employer, etc.) but I don't want to stop doing things my way!

Ephesians 6:6-7

6 Obey them not only to win their favor when their eye is on you, but like slaves of Christ, doing the will of God from your heart. 7 Serve wholeheartedly, as if you were serving the Lord, not men,

James 4:10

10 Humble yourselves before the Lord, and he will lift you up.

John 12:24-26

24 I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds. 25 The man

who loves his life will lose it, while the man who hates his life in this world will keep it for eternal life. 26 Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me.

Proverbs 31:10-12

10 A wife of noble character who can find? She is worth far more than rubies. 11 Her husband has full confidence in her and lacks nothing of value. 12 She brings him good, not harm, all the days of her life.

Proverbs 31:28-30

28 Her children arise and call her blessed; her husband also, and he praises her: 29 "Many women do noble things, but you surpass them all." 30 Charm is deceptive, and beauty is fleeting; but a woman who fears the LORD is to be praised.

Romans 13:1-3 Submission to the Authorities

1 Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. 2 Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves. 3 For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and he will commend you.

We are getting ready to attend a wedding, and I love wedding cake. But I just ate a big lunch, and I am afraid I won't be hungry at the reception! Would it be o.k. if I ate some anyway?

Proverbs 27:7

7 He who is full loathes honey, but to the hungry even what is bitter tastes sweet.

Psalms 34:8

8 Taste and see that the LORD is good; blessed is the man who takes refuge in him.

Matthew 6:21

21 For where your treasure is, there your heart will be also.

Galatians 5:13

13You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature; rather, serve one another in love.

It is dinnertime at my house, and my family is preparing to eat a great meal. However, I don't feel any "stomach hunger" yet. I hate to miss eating this great food with my family!

Mark 7:8

8You have let go of the commands of God and are holding on to the traditions of men."

Romans 12:1 Living Sacrifices

1Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

John 4:34

34"My food," said Jesus, "is to do the will of him who sent me and to finish his work.

It is so hard to stay focused all the time! Does God really care if we are obedient every single moment?

John 14:23

23Jesus replied, "If anyone loves me, he will obey my teaching. My Father will love him, and we will come to him and make our home with him.

1 John 5:18

18We know that anyone born of God does not continue to sin; the one who was born of God keeps him safe, and the evil one cannot harm him.

Genesis 4:6-7

6 Then the LORD said to Cain, "Why are you angry? Why is your face downcast? 7 If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it."

John 14:21

21Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father, and I too will love him and show myself to him."

2 John 1:6

6And this is love: that we walk in obedience to his commands. As you have heard from the beginning, his command is that you walk in love.

Luke 11:35-36

35See to it, then, that the light within you is not darkness. Therefore, if your whole body is full of light, and no part of it dark, it will be completely lighted, as when the light of a lamp shines on you."

I have heard people talk about receiving God's "jewels" for obedience, but I haven't seen any yet. If I give up my will, how can I be sure that He will reward me?

Hebrews 11:6

6And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

Malachi 3:10

10 Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it.

Matthew 7:9-11

9"Which of you, if his son asks for bread, will give him a stone? 10Or if he asks for a fish, will give him a snake? 11If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

I have been a “control-freak,” always wanting to take care of everything for my spouse and kids. I am trying to live by God’s will and His plans, but I am constantly fighting the temptation to step in and take over!

Matthew 6:24

24“No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.

Proverbs 21:30

30 There is no wisdom, no insight, no plan that can succeed against the LORD.

Deuteronomy 4:39-40

39 Acknowledge and take to heart this day that the LORD is God in heaven above and on the earth below. There is no other. 40 Keep his decrees and commands, which I am giving you today, so that it may go well with you and your children after you and that you may live long in the land the LORD your God gives you for all time.

Jeremiah 6:16

16 This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, 'We will not walk in it.'

Philippians 2:4-8

4Each of you should look not only to your own interests, but also to the interests of others. 5Your attitude should be the same as that of Christ Jesus: 6Who, being in very nature God, did not consider equality with God something to be grasped, 7but made himself nothing, taking the very nature of a servant, being made in human likeness. 8And being found in appearance as a man, he humbled himself and became obedient to death— even death on a cross!

Job 38:4

4 "Where were you when I laid the earth's foundation? Tell me, if you understand.

I have done well all day, but my spouse is out of town and the kids have gone to bed. I know I am not hungry, but all I can think about are the dinner leftovers and the fresh brownies in the kitchen. Help!

Psalm 81:9-10

9 You shall have no foreign god among you; you shall not bow down to an alien god. 10 I am the LORD your God, who brought you up out of Egypt. Open wide your mouth and I will fill it.

Romans 14:17

17For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,

Romans 14:20

20Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a man to eat anything that causes someone else to stumble.

Job 23:12

12 I have not departed from the commands of his lips; I have treasured the words of his mouth more than my daily bread.

Psalm 34:8

8 Taste and see that the LORD is good; blessed is the man who takes refuge in him.

1 Peter 5:8-10

8 Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9 Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. 10And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

James 4:7

7Submit yourselves, then, to God. Resist the devil, and he will flee from you.

Isaiah 58:5

5 Is this the kind of fast I have chosen, only a day for a man to humble himself? Is it only for bowing one's head like a reed and for lying on sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD?

I was taught as a child that it was a “sin” to waste food, and I have always found it hard to leave leftovers behind. How can I fight this idea that I always have to clean my plate and that it is wrong to throw food away?

Ruth 2:14

14 At mealtime Boaz said to her, "Come over here. Have some bread and dip it in the wine vinegar."

When she sat down with the harvesters, he offered her some roasted grain. She ate all she wanted and had some left over.

Matthew 6:31-35

31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

My friend is on the latest fad diet, and she is losing weight quickly. I have lost steadily over the past months, but seeing her results is making it hard to be satisfied with only 2 pounds per week. How can I fight this temptation to try her diet?

Hebrews 13:9

9 Do not be carried away by all kinds of strange teachings. It is good for our hearts to be strengthened by grace, not by ceremonial foods, which are of no value to those who eat them.

Isaiah 31:1 Woe to Those Who Rely on Egypt

1 Woe to those who go down to Egypt for help, who rely on horses, who trust in the multitude of their chariots and in the great strength of their horsemen, but do not look to the Holy One of Israel, or seek help from the LORD.

Matthew 7:16-20

16 By their fruit you will recognize them. Do people pick grapes from thorn bushes, or figs from thistles? 17 Likewise every good tree bears good fruit, but a bad tree bears bad fruit. 18 A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. 19 Every tree that does not bear good fruit is cut down and thrown into the fire. 20 Thus, by their fruit you will recognize them.

Galatians 5:1 Freedom in Christ

1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

I feel like I am obedient in 90% of what God wants of me. Does He really care about the one or two things that I want to hold on to?

John 3:6

6 No one who lives in him keeps on sinning. No one who continues to sin has either seen him or known him.

1 John 3:9

9 No one who is born of God will continue to sin, because God's seed remains in him; he cannot go on sinning, because he has been born of God.

Matthew 6:24

24 "No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.

Revelation 3:15-16

15 I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! 16 So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth.

Exodus 34:14

14 Do not worship any other god, for the LORD, whose name is Jealous, is a jealous God.

Romans 6:17

17 But thanks be to God that, though you used to be slaves to sin, you wholeheartedly obeyed the form of teaching to which you were entrusted.

1 Samuel 15:2-3

2 This is what the LORD Almighty says: 'I will punish the Amalekites for what they did to Israel when they waylaid them as they came up from Egypt. 3 Now go, attack the Amalekites and totally destroy everything that belongs to them. Do not spare them; put to death men and women, children and infants, cattle and sheep, camels and donkeys.' "

1 Samuel 15:7

7 Then Saul attacked the Amalekites all the way from Havilah to Shur, to the east of Egypt.

1 Samuel 15:9-19

9 But Saul and the army spared Agag and the best of the sheep and cattle, the fat calves and lambs—everything that was good. These they were unwilling to destroy completely, but everything that was despised and weak they totally destroyed. 10 Then the word of the LORD came to Samuel: 11 "I am grieved that I have made Saul king, because he has turned away from me and has not carried out my instructions." Samuel was troubled, and he cried out to the LORD all that night. 12 Early in the morning Samuel got up and went to meet Saul, but he was told, "Saul has gone to Carmel. There he has set up a monument in his own honor and has turned and gone on down to Gilgal." 13 When Samuel reached him, Saul said, "The LORD bless you! I have carried out the LORD's instructions."

14 But Samuel said, "What then is this bleating of sheep in my ears? What is this lowing of cattle that I hear?" 15 Saul answered, "The soldiers brought them from the Amalekites; they spared the best of the sheep and cattle to sacrifice to the LORD your God, but we totally destroyed the rest." 16 "Stop!" Samuel said to Saul. "Let me tell you what the LORD said to me last night." "Tell me," Saul replied. 17 Samuel said, "Although you were once small in your own eyes, did you not become the head of the tribes of Israel? The LORD anointed you king over Israel. 18 And he sent you on a mission, saying, 'Go and completely destroy those wicked people, the Amalekites; make war on them until you have wiped them out.' 19 Why did you not obey the LORD? Why did you pounce on the plunder and do evil in the eyes of the LORD?" 22 But Samuel replied: "Does the LORD delight in burnt offerings and sacrifices as much as in obeying the voice of the LORD? To obey is better than sacrifice, and to heed is better than the fat of rams. 23 For rebellion is like the sin of divination, and arrogance like the evil of idolatry. Because you have rejected the word of the LORD, he has rejected you as king."

I know that I don't follow God's will all of the time, but I know I'm not as bad as the people I see at work or in the neighborhood. Why should I try so hard when they seem so happy and successful by following their own wills?

Matthew 6:33

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Galatians 6:7-8

7 Do not be deceived: God cannot be mocked. A man reaps what he sows. 8 The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.

1 Corinthians 6:12-13

12 "Everything is permissible for me"—but not everything is beneficial. "Everything is permissible for me"—but I will not be mastered by anything. 13 "Food for the stomach and the stomach for food"—but God will destroy them both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.

John 14:21

21 Whoever has my commands and obeys them, he is the one who loves me. He who loves me will be loved by my Father, and I too will love him and show myself to him."

Deuteronomy 8:17-19

17 You may say to yourself, "My power and the strength of my hands have produced this wealth for me." 18 But remember the LORD your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your forefathers, as it is today.

19 If you ever forget the LORD your God and follow other gods and worship and bow down to them, I testify against you today that you will surely be destroyed

Matthew 5:3-6

3 "Blessed are the poor in spirit, for theirs is the kingdom of heaven. 4 Blessed are those who mourn, for they will be comforted. 5 Blessed are the meek, for they will inherit the earth. 6 Blessed are those who hunger and thirst for righteousness, for they will be filled.

James 1:22-25

22Do not merely listen to the word, and so deceive yourselves. Do what it says.
23Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror 24and, after looking at himself, goes away and immediately forgets what he looks like. 25But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does.

I keep hearing about all the studies that show that mean is good for you...then meat is bad for you. Eggs are good for you...then eggs are bad for you. I try to be healthy...how do I know what to believe?

Timothy 4:1 Instructions to Timothy

1The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons.

1 Timothy 4:3

3They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth.

1 Timothy 4:3-4

3They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth. 4For everything God created is good, and nothing is to be rejected if it is received with thanksgiving,

1 Corinthians 1:19-20

19For it is written: "I will destroy the wisdom of the wise; the intelligence of the intelligent I will frustrate." 20Where is the wise man? Where is the scholar? Where is the philosopher of this age? Has not God made foolish the wisdom of the world?

Mark 7:14-23

14Again Jesus called the crowd to him and said, "Listen to me, everyone, and understand this. 15Nothing outside a man can make him 'unclean' by going into him. Rather, it is what comes out of a man that makes him 'unclean.'" 17After he had left the crowd and entered the house, his disciples asked him about this parable. 18"Are you so dull?" he asked. "Don't you see that nothing that enters a man from the outside can make him 'unclean'? 19For it doesn't go into his heart

but into his stomach, and then out of his body." (In saying this, Jesus declared all foods "clean.") 20He went on: "What comes out of a man is what makes him 'unclean.' 21For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery, 22greed, malice, deceit, lewdness, envy, slander, arrogance and folly. 23All these evils come from inside and make a man 'unclean.' "

I am eating according to my biological feedback, and I know I am not staying within the Basic Four Good Group requirements. I am worried that my body is missing some important nutrients or vitamins. I am thinking about taking multivitamins to make sure that nothing is getting left out.

Mark 7:8

8You have let go of the commands of God and are holding on to the traditions of men."

Matthew 6:25 Do Not Worry

25"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?

I trust God with everything, but sometimes I worry that He isn't paying attention to my needs or concerns. I wait and wait, but nothing happens.

Isaiah 40:31

31 but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

John 14:27

27Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Lamentations 3:22-24

22 Because of the LORD's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness. 24 I say to myself, "The LORD is my portion; therefore I will wait for him."

Psalm 143:8

8 Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I lift up my soul.

Isaiah 30:18

18 Yet the LORD longs to be gracious to you; he rises to show you compassion. For the LORD is a God of justice. Blessed are all who wait for him!

James 1:2-4 Trials and Temptations

2 Consider it pure joy, my brothers, whenever you face trials of many kinds, 3 because you know that the testing of your faith develops perseverance. 4 Perseverance must finish its work so that you may be mature and complete, not lacking anything.

Since I have begun eating "God's way" (eating only when I have true stomach hunger and stopping when I am satisfied) it seems like I have undergone all kinds of suffering and trials. Sometimes it seems like I am all alone, and sometimes I wonder if I am strong enough to handle it!

Romans 8:16-18

16 The Spirit himself testifies with our spirit that we are God's children. 17 Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Future Glory 18 I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

Romans 8:38-39

38 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

1 Peter 4:1-2 Living for God

1 Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because he who has suffered in his body is done with sin. 2 As a result, he does not live the rest of his earthly life for evil human desires, but rather for the will of God.

Psalm 68:19 19 Praise be to the Lord, to God our Savior, who daily bears our burdens. Selah

Deuteronomy 8:1-5 Do Not Forget the LORD

1 Be careful to follow every command I am giving you today, so that you may live and increase and may enter and possess the land that the LORD promised on oath to your forefathers. 2 Remember how the LORD your God led you all the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands. 3 He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD. 4 Your clothes did not wear out and your feet did not swell during these forty years. 5 Know then in your heart that as a man disciplines his son, so the LORD your God disciplines you.

1 Peter 2:21-24

21 To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. 22 "He committed no sin, and no deceit was found in his mouth." 23 When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly. 24 He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.

Hebrews 5:7-9

7 During the days of Jesus' life on earth, he offered up prayers and petitions with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission. 8 Although he was a son, he learned obedience from what he suffered 9 and, once made perfect, he became the source of eternal salvation for all who obey him

1 Peter 5:8-10

8 Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9 Resist him, standing firm in the faith,

because you know that your brothers throughout the world are undergoing the same kind of sufferings. 10And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

With so many terrible things going on in the world, I just question if overeating is really a “sin” that God cares about.

Ezekiel 16:49

“Now this was the sin of your sister Sodom: She and her daughters were arrogant, overfed and unconcerned...”