My Journey: Woke up this morning with a heavy heart. One of the reasons being, the scale hasn’t been my friend this week. I realize that this truly is a lifelong journey for me. I am excited about the progress thus far, but am realistic in knowing that I still have a long way to go to conquer this. And, I know this is more than a battle with the scales, it’s a battle with my heart. This is something God is challenging me to surrender to His control. In the book, Made to Crave, she asks “Is it possible we love and rely on food more than we love and rely on God?” The first time I read this, humbly, I had to say yes. And today, I can say I’m getting better. I was, as she affectionately says, a “Jesus Girl”. I’ve gone to Church all my life, taught all different groups of people, and yes am a minister. And sadly, I had to be honest with myself and admit that I relied on food more than I relied on God. I craved food more than I craved God. Food was my comfort, my reward, my joy. Food was what I turned to in times of stress, sadness, and even in times of happiness. And, yes as she described, I felt stupid admitting that. I felt like a spiritual failure. If we are truly honest with ourselves, we have all battled or are battling something like this. All of us are sinners saved by grace. Think about it, has there been something in your life that you have run to, to get that adrenaline rush, something you’ve turned to in times of stress to comfort you, when really you should have turned to God? That something may not be food for you, it could be alcohol, drugs, money, status, a hobby, shopping. Not all these things are sin in and of themselves, but if you use them as a spiritual crutch instead of turning to God they are sin. God never intended for us to want anything more than we want Him. Just the slightest glimpse into His Word proves that. Look at what the Bible says about God’s chosen people, the Israelites, when they wanted food more than they wanted God: “They willfully put God to the test by demanding the food they craved.” (Psalm 78:18) And what became of them? They never reached the Promised Land. They wandered in the desert for forty years. I don’t know about you, but I don’t want to wander about in a “desert”, unable to enter into the abundant life God has for me because I willfully put Him to the test over food! I don’t want this scenario to take place on the day of judgment for me “Many will say on that day, Lord, Lord, did we not prophesy in your name, and in your name drive out demons, and perform many miracles? Then I will tell them plainly, ’I never knew you. Away from me, you evildoers!” Matthew 7:22-23. I want to know God so intimately that I run to Him in times of trouble and times of abundance. You see in all reality I am no better than an addict. It’s just that my “drug” is legal. In fact it is the center of most celebrations and even church gatherings. Am I willing to surrender to Him the thing that I use as a crutch? Only He can truly satisfy the cravings of my soul. Food satisfies in the short term, but it does not solve or satisfy what is going on in my heart. I used to look at people that struggled with addictions and wonder why can’t they get past it, when all the while I struggled. I could say, like the scripture in Matthew, I go to Church regularly, I teach, I lead worship, when all the while my relationship with Him was not what it should be. I was not all in, totally surrendered, dependent on Him. In John 10:10 Jesus said: “I have come to give you life and life to the fullest!” Without Him, we can try and try to find peace and happiness in all kinds of things, but we’ll never find fulfillment. We will never have life to the fullest!

So you see this is more than a battle with the scales for me. It is a battle for my heart. I want to be so close to Him that I don’t need food or those other things to satisfy me. I want to depend only on Him because ***His grace is sufficient, for His power is made perfect in my weakness***. 2 Corinthians 12:9. I would rather have his power at work in my life than me in control any day!

*Some excerpts taken from the book Made to Crave*