

## The Real Food ~ Real Faith Lifestyle

### WEEK 3 The Lust of the Eyes & the Pride of Life

**THIS WEEK'S GOAL IS TO TRY** to commit TO JOURNAL TIME for at least 30 mins per day with the LORD for guidance and prayer and the Holy Spirit will Renew Your Mind to help you think about what you think about and find what God is revealing to you.

**SONG** - Listen more than 1 time

**FILL YOUR SOUL | Song "I Give You My Heart "** <https://youtu.be/6ZE9SYdGJ7A>

**REFLECTION** 1. Are you ready to give God your heart?

2. Is your intention to change poor eating habits just for yourself?

**WRITE THIS QUOTE TODAY**

**MY QUOTE** *"Life is a gift what I now do with my life, is my gift back to him"*

Now continue to write your thoughts. Remember God went the distance to bless you with a life of abundance. What you do is how you demonstrate to God how grateful you are.

**WE FOCUS ON BEING TRANSFORMED FROM THE INSIDE OUT**

**ACTION PLAN**

**Romans 12:1-2 today write this bible verse in your journal**

1. Therefore, I urge you, brothers and sisters, in view of God's mercy, **to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.** **2 Do not conform to the pattern of this world,** but be transformed by the renewing of **your mind.** Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

The word conform means we want to follow after the fashions of the times! We develop the kind of thought process of the world. For example: there were no fast food restaurants 65 years ago, but how often do we crave the food just as we are driving by Dunkin Donuts or the Pizza Parlor right?

The sign catches our attention and our imagination begins to run away from us. The same thing happens from TV commercials, our mind is lured away in the wrong place. We need to pay attention to our thinking process and pray about what we don't like about our weaknesses.

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Each day we should begin at the CROSS ~ Think about (ponder on) God's suffering, his mercy, kindness and sacrifice of his life. Therefore how we value our life shows up in how we strive to do our best for God.

**PRAYER STARTER** - Dear Lord today I choose to offer you my body and my life as a living sacrifice and I want to press on to strive my best to be holy and pleasing in thy sight all the days of my life. AMEN

Devoting your time to God and to yourself writing your journal questions and prayer are the MOST effective way you can grow in your understanding of what has kept you in the crazy yo-yo diet cycle. As you learn more about yourself and more of the truth behind your shortcomings you will want to watch the Lord guide you into a new path.

**SELF-EXAMINATION BIBLE VERSE** - Jeremiah 17:9 "The heart is more deceitful than all else, And is desperately sick; Who can understand it? (we all are challenged with reasonings in our mind)

### Prayer for self-examination

Lamentations 3:40 Let us examine and probe our ways, and let us return to the Lord.

### TODAY'S ACTION PLAN

**Begin by Writing the Serenity Prayer in a journal & LEARN what to pray for...  
THIS IS VERY POWERFUL!**

Dear Lord Jesus help me

- **Accept the things I cannot change** (make a list of things you cannot accept right now)
- **The courage to change the things I can** (make a small list of things you can change)
- **The wisdom to know the difference** - (the difference between right and wrong / healthy and unhealthy thoughts or practices concerning food).

### BEGIN BY READING BIBLE VERSES ON SELF-EXAMINATION

**Psalm 26:2 Examine me, O Lord, and try me; Test my mind and my heart.**

**2 Corinthians 13:5 Test yourselves to see if you are in the faith; examine yourselves! Or do you not recognize this about yourselves, that Jesus Christ is in**

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you—unless indeed you fail the test? (journaling & prayer is powerful for practicing self-examination)

**Psalm 4:4 Tremble, and do not sin; Meditate in your heart upon your bed, and be still. Selah.** (don't let life get too busy) (Notice the word **meditate**)

**Psalm 77:6 I will remember my song in the night; I will meditate with my heart, And my spirit ponders:** (think about what you think about eating habits)

### VIDEO The Lust of the Eyes and Temptation

<https://vimeo.com/390835062/66b4ea1cb9>

### TODAY'S ACTION PLAN - Self- examination Journal questions:

1. What was my life like when I was craving junk food and binge eating?

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2. In what way has God been showing me wisdom with my eating habits?

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3. What are your thoughts regarding the courage to change?

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## Guarding Our Minds

Let's look at what the bible says about guarding our minds.

**BIBLE** - **Philippians 4:6** Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. [the bible teaches us how to recondition our minds]

### Tearing Down Strongholds by Renewing Our Mind

#### **Renewing our mind - ACTIVE daily practice instructed by God**

*To renew [the spirit] your mind - We need to cultivate the habit of meditating on the word of God day and night through study, songs and prayers.*

OUR SOUL IS Our mind,will, emotions and attitude which are all connected

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**BIBLE VERSE** [2 Corinthians 10:4 For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds.

### **WHAT ARE OUR SPIRITUAL WEAPONS?**

A stronghold is an area in which we are held in bondage—any part of our lives in which Satan imprisons us, and he knows he can make us, SICK, WEAK, and TIRED by not taking care of ourselves, when we are consumed by the lust of the world. [in this case eating junk food among many other bad habits]

Satan does this by causing us to think a certain way about the foods we indulge in, and in the way we see ourselves because of the influence of the media, past abuse and failures. These are lies we have been programmed to think. As long as we believe things like, “well BAD CARBS are NOT really that bad, especially if I only eat a little bit”. OR “Oh, I’ve never been thin, maybe I was born to stay this way”. What am I risking?

### **VIDEO LESSON**

**VIDEO Temptation** <https://vimeo.com/390835062/66b4ea1cb9>

**Video Temptation PT 2** <https://vimeo.com/390835062/66b4ea1cb9>

### **TODAY'S QUESTION**

**Am I willing to risk falling into the binge eating trap?**

Truth is we will remain imprisoned by those strongholds as we will SLOWLY sink by letting our health go down the drain. In fact, this is a good example of how we demonstrate how our mind, mouth, mood and attitude are all connected, and the trouble it can get us into. When God sees that we desire to come HUMBLY before him, he releases his POWER to strengthen us in our perfect weakness.

**With this lesson in mind we want to examine what we really value in life and how to make healthy food choices based on the 5 most important things that I can possibly think of.**

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**TODAY'S JOURNAL:** What are the TOP 5 MOST important things in your life?

**REFLECT ON YOUR TOP 5? EXPLAIN!**

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Here is another great bible verse for weight loss. [When you have problems with resisting junk food and cravings, know that God hears your cry. When you are feeling weak turn to God in prayer and the Lord will be your strength to keep going for weight loss success. Rejoice in HIM and he will pick you up with love and mercy. Believe that God wants you to reach your goals and live a healthy life.]

### **Psalm 28:6-7**

6 Blessed be the Lord because he has heard the voice of my supplications. 7) The Lord is my strength and my shield, my heart trust with unwavering confidence (stability) in him and I am helped. Therefore my heart greatly rejoices and with my song I shall thank him and praise him.

In our diet mindset we carried the thought of only looking at how to change our food so we tend to count calories. In the coming weeks we will work at transitioning our brain to thinking of counting the “consequences” (TRUTH) rather than just looking at the food only.

**END OF WEEK 3**