

The Real Food ~ Real Faith Lifestyle

Week 5 **CREATING BOUNDARIES & DEVELOPING A STRONGER MINDSET**

Over the next several weeks you will “establish boundaries”

Everyone needs a starting point. The beginning of awareness may seem intimidating but not when we have the guidance of the Holy Spirit. We can rest assured that God wants us to live an abundant joy filled life to the full. [John 10:10](#) We know we need to trust and lean on Him for direction [Proverbs 3:5-6](#) and correction because somehow we keep losing our way.

Here we find that we can create boundaries that become our **safe zone**. Boundaries bless us with clarity and teach us to know where we can avoid danger in the road that lies ahead. After all, why would anyone feel safe driving a car without boundaries to lower their risk of danger? God wants you safe and healthy and he will make your path straight. *[in all your ways submit to him and he will make your path straight]*.

When Nighttime and Weekends Have You On The “WAIT” Loss List

No that wasn't a typo, I really meant the weekend set you on the **weight loss** path again, not weight loss and kept you craving snacks and or sugar and those delicious tempting unhealthy carbs. So, here we are again on the weight loss path, waiting to lose our fat storage as we lose emotional ground and the true joy for living.

Every time I ate out or on weekends, my food choices were outside of my boundaries, and it happened for years and years. You know, when they bring that nice little warm loaf of bread and everyone just dives in. Well I am guilty of it. In the past I would be so quick to beat myself up, get depressed and hate what I see in the mirror. I would probably neglect to pay attention to my food consumption, thinking it just might be easier if I pretend there's not a problem. Then I might end up eating more to make myself feel better.

One of the biggest hurdles in breaking a bad eating habit is getting to the point where you're willing to set boundaries and make it a GOOD HABIT! After all, what if you have the perfect opportunity to practice your habit and you missed out on it because of being in the wrong spirit of mind? Let us pray for the RIGHT SPIRIT!

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A NEW MINDSET ON THE “BENEFITS OF BOUNDARIES”

SONG - Praise & Prayer TIME before your Lesson [“IN YOUR PRESENCE OH GOD”](#)

A PRAYER OF COMMITMENT TO SET BOUNDARIES

Dear Heavenly Father, I humble myself in worship before you. All glory, honor, and praise belong to you. I thank you for life, and for all that you have done for me through Jesus Christ my Lord and Savior. I surrender myself to your perfect will and commit myself totally and wholeheartedly to the leading of the Holy Spirit. Please forgive my sins and cleanse me from all unrighteousness.

Today I choose to turn away from all that has its source in the world, the flesh, or the devil and I turn to you, O God. Please produce within my life Christ-like thinking, character, and healthy eating behaviors. I desire to walk in love and humility and to lead a Godly disciplined life that pleases you. Also, I ask you to empower me to resist destructive junk food and a desire to do the work to which I have been called. Use me for your glory and the establishment of your kingdom. Amen

VIDEO Ease Detox with Healthy Swaps <https://vimeo.com/389336548/c333a0d033>

Establishing foods that cleanse us physically to reduce cravings and give us energy.

Looking at your TOP healthy foods for healthy weight loss results!

THIS WEEKS FOOD GOALS:

Veggies - your goal is to eat 1-2 cups per meal

1. Cauliflower [for rice and potatoes]
2. Zucchini [you can zoodle these and add to pasta and stir fry]
3. • Leafy greens & veggies (carrots, green beans, cabbage, cauliflower, broccoli, peppers, onions, mushrooms, tomatoes, beets, sweet potato & squash and whatever veggies you enjoy. Make at least 1 veggie soup every week.
4. • Lemons/Limes, ALL types of berries, melon, granny smith apples [add fresh lemon or lime to plain yogurt with stevia or favorite healthy sweetener. Stops cravings]
5. • Nuts & seeds & Flour made from almonds, coconut, arrowroot and cassava flour
6. • Nut & seed butters/flours – unsweetened

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7. • Coconut milk, coconut meat, coconut butter (NOT coconut water) – unsweetened ALSO: OLIVES OF ALL TYPES
8. • apple cider vinegar [1-3 tsp in water & 1 LG glass of water - stops cravings]
9. • Non-Dairy: Plant based Protein powder
10. • Coconut, Avocado, Olive Oil Grass-fed butter, ghee
11. • Herbs (*garlic, oregano, ginger, turmeric, etc.)
12. • Sea salt OR Himalayan/pink
13. Protein such as Eggs and Fish (Pray about your choices)
14. For hair, skin and nails | Chicken Bone broth OR Collagen peptide

<https://www.amazon.com/VITAL-PROTEINS-Marine-Collagen-Ounce/dp/B07D9WSWFR>

FROZEN FRUIT DESSERT BULLET - <https://amzn.to/33eHhYK>

OK Let's face it. We want to keep our options open.

So how do we change? How do we get to the point where we're willing to say, "**Alright, I'm going to SET some SERIOUS BOUNDARIES HERE.** I may not be able to keep them, but I'm at least going to TRY MY BEST TO PLEASE THE LORD." One helpful tool is to make a chart that lists the advantages and disadvantages of keeping my options [**boundaries**] open. Here's what a chart like that might look like.

KEY THOUGHT! We strive to no longer count calories instead we count the cost! You see, all our life we looked at our "weight problem" and not our "life problem". Now we will focus on the CONSEQUENCES. THIS NEXT STEP means you will choose to allow your life to move towards God, The truth, the life and the way.

PRAYER

Create in me a clean heart, O God, and renew a right spirit [a good attitude and heart that is committed] within me. I ask this in the name of Jesus AMEN

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ACTION PLAN | ESTABLISH SERIOUS BOUNDARIES “TRY TO CREATE ONE”

Advantages of Keeping My Options Open	Disadvantages of Keeping My Boundaries Open
I get to do what I want when I want. (No boundaries to stop me.)	There are lots of negative consequences to doing what-I-want-when-I-want. And although I may get to control my choices, I don't get to control the consequences of my choices.
I don't have to use self-control.	The more often I say no to self-control, the more my habit will say, “All right. I'll control you then.” And my habit does not have my best interest at heart.
I get a quick fix of excitement.	I get a lifetime of consequences: health issues, addictions, negative emotions (discouragement, self-condemnation, hopelessness, etc.), and missed opportunities because my habit is controlling me and taking up my time.
I can indulge my flesh and no one has to know.	It hurts my relationship with God because He tells me not to indulge my flesh (Galatians 5:13, 1 John 2:15-17.)
It's a way to cope with life when I'm lonely and tired.	When I consistently go against my habit to cope with life, I'm in danger of making my habit an idol. When I go to God to cope with life, He strengthens me, comforts me, loves me, and matures me. I missed out on all that when I got into my habit.

TODAY make a chart of your own, don't worry about having an equal number of advantages and disadvantages. Also, it's a lot more effective if you make your own chart specific to your own life and eating habits. If you have a hard time committing to boundaries, I hope you'll give it a try.

VIDEO - Quit Sugar cleanse the soul <https://vimeo.com/387777291/384e856278>

NOW READ BIBLE JOB 11:13-17

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QUITTING SUGAR & CLEANSING OUR SOUL

When you Walk in Faith and God will bless you - Walking is an ACTION!

God wants us to Learn, Grow & Change = (NO MORE GUILT) No more condemnation! RULE #1 ***There is NO SUCH THING AS "FAILURE" we just need a heart that wants to fulfill the will of the Father who is the healer of our soul. ***Unless we give ourselves room to grow, we will NEVER CHANGE.

We need the will to Renew our Mind using our spiritual weapons by creating daily routines to strengthen ourselves on the inside.

Do you remember this verse? ² And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

JOHN 15:11 These things I have spoken to you, that My joy may remain in you, and that your joy may be full. [God want us to be full of joy and so we need to call upon the Lord in song and hymns of praise]

VIDEO Healthy SWAPS <https://vimeo.com/389336548/c333a0d033>

JOURNAL QUESTIONS IF YOU DID NOT YET CREATE A CHART YET, PLEASE DO!

1. What can I ask God to help me with today?

2. What is going on in my life that I am having a hard time to accept lately

3. What action plans do I need to improve on this week?

END OF WEEK 5

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